



**2021  
COMPETITION & PERFORMANCE  
COACH SYMPOSIUM**

# ONLINE EXPERIENCE



## CRNZ VISION: TO BE THE WORLD'S BEST PADDLING NATION

Coaches are a key aspect in supporting athlete development and achieving our vision. To maximise athlete development, we also believe coaches must be connected, supported and offered development opportunities to be the most effective coaches they can be. We are pleased to open up for registration to the 2021 CRNZ Performance and Competition Coach Symposium.

Recognising the ongoing impact of the COVID-19 pandemic on travel, budgets, and gathering sizes, the 2021 CRNZ Coaching Symposium has evolved to an online event. Therefore, the symposium will be delivered live via an online platform split across two weekends.

Hosted by Canoe Racing NZ in partnership with High Performance Sport New Zealand, the CRNZ Performance and Competition Coach Symposium is an opportunity to connect the New Zealand coaching community to explore key insights for effective preparation of competitive athletes. We are also opening the symposium to coaches from other sports, both as a contribution to the wider NZ coaching community and to create an opportunity for cross-sport learning.

We are delighted with the calibre of speakers and facilitators that are joining us. Most sessions will be applicable to all sports. There will be some sessions that will deal directly with performance in sprint kayaking, however we believe these sessions will also be of interest to the wider NZ coaching community.

### Who

This event is targeted at supporting the development of coaches who are working or aspiring to work with competitive or performance athletes. The event is open for anyone from any sports to attend however, limited spots are available.

### When

We invite you to attend all of the days of the symposium as the sessions have been developed in a progressive order. We do however, appreciate you may only be able to attend part of the symposium.

We have adapted the delivery of this symposium and will now provide two progressive workshops over two weekends.

- Symposium weekend 1 – 27 & 28 November 2021 (9am - 12:30pm)
- Symposium weekend 2 – TBC

### Cost

Due to the online nature of this event we have significantly reduced the cost for participants to attend this event.

- Free for CRNZ affiliated club coaches
- \$35 for other paddle sport coaches
- \$150 for other sports

### How to Register

Please register as soon as possible and no later than **November 22nd 2021**.

[CLICK HERE TO REGISTER](#)

### Contact

More information on the programme and speakers can be found below, or if you have any further questions or queries please feel free to contact Aaron Osborne. [aaron.osborne@canoeracing.org.nz](mailto:aaron.osborne@canoeracing.org.nz)

## Overview

The symposium program has been developed as part of the wider Performance Pathway and aligns to our overall vision of:

# TO BE THE WORLD'S BEST PADDLING NATION

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## Symposium Outcomes

### CONNECT

To get to know our coaching community better and understand their situations and needs.

### SHARE

To share the principles-based material CRNZ has developed specifically with the needs of competition coaches in mind.

### SUPPORT

To support those coaches who drive their own learning according to the needs of the paddlers they coach.

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## Symposium Theme:

# PRINCIPLE-LED PERFORMERS

### Athlete and Coach Pathways

This symposium is aligned with the Athlete Performance Pathway which provides a series of athlete and coach development opportunities for emerging athletes and their coaches. For further information about the coach development strategy please visit the CRNZ website.

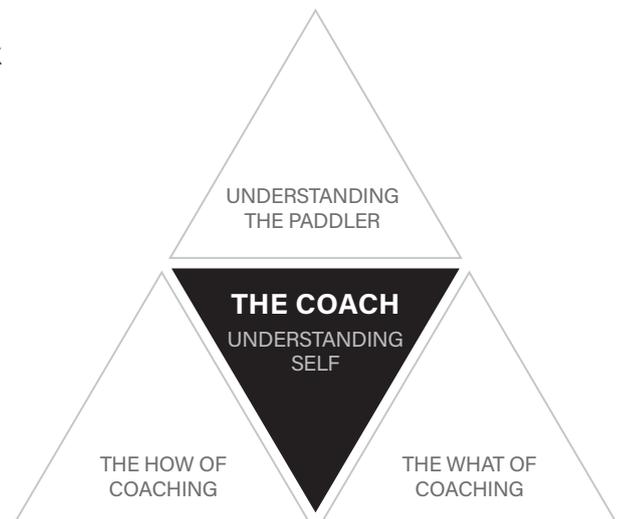
Further information on the CRNZ Performance Pathway

[CLICK HERE](#)

### Symposium Framework

Topics and presenters for the symposium will address a range of topics and are designed to fit within the following framework.

We understand that a lot of what coaches know and do is self-taught and comes through experiential learning. Our principles-based material is designed specifically to support this process.



## Further Development and Ongoing Support

Coaches are encouraged to continue to lead their learning and develop their own Individual Development Plans. CRNZ will support coaches in activating their identified areas to work on.

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## Symposium Presenters:

### Christian Penny

Program Lead  
Coach Accelerator Program  
HPSNZ

### Dom Vettise

Registered Clinical Psychologist  
Performance Psychologist  
Black Ferns and CRNZ

### Gordon Walker

Technical Lead  
Coach of the Decade  
CRNZ

### Simone Spencer

Portfolio Manager Women & Girls, Coach Development, Good Sports®  
Aktive

# PROGRAM

While each presentation relates to an area within our framework it must be understood that we see coaching as an integration between all of the domains. Therefore, we ask you to challenge yourself to see how each area impacts and affects each other.

The symposium is made up with blended learning sessions from, interactive workshops to presentations. This approach will help develop a learning environment to challenge, connect with others while still allowing time for you to reflect on your learning.

The symposium program has been developed in a way that will leave you challenged and reflecting on each topic. We believe this will inspire you to be more curious and further your knowledge and experience.

We have also adapted the delivery of this symposium and will now provide two progressive workshops over two weekends.

The dates will be:

- Symposium weekend 1 – 27 & 28 November 2021 (9am - 12:30pm)
- Symposium weekend 2 – TBC

## DAY 1 Saturday 27th November 2021

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8:45am	<b>Virtual platform opens</b>
9:00 – 9:15am	<b>Welcome</b> Opening and introduction to the Symposium theme, framework and discuss the program.
9:15 – 12:15pm	<b>Coaching Identity</b> <i>Christian Penny</i> This workshop will raise coaches awareness that they are on a journey to increase understanding of how we interact with people as well as a journey of understanding of themselves. This interactive workshop will require self-reflection, commitment to learning and a growth mindset. This workshop will challenge yourself to develop a deeper understanding of yourself, your purpose, values and how this shapes the way we coach.
12:15 – 12:30pm	<b>Reflection and closing of day 1</b>

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## DAY 2 Sunday 28th November 2021

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8:45am	<b>Virtual platform opens</b>
9:00 – 9:15am	<b>Welcome / Reflection from day 1</b>
9:15 – 10:15pm	<b>Athlete Identity, Wellbeing and High Performance: Mutually exclusive or Accompanying?</b> <i>Dom Vettise</i> Dom's presentation will focus on understanding the athlete from a sport psychology lens. You will learn more about how you as a coach can impact the athlete identity and lift them to high performance through wellbeing and sport psychology. Dom will provide a mixture of evidence-based theory with practical takeaways for you to use.
10:15 – 10:45am	<b>Workshop Reflection</b>
10:45 – 11am	<b>Morning Break</b>
11:00 – 12:30pm	<b>CRNZ Picture of Performance &amp; Understanding Performance</b> <i>Gordon Walker &amp; CRNZ Coaching / HP Team</i> In this workshop Gordon and the Team will introduce and discuss aspects from the CRNZ picture of performance. This will be an opportunity for the CRNZ coaching team to discuss the high level thinking involved in kayaking and the big rocks of performance. The team will also do a deep dive into the 500m event and break down the key physical components of performance - fitness, strength & technique. This is a critical workshop to develop an understanding of the context of the sport that coaches are working in. This will give the learner a platform to explore each component in more depth at future workshops.
12:30 – 1pm	<b>Reflection and closing</b>

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# FAQS

## **What computer capabilities do I need to be an online participant?**

We recommend that you have reliable internet to get the most out of the CRNZ Coaching Symposium. Hardwired internet is generally more reliable and faster than WiFi.

You will be provided with a link to the online platform - Zoom

You will be able to turn your video and audio on to interact with people. Please make sure you are sitting centered in your video screen, so we are seeing your full face. It is a good idea to look at the camera when you talk. Consider what lighting you have around you so we can see you clearly, i.e. don't sit with a window behind you. The best bet is to set up a lamp behind your device, lighting your face. Consider what background you have behind you – make sure you don't mind us seeing it.

We strongly advise that you participate in the Symposium via a desktop or laptop computer that has speakers.

## **What can I expect in the online programme?**

The format of the online symposium will be similar in format to what you would experience in-person, featuring presentations and live moderated Q&As after each presentation.

## **When will I receive my link to the online platform?**

Access to the online platform will be sent by email a few days prior to the Symposium.

Please check your junk folder if you do not receive the access email, or contact us [aaron.osborne@canoeracing.org.nz](mailto:aaron.osborne@canoeracing.org.nz)

## **I registered, but I cannot attend the whole day, will this affect my registration?**

No. The login details will allow you to enter and leave at any point across the day.

## **When should I join a session?**

We recommend jumping online at least 5 minutes before the session you are attending starts, especially when you are logging in for the first time.

## **How do I engage with the session as if I were in the room?**

If you like what you're hearing and want to support the speaker you can select Discussion Forum and add your comments in the pop up.

If you have a question, you can use the live Q&A function to ask the presenter a question directly. Your question will be viewable by everyone participating in the session.



**CANOE RACING  
NEW ZEALAND**

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