

**CANOE RACING NEW ZEALAND  
SQUAD GUIDELINES  
March 2021**



To be read alongside the CRNZ Squad Selection Policy.

**CRNZ OPEN SPRINT SQUADS**

Squad	Purpose	Criteria for Entry	Indicative Performance Standards	Support Provided to Squad Members
<b>Elite</b>	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"> <li>Olympic medal in current cycle</li> <li>World Championship medal (Olympic event) in last 2 years</li> <li>Race times in fair conditions (or training data that correlates)                             <ul style="list-style-type: none"> <li>MK1 200 &lt;34"</li> <li>MK1 500 &lt;1:37</li> <li>MK1 1000 &lt;3:26</li> <li>WK1 200 &lt;40.0"</li> <li>WK1 500 &lt;1:48.5</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Coaching and training programs from CRNZ coaching team</li> <li>All international travel (training camps and competition) paid by CRNZ, according to travel policy.</li> <li>HPSNZ Level 1 Carding</li> <li>Annual allowance negotiated with individuals (but at least \$1500) based on need/circumstances to cover:                             <ul style="list-style-type: none"> <li>Equipment eg paddle</li> <li>Supplements</li> <li>Athlete support services not covered by HPSNZ</li> </ul> </li> <li>Club membership and storage provided at CRNZ training hubs</li> <li>Garmin + cadence sensor provided (maximum 1 per 2 years), and heart rate strap (maximum 1 per year)</li> <li>TrainingPeaks subscription provided</li> <li>Use of CRNZ equipment in Europe</li> <li>Travel supported by CRNZ and HPSNZ support staff. <b>Prioritised support on tours to maximise performance.</b></li> </ul>
<b>HP</b>	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"> <li>MK1 200 &lt;35"</li> <li>MK1 500 &lt;1:40</li> <li>MK1 1000 &lt;3:33</li> <li>WK1 200 &lt;41.0"</li> <li>WK1 500 &lt;1:52</li> </ul> <p>Athlete showing consistent improvement.</p>	<ul style="list-style-type: none"> <li>Coaching and training programs from CRNZ coaching team</li> <li>Travel to competitions and some training camps subsidised ~50% by CRNZ (~50% athlete contribution required)</li> <li>HPSNZ Level 2 Carding</li> <li>\$500 annual allowance to cover training expenses including:                             <ul style="list-style-type: none"> <li>Equipment eg paddle</li> <li>Supplements</li> </ul> </li> <li>Club membership and storage provided at CRNZ training hubs</li> <li>Garmin + cadence sensor provided (maximum 1 per 2 years), and heart rate strap (maximum 1 per year)</li> <li>TrainingPeaks subscription provided</li> <li>Use of CRNZ equipment in Europe</li> <li>Travel supported by CRNZ and HPSNZ support staff. Support on tours will be prioritised towards Elite Squad athletes.</li> </ul>
<b>HP Development</b>	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"> <li>MK1 200 &lt;36.6"</li> <li>MK1 500 &lt;1:44.5</li> <li>MK1 1000 &lt;3:42</li> <li>WK1 200 &lt;43"</li> <li>WK1 500 &lt;1:58</li> </ul> <p>Athlete showing consistent improvement.</p>	<ul style="list-style-type: none"> <li>Coaching and training programs from CRNZ coaching team</li> <li>\$500 annual allowance to cover basic training expenses</li> <li>HPSNZ Level 3 Carding (subject to HPSNZ standards)</li> <li>Garmin + cadence sensor provided (maximum 1 per 2 years), and heart rate strap (maximum 1 per year)</li> <li>TrainingPeaks subscription provided</li> <li>Club membership and storage provided at CRNZ training hubs</li> <li>Use of CRNZ equipment in Europe, subject to needs of Elite and HP Squad athletes</li> <li>Travel to competitions may be subsidised by CRNZ (substantial athlete contribution required), subject to CRNZ budget</li> <li>Travel may be supported by CRNZ and HPSNZ support staff. Support on tours will be prioritised towards Elite and HP Squad athletes.</li> </ul>
<b>Invitation</b>	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"> <li>Past results at domestic and international competitions</li> <li>Potential and trajectory as judged by CRNZ coaches</li> <li>Ability/willingness to contribute to daily training environment</li> </ul>	<p>Training program and coaching provided.</p> <p>Other support negotiated with CRNZ where appropriate.</p>

## CRNZ PERFORMANCE PATHWAY SQUADS

Squad	Purpose	Criteria for Entry	Indicative Performance Standards	Support Provided to Squad Members
<b>Performance Development</b>	To support athletes in preparation for the transition to full time high performance training	Athletes with demonstrated success at the junior level and tracking towards High Performance Development Squad in 1-3 years	Entry by CRNZ's discretion based on: <ul style="list-style-type: none"> <li>Race times in fair conditions (or training data that correlates) <ul style="list-style-type: none"> <li>MK1 200 &lt;38"</li> <li>MK1 500 &lt;1:48</li> <li>MK1 1000 &lt;3:48</li> <li>MK1 2km &lt;8.30</li> <li>WK1 200 &lt;44.5"</li> <li>WK1 500 &lt;2.02</li> <li>WK1 2km &lt;9.35</li> </ul> </li> <li>Athlete showing consistent improvement</li> <li>Age, potential and trajectory judged by CRNZ coaches</li> <li>Past results at domestic and international competitions</li> </ul>	<ul style="list-style-type: none"> <li>Guidance in the preparation and monitoring of Individual Development Plans</li> <li>Coaching and training program support from CRNZ Development Coach</li> <li>Opportunity for HP immersions</li> <li>HPSNZ Athlete life consults</li> <li>HPSNZ MSC Screen</li> <li>Cardiac Evaluation</li> <li>Training camp opportunities</li> </ul>
<b>Paddle ID</b>	To introduce athletes to performance environments and prepare athletes for international competition <ul style="list-style-type: none"> <li>Develop understanding the CRNZ Technical Competencies</li> <li>Develop fundamental movement patterns</li> <li>Further develop the basics of psychology, nutrition, athlete life</li> </ul>	Athletes who are demonstrating potential for future high performance involvement and tracking towards meeting Performance Development performance standards in 1-2 years. Typically, 17-19 years of age Selected Junior World Championships athletes	Entry by CRNZ's discretion based on: <ul style="list-style-type: none"> <li>Race times in fair conditions</li> <li>Athlete showing consistent improvement</li> <li>Age, potential and trajectory judged by CRNZ coaches</li> <li>Past results at domestic and international competitions</li> </ul>	<ul style="list-style-type: none"> <li>Guidance in the preparation and monitoring of Individual Development Plans</li> <li>Provide technical and educational instruction/advice to athletes attending PID Camps which may involve, Nutritional, Athlete Life, Performance Psychology Education</li> <li>Training camp opportunities</li> </ul>
<b>Foundation</b>	To provide an entry to the CRNZ Performance Pathway to introduce: <ul style="list-style-type: none"> <li>CRNZ Technical Competencies</li> <li>Crew boat fundamentals</li> <li>Fundamental movement competencies</li> <li>The basics of psychology, nutrition and athlete life</li> </ul>	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	Entry by CRNZ's discretion based on: <ul style="list-style-type: none"> <li>Race times in fair conditions</li> <li>Athlete showing consistent improvement</li> <li>Age, potential and trajectory judged by CRNZ coaches</li> <li>Past results at domestic and international competitions</li> </ul>	<ul style="list-style-type: none"> <li>Guidance in the preparation and monitoring of Individual Development Plans</li> <li>Provide technical and educational instruction/advice to athletes attending Foundation Workshops</li> </ul>

It is important to highlight that the indicative performance standards set out in the Guidelines are intended as a guide for CRNZ and for Athletes, and are not binding on CRNZ.

From time to time, there may be some flexibility in programme 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. As such, the CRNZ High Performance Athlete Pathway may not describe the performance journey with perfect accuracy for all athletes, however, it does provide a general indication of the CRNZ High Performance system and associated opportunities and expectations for the majority.

