



PATHWAY OVERVIEW
VERSION 3
MAY 2020

CRNZ PERFORMANCE PATHWAY



CANOE RACING
NEW ZEALAND

INTRODUCTION

Canoe Racing New Zealand (CRNZ) has a rich history winning multiple Olympic and World Championship Medals. Not only do we want to continue this success, but we want to develop a sustainable high performance environment that consistently produces podium winning athletes.

We have a clear vision:

TO BE THE WORLD'S BEST PADDLING NATION

To achieve our vision we must have in place a strong high performance system with a clear athlete pathway. A structured athlete pathway enables us to identify, track and support athletes as they transition from club paddler to podium performer.

The aim of the CRNZ Performance Pathway is to ensure athletes are in the right environment, receiving the right support, at the right time, in order to maximise the opportunity to achieve their full potential.

An effective athlete pathway will result in more athletes, of a higher quality, who are better prepared to transition into a full time high performance environment and achieve World Class results.

CRNZ strives to take a holistic approach to develop well rounded individuals that are not only strong on the water, but also off the water, capable of making world class performance decisions, and displaying world class athletic behaviours. As such, CRNZ facilitates Pathway Programs address not only race performance, but also key competencies in the areas of technique, psychology, nutrition, and athlete life.

The CRNZ Performance Pathway was created by tracing historical race results and performance trajectories in combination with athlete development theory. A range of contributors including CRNZ High Performance Coaches, Pathway Coaches, and talent development specialists were involved in the documentation of the Athlete Pathway and design of associated Pathway Programs.

While the Pathway may be strongly evidenced based, we still have a lot to learn about athlete development and support. Over time, as we discover new insights, the CRNZ Performance Pathway and our Pathway Programs will evolve and adapt. Therefore, our Pathway will be regularly reviewed and updated. Key areas identified for incorporation into the Performance Pathway in the future include National Assessment Protocols incorporating multidimensional athlete profiling and competency based training guidelines.



PATHWAY OVERVIEW

This CRNZ Performance Pathway Overview serves as a guide to the characteristics, competencies and performance standards typical of athletes at each stage of the Pathway, as well as the opportunities, support and expectations associated with the relevant Pathway Programs.

The Overview aims to provide clarity around the CRNZ Performance Pathway.

The Pathway Overview includes:

- Pathway Snapshots for Males and Females
 - These diagrams provide a quick glance profile of the complete CRNZ Performance Pathway, including gender specific performance targets
- Stage Summaries for each of the six stages of the Athlete Pathway
 - These tables provide a brief account of the characteristics, provisions and expectations typical of each stage
- Stage Outlines
 - These outlines provide a slightly more detailed description of the characteristics and components for each stage

It is intended that athletes, coaches and parents utilise the CRNZ Performance Pathway Overview to understand the components of your relevant stage of development, and familiarise yourself with the requirements to transition to the next phase.

It is important to highlight that the Performance Pathway Overview is simply a **guide** describing the *typical* athlete and usual characteristics at each stage of the Pathway. From time to time, there may be some flexibility in program selections, support and expectations to accommodate athletes whose circumstances may be slightly different to the norm, or who follow an atypical entry and/or progression in our sport. We acknowledge that some athletes develop earlier than others, some athletes progress faster than others, and some athletes don't even come into canoe racing until a later age. We also discourage early specialisation and encourage athletes to participate in a range of sports to develop transferable skills/knowledge while they are young. The CRNZ Performance Pathway may not describe the performance journey with perfect accuracy for all athletes, however, it does provide a general indication of the CRNZ Performance System and associated opportunities and expectations for the majority.

Formal consideration of athlete categorisation and program selection typically occurs bi-annually following the New Zealand National Championships and the National Performance Assessment, in combination with specific trial events. Athletes will be assessed against the documented Pathway characteristics, and may be invited to join the relevant Pathway Program accordingly. Selection to all CRNZ Pathway Program is subject to a trial period, with performance monitored bi-annually to ensure continued eligibility, ongoing involvement, and/or transition to another phase of the Athlete Pathway.



PATHWAY SNAPSHOT

MALES

PATHWAY SNAPSHOT				HIGH PERFORMANCE		
FOUNDATION		PADDLE ID	PERFORMANCE DEVELOPMENT	DEVELOPMENT	HIGH PERFORMANCE	ELITE
Stage Description	Entry to the CRNZ Performance Pathway	Introduction to high performance environments and international competition	Preparation for the transition to full time high performance training	Commencement of full time high performance programme involvement	Pursuit and preparation for international success	Sustained international podium performance
Athlete Description	Competitive racers with high performance aspirations, learning the foundations of performance	Athletes demonstrating potential for high performance and tracking towards Performance Development in 1-2 years	Athletes with demonstrated success at the Junior level and tracking towards High Performance Development in 1-3 years	Athletes with demonstrated success at the U23 level and tracking towards High Performance in 1-4 years	Athletes consistently achieving goals in the High Performance Programme and tracking towards Elite in 1-4 years	International podium performers demonstrating potential for ongoing podium success
Approximate Athlete Age	15-18	17-19	18-23	20+		
Approximate Years to Podium	10+			6	4	Podium
HPSNZ Athlete Classification	Level 4 Support			Level 3 Support	Level 2 Support	Level 1 Support
Usual Training Environment	Club Coach 6-8 hours per week Pathway Camps Club Coach Pathway Camps	Club Coach 10-12 hours per week Pathway Camps Club Coach Pathway Camps	Club Coach 10-15 hours per week Pathway Camps HP Immersion Opportunities	CRNZ High Performance Development Squad CRNZ HP Coach 15-20 hours per week International training camps	CRNZ High Performance Squad CRNZ HP Coach 20-25 hours per week International training camps	
Performance Support	Pathway Camps	Pathway Camps	Delivered via Pathway Workshops	Delivered via High Performance Sport New Zealand as per Individual Performance Plan		
Pinnacle Events and Target Results	Domestic events: A Final Asia Pacific: Exposure	Domestic events: A Final Oceania/GP: Exposure Jnr Worlds: Exposure Asia Pacific: Exposure	Domestic: Podium Oceania/GP: B → A Final Jnr Worlds A Final U23 Worlds: B Final Asia Pacific: A Final	U23 Worlds: A Final World Cups: A Final World Champs: B Final	World Cups: Top 5 World Champs: A Final Olympics: Exposure	World Cups: Podium World Champs: Podium Olympics: Podium
Key Assessment Targets	MK1 200: < 38" MK1 500: < 1:48.00 MK1 1000: < 3:48.00 2km time trial: < 8:30			MK1 200: < 36.6" MK1 500: < 1:44.5 MK1 1000: < 3:42.00 2km time trial: < 8:00	MK1 200: < 35" MK1 500: < 1:40.00 MK1 1000: < 3:33.00 2km time trial: < 7:40	MK1 200: < 34" MK1 500: < 1:37.00 MK1 1000: < 3:26.00
Key Competencies	Introducing	Understanding	Practicing	Refining	Mastering	



CANOE RACING
NEW ZEALAND

CRNZ PERFORMANCE PATHWAY

The CRNZ Performance Pathway is a platform to identify, select, track and support athletes as they transition from club paddler to podium performer.

This Pathway Snapshot is two dimensional. Read vertically, the key components relevant to each stage of the Pathway are outlined. Read horizontally, the Pathway Snapshot describes how each key characteristic changes from one stage of development to the next. For more information visit www.canoe racing.org.nz

PATHWAY SNAPSHOT

FEMALES

PATHWAY SNAPSHOT

FEMALES

	FOUNDATION	PADDLE ID	PERFORMANCE DEVELOPMENT	HIGH PERFORMANCE		
				DEVELOPMENT	HIGH PERFORMANCE	ELITE
Stage Description	Entry to the CRNZ Performance Pathway	Introduction to high performance environments and international competition	Preparation for the transition to full time high performance training	Commencement of full time high performance programme involvement	Pursuit and preparation for international success	Sustained international podium performance
Athlete Description	Competitive racers with high performance aspirations, learning the foundations of performance	Athletes demonstrating potential for high performance and tracking towards Performance Development in 1-2 years	Athletes with demonstrated success at the Junior level and tracking towards High Performance Development in 1-3 years	Athletes with demonstrated success at the U23 level and tracking towards High Performance in 1-4 years	Athletes consistently achieving goals in the High Performance Programme and tracking towards Podium in 1-4 years	International podium performers demonstrating potential for ongoing podium success
Approximate Athlete Age	15-18	17-19	18-23	20+		
Approximate Years to Podium	10+			6	4	Podium
HPSNZ Athlete Classification	Level 4 Support			Level 3 Support	Level 2 Support	Level 1 Support
Usual Training Environment	Club Coach 6-8 hours per week Pathway Camps Club Coach Pathway Camps	Club Coach 10-12 hours per week Pathway Camps Club Coach Pathway Camps	Club Coach 10-15 hours per week Pathway Camps HP Immersion Opportunities	CRNZ High Performance Development Squad CRNZ HP Coach 15-20 hours per week International training camps	CRNZ High Performance Squad CRNZ HP Coach 20-25 hours per week International training camps	
Performance Support	Pathway Camps	Pathway Camps	Delivered via Pathway Workshops	Delivered via High Performance Sport New Zealand as per Individual Performance Plan		
Pinnacle Events and Target Results	Domestic events: A Final Asia Pacific: Exposure	Domestic events: A Final Oceania/GP: Exposure Jnr Worlds: Exposure Asia Pacific: Exposure	Domestic: Podium Oceania/GP: B → A Final Jnr Worlds A Final U23 Worlds: B Final Asia Pacific: A Final	U23 Worlds: A Final World Cups: A Final World Champs: B Final	World Cups: Top 5 World Champs: A Final Olympics: Exposure	World Cups: Podium World Champs: Podium Olympics: Podium
Key Assessment Targets	WK1 200: < 44.5 WK1 500: < 2:02 2km time trial: < 9:35			WK1 200: < 43 WK1 500: < 1:58 2km time trial: < 9:15	WK1 200: < 41 WK1 500: < 1:52 2km time trial: < 8:50	K1 200: < 40 WK1 500: < 1:48.5
Key Competencies	Introducing	Understanding	Practicing	Refining	Mastering	



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CRNZ PERFORMANCE PATHWAY

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This Pathway Snapshot is two dimensional. Read vertically, the key components relevant to each stage of the Pathway are outlined. Read horizontally, the Pathway Snapshot describes how each key characteristic changes from one stage of development to the next. For more information visit www.canoeracing.org.nz

FOUNDATION

Entry to the CRNZ Performance Pathway

Typical Athlete Description	Competitive racers with high performance aspirations, learning the foundations of performance Approximately 15-18 years of age
Usual Daily Training Environment	Local Club Club Coach Approximately 6-8 hours on water + 2-3 hours basic strength and conditioning per week
Training Camp Involvement	Attend all Pathway Opportunities
Pinnacle Events and Target Results	Blue Lakes / National Championships: A Finals Maybe selected to attend Oceania Championships, Australian Grand Prix 2 and/or Asia Pacific Sprint Cup
Key Competencies	Introduce Team Boat Fundamentals Introduction to CRNZ Technical Competencies Introduction to fundamental movement competencies Introduction to the basics of psychology, nutrition, and athlete life
Performance Planning and Monitoring	Individual Development Plan Reviewed bi-annually
CRNZ Support	Guide the preparation and monitoring of Individual Development Plans Coordinate development opportunities for all Pathway Athletes Provide technical and educational advice to athletes attending Pathway Camps Provide team boats for all Camps
Athlete Expectations	Commit to CRNZ Performance Behaviours Commit to Individual Development Plan Own a K1 and paddle Attend all Pathway Camps Communicate clearly with CRNZ
Athlete Expenses	Club membership and training expenses Domestic competition expenses Equipment expenses Training and competition apparel Camp expenses + travel

FOUNDATION

Athletes

In most cases, Foundation athletes are:

- Competitive canoe racing participants who are still learning the basics of paddling and performance
- Aspiring towards high performance involvement in the future
- Typically 15-18 years of age
- Demonstrating some potential for future success, with A Final results in domestic age group competition
- Participation in multiple sports

Training Environment

Foundation athletes usually train:

- At a local club with a Club Coach
- Approximately 6-8 hours per week on-water, including individual and team boat activities, focussed on introducing the CRNZ Technical Competencies
- Approximately 2-3 hours per week basic strength and conditioning, focussed on introducing fundamental movement patterns
- Additional sport training and in particular in the off season

All Foundation athletes will attend all Pathway opportunities that:

- Aim to introduce athletes to Performance environments and behaviours
- Include on- and off-water coaching sessions plus sport-specific development workshops
- Are generally held on weekends or in school holidays at Lake Karapiro, Cambridge

Competition and Performance

Foundation athletes are expected to compete in:

- Blue Lakes Regattas 1 and 2
- New Zealand National Championships

Foundation athletes may be selected to compete in:

- Oceania Championships
- Australia Grand Prix 2
- Asia Pacific Sprint Cup

Foundation athletes should aim to achieve consistent A Final results in domestic age group events.

Foundation athletes are expected to prepare, follow, and regularly review an Individual Development Plan with their coach.

Key Competencies

Foundation athletes will focus on what it means and what it takes to be a high performance athlete:

- Introducing the CRNZ Technical Competencies
- Introduce Team Boat Fundamentals
- Introducing fundamental movement patterns
- Introducing the basics of psychology, nutrition, and athlete life

Support and Provisions

Club Coaches will:

- Manage the daily training environment
- Work with athletes to prepare and monitor Individual Development Plans

CRNZ will:

- Guide the preparation and monitoring of Individual Development Plans
- Coordinate Pathway opportunities for all Pathway Athletes
- Provide technical and educational coaching/advice to athletes attending Pathway opportunities
- Provide team boats for all Camps

Local grants/support services may be available for Foundation athletes in some regions. Contact your City Council or local Sport New Zealand Regional Talent Hub to find out more.

Expectations and Expenses

Foundation athletes are expected to:

- Fully commit to the goals of CRNZ Foundation athlete program
- Embrace and build a culture of excellence – working together with support and challenge to achieve individual and collective goals
- Take personal responsibility
- Behave and respect yourself, your teammates and CRNZ at all times
- Fully commit to drug free sport and the education and compliance requirement of Drug Free Sport New Zealand and the World Anti-Doping Agency (WADA)

Foundation athletes are also expected to:

- Create an IDP in partnership with your coach, commit to achieving the goals of your IDP, and train accordingly
- Review and update your IDP with your coach
- Own a K1 and Paddle

Foundation athletes attending Pathway opportunities are expected to:

- Arrange and pay for own travel
- Provide own paddle
- Provide own K1 (for North Island athletes only; K1s will be provided at Camps for South Island athletes)
- Workshop expenses + travel

Additional expenses for Foundation athletes may include:

- Club membership / training expenses
- Domestic competition expenses
- Equipment expenses
- Training and competition apparel

PADDLE ID

Introduction to high performance environments and international competition

Typical Athlete Description	Athletes demonstrating potential for future high performance involvement Tracking towards Performance Development standards in 1-2 years Approximately 17-19 years of age
Usual Daily Training Environment	Local Club Club Coach Approximately 8-10 hours on water + 2-3 hours basic strength and conditioning per week
Training Camp Involvement	Pathway Camps at Lake Karapiro, Cambridge
Pinnacle Events and Target Results	Blue Lakes / National Championships: A Finals Maybe selected to attend Oceania Championships, Australian Grand Prix 2, Asia Pacific Sprint Cup and/or Junior World Championships
Key Competencies	Developing fundamental team boat competencies Developing CRNZ Technical Competencies Developing fundamental movement patterns Understanding the basics of psychology, nutrition, athlete life
Performance Planning and Monitoring	Individual Development Plan Reviewed bi-annually
CRNZ Support	Guide the preparation and monitoring of Individual Performance Plans Coordinate Pathway opportunities and all international regattas/tours Provide technical and educational advice to athletes during camps and while on tours Provide team boats for all camps
Athlete Expectations	Commit to CRNZ Performance Behaviours Commit to Individual Development Plan Own a K1 and paddle Attend all Pathway Camps Communicate clearly with CRNZ
Athlete Expenses	Club membership and training expenses Domestic competition expenses Equipment expenses Training and competition apparel Paddle ID Camp expenses: Estimated \$150 per camp + travel If selected, contribute approximately \$6,000 to \$9,000 for Junior World Championships, and/or financially contribute to the for Grand Prix 2 and Asia Pacific Sprint Cup

PADDLE ID

Athletes

In most cases, Paddle ID athletes are:

- Demonstrating potential for future high performance involvement
- Tracking towards meeting Paddle to Podium performance standards in 1-2 years
- New Zealand Junior World Championship Team athletes
- Typically 17-19 years of age

Paddle ID athletes may also be:

- Younger athletes demonstrating early signs of high performance potential
- Late entry talent transfer athletes identified as having the physical and mental attributes of a high performance athlete, but with limited paddling experience

Training Environment

Paddle ID athletes usually train:

- At their local club with their coach
- Approximately 8-10 hours per week on water, including both individual and team boat activities, focussed on building and understanding the CRNZ Technical Competencies
- Approximately 2-3 hours per week strength and conditioning, focussed on building fundamental movement patterns

Paddle ID athletes to participate in all Pathway Training opportunities that:

- Aim to introduce athletes to Performance environments and develop high performance behaviours
- Include on-water and off-water coaching sessions plus sport-specific development workshops
- Are generally held on weekends or in school holidays at Lake Karapiro, Cambridge

Competition and Performance

Paddle ID athletes are expected to compete in:

- Blue Lakes Regattas 1 and 2
- New Zealand National Championships

Paddle ID athletes may be selected to compete in:

- Oceania Championships
- Australia Grand Prix 2
- Asia Pacific Sprint Cup
- Junior World Championships

Paddle ID athletes should aim to achieve consistent A Final results in domestic events.

Paddle ID athletes are expected to prepare, follow, and regularly review an Individual Performance Plan with their coach.

Key Competencies

Paddle ID athletes continue to focus on what it means and what it takes to be a high performance athlete:

- Building and understanding the CRNZ Technical Competencies
- Building fundamental team boat competencies
- Building fundamental movement patterns
- Understanding more about the basics of psychology, nutrition, and athlete life

Support and Provisions

Club Coaches will:

- Manage the daily training environment
 - Work with athletes to prepare and monitor Individual Performance Plans
- CRNZ will:

- Guide the preparation and monitoring of Individual Performance Plans
- Coordinate Pathway opportunities and all international regattas/tours

- Provide technical and educational instruction/advice to athletes during camps and while on tour
- Provide team boats for all camps, and K1s at camps for South Island athletes

Local grants/support services may be available for Paddle ID athletes in some regions. Contact your City Council or local Sport New Zealand Regional Talent Hub to find out more.

Expectations and Expenses

Paddle ID athletes are expected to:

- Fully commit to the goals of CRNZ Paddle ID athlete program
- Embrace and build a culture of excellence – working together with support and challenge to achieve individual and collective goals
- Take personal responsibility
- Behave and respect yourself, your teammates and CRNZ at all times
- Fully commit to drug free sport and the education and compliance requirement of Drug Free Sport New Zealand and the World Anti-Doping Agency (WADA)

Paddle ID athletes are also expected to:

- Create an IDP in partnership with your coach, commit to achieving the goals of your IDP, and train accordingly
- Review and update your IDP with your coach
- Own a K1 and Paddle

Additional expenses for Paddle ID athletes may include:

- Club membership / training expenses
- Domestic competition expenses
- Equipment expenses
- Training and competition apparel

PERFORMANCE DEVELOPMENT

Preparation for the transition to full time high performance training

Typical Athlete Description		Athletes with demonstrated success at the Junior level Tracking towards High Performance Development standards in 1-3 years Approximately 18-23 years of age
Usual Daily Training Environment		Local Club Club Coach Approximately 8-12 hours on water + 3-4 hours strength and conditioning per week Limited individual strength and conditioning support provided by HPSNZ
Training Camp Involvement		Pathway Camps at Lake Karapiro, Cambridge Workshops delivered at Pathway Camps, also HPSNZ Support Workshops
Development Workshops		Development workshops delivered by HPSNZ and CRNZ
Pinnacle Events and Target Results		<div> Junior Age Group Blue Lakes / National Championships: Podium Oceania / Grand Prix: Podium Asia Pacific Sprint Cup: Podium Junior World Championships: A or B Final </div> <div> U23 Age Group Blue Lakes / National Championships: Podium Oceania / Grand Prix: A Final Asia Pacific Sprint Cup: A Final U23 World Championships: C Final </div>
Key Assessment Targets	Male	MK1 200: < 38.00 MK1 1000: < 3:48.00 2km time trial: < 8:30
	Female	WK1 200: < 44.50 WK1 500: < 2:02.00 2km time trial: < 9:35

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Key Competencies	Understanding and practicing CRNZ Technical Competencies Developing sport specific movement patterns Building mental skills foundations Practicing basics of nutrition
Performance Planning and Monitoring	Individual Performance Plan
CRNZ Support	Guidance in the preparation and monitoring of Individual Performance Plan Pathway Camps and Workshops Junior / U23 World Championship Tour (for eligible athletes) Limited coaching and training programs from CRNZ development coach HP Immersion opportunities
HPSNZ Support	Identified for limited HPSNZ support Development Workshops
Athlete Expectations	Commit to CRNZ Performance Behaviours Commit to Individual Development Plan Own a K1 and paddle Attend all Pathway Camps Attend all Development opportunities It is highly recommended that all Performance Development athletes have private medical insurance Communicate clearly with CRNZ
Athlete Expenses	Club membership and training expenses Domestic competition expenses Equipment expenses Additional training and competition apparel Camp expenses including travel If selected contribute approximately \$6,000 to \$9,000 for Junior World Championships, and/or for Grand Prix 2 and Asia Pacific Sprint Cup

PERFORMANCE DEVELOPMENT

Athletes

In most cases, athletes are:

- Athletes with demonstrated success at the Junior level
- Tracking towards meeting High Performance Development Standards in 1-3 years
- Typically 17-23 years of age

Athletes may also be:

- Late developing athletes who may not have demonstrated success at the Junior level, but are now displaying rapid improvement and potential for high performance
- Talent transfer athletes identified as having the physical and mental attributes of a high performance athlete, but with limited paddling experience

Training Environment

Athletes usually train:

- At a local club with their Coach
- Approximately 10-12 hours per week on water, including individual and team boat activities, focussed on practicing the CRNZ Technical Competencies and developing racing skills
- Approximately 3-4 hours per week strength and conditioning training; training should be focussed on developing and practicing sport specific movement patterns

Athletes participate in Pathway opportunities that:

- Focus on understanding the high performance journey, practicing high performance behaviours, and preparing for international competition
- Include on-water and off-water coaching sessions plus sport-specific development workshops
- Are generally held on weekends or in school holidays at Lake Karapiro, Cambridge

The Programme is aligned with High Performance Sport New Zealand's Level 4 support that:

- Aims to support talented young athletes to be better prepared for high performance
- Offers support focussing on developing the behaviours and skills required to successfully negotiate the transition to a high performance training program
- Provides group workshops focused on nutrition, sport psychology and athlete life

Athletes may also be invited to attend additional residential camps with the CRNZ High Performance Programme, in preparation for impending full-time transition.

Competition and Performance

Athletes are expected to compete in:

- Blue Lakes 1 and 2
- New Zealand National Championships
- Oceania Championships
- Grand Prix 2 in Australia
- Asia Pacific Sprint Cup

Athletes may also be eligible to compete in:

- Junior World Championships
- U23 World Championships

Athletes should aim to achieve the following performance standards in competition:

Junior Age Group:

- Blue Lakes / National Championships: Podium
- Oceania / Grand Prix: Podium
- Asia Pacific Sprint Cup: Podium
- Junior World Championships: A or B Final

U23 Age Group:

- Blue Lakes / National Championships: Podium
- Oceania / Grand Prix: A Final
- Asia Pacific Sprint Cup: A Final
- U23 World Championships: C Final

PERFORMANCE DEVELOPMENT

Key Competencies

Athletes will focus on:

- Understanding and practicing the CRNZ Technical Competencies
- Developing sport specific movement patterns
- Building mental skills foundations
- Practicing the basics of nutrition

Support and Provisions

Club Coaches will:

- Manage the daily training environment
 - Work with athletes to prepare and monitor Individual Performance Plans
- CRNZ will:
- Guide the preparation and monitoring of Individual Performance Plans
 - Coordinate Pathway Camps and extended transition camps
 - Coordinate the Junior/U23 World Championships Tour
 - Provide technical and educational advice to athletes during camps and while on tour
 - Provide team boats for all camps
 - Anti-doping education with Drug Free Sport NZ

High Performance Sport New Zealand may:

- Provide educational seminars/ workshops
- Provide individualised performance support in Strength and Conditioning
- Provide group workshops focused on nutrition, sport psychology and athlete life
- Conduct a Movement Competency Screening and provide a report that forms part of training program
- Cardiac Screening

Local grants/support services may be available for athletes in some regions. Contact your City Council or local Sport New Zealand Regional Talent Hub to find out more.

Expectations and Expenses

Athletes are expected to:

- Commit to the CRNZ Performance Behaviours
- Endeavour to reach the goals identified in your Individual Performance Plan
- Review and update your Individual Development Plan quarterly
- Own a K1 and paddle
- Attend all Pathway opportunities
- Attend all HPSNZ Workshops
- Arrange and pay for travel to Lake Karapiro, Cambridge for all Camps
- Provide own paddle and K1 for all Camps
- Pay camp fee
- Contribute approximately \$6,000 to \$9,000 for Junior World Championships
- It is highly recommended that all athletes have private medical insurance

Additional expenses for athletes may include:

- Club membership / training expenses
- Domestic competition expenses
- Equipment expenses
- Additional training and competition apparel

HIGH PERFORMANCE DEVELOPMENT

Commencement of full time High Performance Programme involvement

Typical Athlete Description		Athletes with demonstrated success at the U23 level Tracking towards High Performance standards in 1-4 years 20+ years of age Athletes showing consistent improvement
Usual Daily Training Environment		CRNZ High Performance Coach Based at CRNZ Performance Hub Approximately 15-20 hours per week Individual performance support provided by HPSNZ Specialists
Training Camp Involvement		World Championship Team Training Camps (for eligible athletes) International training camps
Pinnacle Events and Target Results	Male and Female	U23 World Championships: A Final World Cups: A Final World Championships: B Final
Key Assessment Targets	Male	MK1 200: < 36.6 MK1 500: < 1:44.5 MK1 1000: < 3:42 2km time trial: < 8:00
	Female	WK1 200: < 43.00 WK1 500: < 1:58.00 2km time trial: < 9:15

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Key Competencies	Refining CRNZ Technical Competencies Building sport specific strength, power and endurance Practicing mental skills and psychological strategies Practicing nutritional self management Self reliance and practicing necessary skills to manage full time performance environment
Performance Planning and Monitoring	Individual Performance Plan Reviewed quarterly
CRNZ Support	Limited coaching and training programs from CRNZ High Performance coach Preparation and monitoring of Individual Performance Plan International Camps and Tours GPS / Heart rate monitor Fitness and musculoskeletal assessments K1 storage at CRNZ training hubs
HPSNZ Support	Individual Performance Support as directed by Individual Performance Plan Maybe eligible for Development Enhancement Grant Maybe eligible for Prime Minister's Scholarship
Athlete Expectations	Commit to CRNZ High Performance Behaviours Commitment to living or training in the CRNZ High Performance Programme Commit to Individual Performance Plan Own a K1 and paddle Upload training data to Training Peaks Attend all U23 World Championship Team Training Camps (for eligible athletes) Communicate clearly with CRNZ
Athlete Expenses	Relocation expenses Club membership Domestic competition expenses U23 World Championship Tour expenses: Estimated \$6,000-\$9,000

HIGH PERFORMANCE DEVELOPMENT

Athletes

In most cases, High Performance Development athletes are:

- Athletes with demonstrated success at the U23 level
- Tracking towards meeting Podium Potential standards in 1-4 years
- Typically 20+ years of age
- Recognised by HPSNZ as Level 3 athletes
- High Performance Development athletes who are tracking towards HP Squad inclusion

Training Environment

High Performance Development athletes usually train:

- Full time in the CRNZ High Performance Training Programme based in Auckland/Lake Karapiro, with CRNZ High Performance Coaches
- Athletes showing consistent improvement
- Approximately 15-20 hours per week including on-water training, strength and conditioning and performance support sessions

Strength and Conditioning training is provided by HPSNZ Strength and Conditioning specialists

The daily training environment for High Performance Development athletes is supplemented by individualised performance support, provided by HPSNZ Specialists in the areas of:

- Injury and illness prevention and rehabilitation
- Performance Psychology
- Nutrition
- Athlete life
- Performance analysis
- Physiology

High Performance Development athletes who are U23 World Championship Team members will attend U23 National Team Training opportunities that:

- Focus on living the high performance journey, practicing high performance behaviours, and preparing for international success
- Include on- and off-water coaching sessions plus sport-specific development workshops
- Are generally held over weekends and university holidays at Lake Karapiro, Cambridge

High Performance Development athletes may also be invited to attend international training camps.

Competition and Performance

Dependant upon eligibility, High Performance Development athletes are expected to compete in:

- Blue Lakes Regattas 1 and 2
- New Zealand National Championships
- U23 World Championships
- Selected International events
- World Cups
- World Championships

High Performance Development athletes should aim to achieve the following performance standards in competition:

Male

- U23 World Championships: A Final
- World Cup: A Final
- World Championships: B Final

Female

- U23 World Championships: A Final
- World Cups: A Final
- World Championships: B Final

High Performance Development athletes should also demonstrate progression towards the following race performance standards:

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HIGH PERFORMANCE DEVELOPMENT

Key Competencies

High Performance Development athletes will focus on:

- Refining the CRNZ Technical Competencies
- Building sport specific strength, power and endurance
- Practicing mental skills and psychological strategies
- Practicing nutritional self management
- Self reliance and applying necessary skills to deal with the full time high performance environment

Support and Provisions

CRNZ will:

- Coaching and training programs from CRNZ coaching team
- \$500 annual allowance to cover basic training expenses
- HPSNZ Level 3 (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.

High Performance Sport New Zealand:

- Provide performance support in the areas strength and conditioning, performance psychology, nutrition, athlete life, injury/illness prevention and rehabilitation, performance analysis and/or physiology, according to each athlete's Individual Performance Plan

High Performance Development athletes may also be eligible for consideration for:

- HPSNZ Development Enhancement Grants
- HPSNZ Prime Minister's Scholarship

Expectations and Expenses

All High Performance Development athletes are expected to:

- Commit to the CRNZ Performance Behaviours
- Be transitioning to fully engage in the CRNZ High Performance Development Program
- Commit to the goals of the CRNZ High Performance Development Program
- Endeavour to reach the goals identified in your Individual Performance Plan
- Review and update your Individual Performance Plan quarterly
- Provide own K1 and paddle for all training activities and domestic competition
- Upload training data to Training Peaks
- Attend all U23 World Championship Team Camps (for eligible athletes)
- Arrange and pay for travel to Lake Karapiro, Cambridge for all U23 World Championship Team Camps
- Contribute approximately \$6,000-\$9,000 to the U23 World Championships Tour (for eligible athletes)

Additional expenses for High Performance Development athletes may include:

- Club membership
- Domestic competition expenses
- Equipment expenses
- Additional training apparel

HIGH PERFORMANCE AND ELITE

Pursuit, preparation and achievement of international success

		HIGH PERFORMANCE	Elite
Typical Athlete Description		Athletes consistently achieving goals within the CRNZ HP Programme Tracking towards Elite standards in 1-4 years Recognised by HPSNZ as Level 2 athletes	Athletes demonstrating podium success at World Championships and Olympic Games Demonstrating potential for ongoing podium success Recognised by HPSNZ as Level 1 athletes
Usual Daily Training Environment		CRNZ High Performance Programme CRNZ High Performance Coach Approximately 20-25 hours per week Individual performance support provided by HPSNZ Specialists	
Training Camp Involvement		International training camps	
Pinnacle Events and Target Results	Male	World Cups: Top 5 World Championships: A Final Olympic Games: Exposure	World Cups: Podium World Championships: Podium Olympic Games: Podium
	Female	World Cups: Top 5 World Championships: A Final Olympic Games: Exposure	World Cups: Podium World Championships: Podium Olympic Games: Podium
Key Assessment Targets		According to each athlete's Individual Performance Plan	

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Key Competencies	Refining and mastering CRNZ Technical Competencies Maximising sport specific strength, power and endurance Refining and mastering mental skills and psychological strategies Refining and mastering nutritional self management Refining focus
Performance Planning and Monitoring	Individual Performance Plan Reviewed quarterly
HPSNZ Support	Individual Performance Support as directed by Individual Performance Plan Maybe eligible for Performance Enhancement Grants Maybe eligible for Prime Minister's Scholarship
Athlete Expectations	Commit to CRNZ High Performance Behaviours Commit to the CRNZ High Performance Programme Commit to individual performance plan Own a K1 and paddle Upload training data Communicate clearly with CRNZ
Athlete Expenses	Club membership Domestic competition expenses

PODIUM POTENTIAL AND ELITE

Athletes

In most cases, High Performance athletes are:

- Consistently achieving goals within the CRNZ High Performance Programme
- Tracking towards Podium performance at the World Championships and Olympic Games in 1-4 years
- Recognised by HPSNZ as Level 2 athletes

Elite athletes are:

- Demonstrating podium success at World Championships and Olympic Games
- Demonstrating potential for ongoing international podium success
- Recognised by HPSNZ as Level 1 athletes

Training Environment

High Performance athletes usually train:

- Full time in the CRNZ High Performance Training Programme based in Auckland/Lake Karapiro, with CRNZ High Performance Coaches
- Approximately 20-25 hours per week including on-water training, strength and conditioning and performance support sessions

Strength and Conditioning training is provided by HPSNZ Strength and Conditioning specialists.

The daily training environment for High Performance athletes is supplemented by individualised performance support, provided by HPSNZ Specialists in the areas of:

- Injury and illness prevention and rehabilitation
- Performance Psychology
- Nutrition
- Athlete life
- Performance analysis
- Physiology

High Performance athletes will also participate in several extended international training camps per year.

Competition and Performance

Dependant on eligibility, High Performance athletes are expected to compete in:

- Blue Lakes Regattas 1 and 2
- New Zealand National Championships
- Selected International events
- World Cups
- World Championships
- Olympic Games

High Performance athletes should aim to achieve the following performance standards in competition:

Male

- World Cups: Top 5
- World Championships: A Final

Female

- World Cups: Top 5
- World Championships: A Final

Elite athletes should aim to achieve podium results at all domestic and international events, including World Championships and Olympic Games.

Key performance assessments and performance targets are highly individualised for High Performance athletes. Athletes will complete a variety of key assessments periodically during their regular training program, both on- and off-water; however, these assessments will be tailored towards each athletes' Individual Performance Plan, according to their main event and development needs.

High Performance athletes are expected to prepare, follow, and regularly review an Individual Performance Plan.

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HIGH PERFORMANCE AND ELITE

Key Competencies

High Performance athletes will focus on:

- Refining and mastering the CRNZ Technical Competencies
- Maximising sport specific strength, power, and endurance
- Refining and mastering mental skills and psychological strategies, including automaticity of psychological strategies
- Refining and mastering nutritional self management
- Refining and maintaining focus

Support and Provisions - Elite

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
- Annual allowance negotiated with individuals (but at least \$1500) based on need/circumstances to cover:
 - 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.

Support and Provisions - High Performance

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
- \$500 annual allowance to cover training expenses including:
 - 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.

High Performance athletes may also be eligible for consideration for:

- HPSNZ Performance Enhancement Grants
- HPSNZ Prime Minister's Scholarship

All High Performance athletes are expected to:

- Commit to the CRNZ Performance Behaviours
- Be based in Auckland or Cambridge to fully engage in the CRNZ High Performance Programme
- Commit to the goals of the CRNZ High Performance Programme
- Endeavour to reach the goals identified in your Individual Performance Plan
- Review and update your Individual Performance Plan quarterly
- Provide own K1 and paddle for all training activities and domestic competition
- Upload training data to Training Peaks at least once per week

Additional expenses for High Performance athletes may include:

- Club membership
- Domestic competition expenses



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