

CANOE RACING NEW ZEALAND
SQUAD GUIDELINES
 January 2019



To be read alongside the CRNZ Squad Selection Policy.

Squad	Purpose	Criteria for Entry	Indicative Performance Standards	Support Provided to Squad Members
Elite	To provide all support possible to enable medal-winning performances at Tokyo 2020.	Athletes tracking towards Olympic medals in current Olympic cycle.	<ul style="list-style-type: none"> Olympic medal in current cycle World Championship medal (Olympic event) in last 2 years Race times in fair conditions (or training data that correlates) <ul style="list-style-type: none"> MK1 200 <35" MK1 500 <1:38 MK1 1000 <3:28 WK1 200 <40.0" WK1 500 <1:50 	<ul style="list-style-type: none"> Coaching and training programs from CRNZ coaching team All international travel (training camps and competition) paid by CRNZ, according to travel policy. HPSNZ Level 1 Carding Annual allowance negotiated with individuals (but at least \$1500) based on need/circumstances to cover: <ul style="list-style-type: none"> Equipment eg paddle Supplements Athlete support services not covered by HPSNZ Club membership and storage provided at CRNZ training hubs Garmin + cadence sensor provided (maximum 1 per 2 years), and heart rate strap (maximum 1 per year) TrainingPeaks subscription provided Use of CRNZ equipment in Europe Travel supported by CRNZ and HPSNZ support staff. Prioritised support on tours to maximise performance.
HP	To provide the support necessary to enable continued development towards World-class performance.	Athletes tracking towards Olympic medals in next Olympic cycle.	<p>Race times in fair conditions (or training data that correlates)</p> <ul style="list-style-type: none"> MK1 200 <37" MK1 500 <1:42 MK1 1000 <3:36 WK1 200 <42.0" WK1 500 <1:54 <p>Athlete showing consistent improvement.</p>	<ul style="list-style-type: none"> Coaching and training programs from CRNZ coaching team Travel to competitions and some training camps subsidised ~50% by CRNZ (~50% athlete contribution required) HPSNZ Level 2 Carding \$500 annual allowance to cover training expenses including: <ul style="list-style-type: none"> Equipment eg paddle Supplements Club membership and storage provided at CRNZ training hubs Garmin + cadence sensor provided (maximum 1 per 2 years), and heart rate strap (maximum 1 per year) TrainingPeaks subscription provided Use of CRNZ equipment in Europe Travel supported by CRNZ and HPSNZ support staff. Support on tours will be prioritised towards Elite Squad athletes.
Development	To provide the support necessary to enable athletes to progress to HP squad.	Athletes tracking towards inclusion in HP squad.	<p>Race times in fair conditions (or training data that correlates)</p> <ul style="list-style-type: none"> MK1 200 <39" MK1 500 <1:45 MK1 1000 <3:43 WK1 200 <44" WK1 500 <1:58 <p>Athlete showing consistent improvement.</p>	<ul style="list-style-type: none"> Coaching and training programs from CRNZ coaching team \$500 annual allowance to cover basic training expenses HPSNZ Level 3 Carding (subject to HPSNZ standards) Garmin + cadence sensor provided (maximum 1 per 2 years), and heart rate strap (maximum 1 per year) TrainingPeaks subscription provided Club membership and storage provided at CRNZ training hubs Use of CRNZ equipment in Europe, subject to needs of Elite and HP Squad athletes Travel to competitions may be subsidised by CRNZ (substantial athlete contribution required), subject to CRNZ budget Travel may be supported by CRNZ and HPSNZ support staff. Support on tours will be prioritised towards Elite and HP Squad athletes.
Invitation	To support athletes who show potential to progress to Development, HP and/or Elite Squads in future.	Athletes show potential to enter Development Squad within one to two years, and/or contribute positively to the Squad training environment.	<p>Entry by CRNZ's discretion based on</p> <ul style="list-style-type: none"> Past results at domestic and international competitions Potential and trajectory as judged by CRNZ coaches Ability/willingness to contribute to daily training environment 	<p>Training program and coaching provided.</p> <p>Other support negotiated with CRNZ where appropriate.</p>

