



**Swimming New Zealand
High Performance Centre**

**Sir Owen G Glenn
National Aquatic Centre**

The High Performance Centre

The Swimming New Zealand High Performance Centre based at the Sir Owen G Glenn National Aquatic Centre on the North Shore of Auckland delivers a programme for advanced athlete development.

The High performance Centre HPC is developing an open door policy for targeted athletes and coaches within a world class coaching and training structure.

The centre allows for full time immersion in to the HP Program. In addition to this the National Head Coach may also consider short term applications.

Application process

An expression of Interest form should be submitted via [this link](#)

Each prospective swimmer will have a home visit by the National Head Coach to meet with the swimmer, home coach, and parents if appropriate, to determine the suitability of the swimmer for membership.

Short Term training applications

Please use the expression of interest [link as above](#) to submit your interest to train with the HPC on a short term basis. The National Head Coach will be in contact with you and your home coach to assess the nature of your training needs and suitability.

Assessment

Swimmers being assessed for suitability to train at the HPC will be accountable for the physical assessment which is an entry requirement. This includes a full medical screen, including a physical competencies check.

This to be completed prior to commencing training and self-funded (unless carded)

Swimmers, who have a pre-existing injury or medical condition that prevents them from achieving required training levels for the HPC, will not be accepted

After Acceptance

An **orientation session** will be conducted in order to gain an understanding of the Athlete performance Support requirements and the availability of services at SNZ and HPSNZ.

SNZ's High Performance Vision

Inspirational swimmers, exciting the nation through exceptional results



SNZ's High Performance Mission

To provide a sustainable high performance environment that systematically produces world class performances

Home Coach Involvement

The home coach should attend a preliminary introductory session on site at the HPC after their swimmers' membership has been accepted.

Upon a mutual agreement the HPC Coaching staff, will undertake to make regular contact with the swimmers home coach for a period of one year, making available additional education opportunities for the home coach.

Regular training updates and results from any testing from the HPSNZ & SNZ Bio mechanist and other support staff will be available to the home coach for a period of 12 months after the swimmer has been accepted in to the HPC.

Performance Reviews

Performance reviews will be carried out throughout the year.





The Annual Campaign training plan

On becoming a member of the HPC swimmers will have the annual and be expected to attend each training camp and competition as identified.

Whilst every effort will be taken by SNZ to keep costs to a minimum there will be a user pays component to this plan. From 2017 the amount will be levied annually* to each swimmer and will cover:

- Competition not covered by SNZ and indicated in the annual training plan.
- Camps as indicated in the annual training plan
- Specialist training aids, heart monitors etc.

The levied amount would be deposited in the swimmers own account at SNZ and used for personal costs only. Any surplus would be carried over into the next 12 months of membership.

***Please note** that from May 2016 swimmers will be required to commit to the events identified within the plan and settle all user pays costs prior to each event.

Life in the Squad

Tracking of competition and training performance.

- Log books and any other documentation that contributes to the advancement of the swimmers performance and career are the responsibility of the individual and must be available to the coaching staff on request.
- Completion of all reporting templates including but not limited to Programme for Illness and Injury Surveillance PILLS and daily loading templates etc. Training is provided for all templates.

Performance potential / accountability

There is an expectation that the performance margin at all competition is within 3% of a swimmers personal best time or as directed otherwise by the coaching staff

- That target times / training repeat times as set down by the coaching staff are adhered to at all times and will be used as an evaluation tool at the performance reviews
- That the High performance service providers become an integral part of each swimmers training plan.



Lactate Testing

- Lactate testing will be carried out from time to time which will require the taking of blood samples

High Performance culture expectations

- ✓ A high standard of presentation both in and out of the pool. Team uniform is to be worn smartly when attending all training and competitions.
- ✓ Commitment to competition takes precedence over any other activities that a member of the HPC may be involved in.
- ✓ All members are expected to travel as a team or otherwise as directed by the HPC coaching staff.

Each swimmer takes responsibility to improve in accordance to world's best practice and takes responsibility to reduce the gap towards achieving this

Excellence – Integrity - Accountability

Membership Levels

Tokyo
2020
Vision

Other

	Tokyo 2020 Vision	Other
Monthly training fees waived	√	
International level coaching	√	√
Uniform provided	√	
Access to individualized High Performance Sport New Zealand (HPSNZ)	√	
Some HPSNZ Services provided on a user pays basis.		√



Questions? Email : highperformance@swimmingnz.org.nz