

2021-2022 Distance Event Group Plan

1st April 2021 to 31st March 2022

Aims

The 2021-22 Distance Event Group Plan will support the ANZ-HP Programme to achieve the outcomes contained in the **ANZ-HP 2020-24 Strategy**, in particular:

- ✓ 6 “Top 8” performances (including 3+ medals) at the 2021 Tokyo Olympic Games
- ✓ 10+ Medals (including 3+ Gold medals) at the 2021 Paralympic Games

Philosophy

When a black singlet rounds into the home straight in medal contention, the crowd erupts and a country holds its breath. Our vision is to build on our rich distance running tradition, by providing world leading support for distance athletes and coaches in their development towards the delivery of podium performances on the world stage.

Guiding principles and beliefs:

1. **High Performance Planning** - Facilitating an ongoing planning process designed to assist athletes and coaches to access the resources and support required to deliver their best performance at major championships.
2. **Prioritising coaches** - Supporting a network of coaches to develop ‘squads’ of athletes as a breeding ground for future high performance.
3. **Long term approach** – Young athletes specialising late, developing general athleticism and performance behaviours, via a range of experiences.
4. **Individualised support** – Supporting athletes to transition out of key stages of development, into appropriate high-performance pathways.

Distance Event Group Co-Ordinator Responsibilities

There are two employed distance coaches for the ANZ-HP programme. Steve Willis is the lead coach for distance; Maria Hassan is a performance coach for distance. Steve and Maria report to acting ANZ-HP director (Scott Newman), and ANZ-HP Director (Scott Goodman).

Steve and Maria will work closely with the ANZ-HP Coach Development lead (Kirsten Hellier) to manage the ANZ-HP Distance Event Group budget in consultation with the acting ANZ-HP Director.

Steve and Maria will work with the acting ANZ-HP Director, ANZ-HP/HPSNZ Staff/Coaches to establish ANZ-HP culture and enhance the overall value of Athletics NZ support

2021/22 Distance Event Group Strategic Approach:

CONNECT: Get to know, and establish positive working relationships with, emerging athletes, their coaches and parents.



PROFILE - Gain insight into how athletes are 'wired' (aerobically, anaerobically, mentally, socially etc) in order to effectively support athlete development.



SUPPORT - Facilitate the planning and delivery of high performance campaigns by providing high-impact event group initiatives and individualised support.

| 2021/22 Distance Event Group (DEG) priority initiatives | | | |
|---|--|---|---|
| CONNECT | <p>Emerging talent distance camps</p> <ul style="list-style-type: none"> - Rotorua, 14-16 July (July school holidays) - Hanmer, 3-5 Oct, (October school holidays) <p>The purpose of these camps are to provide a collaborative training opportunity for emerging athletes and their coaches to develop essential foundations required for long-term distance success:</p> <ul style="list-style-type: none"> - Athletes aged 15-18 - Include a range of workshops and practical training sessions - Separate coach development sessions - Spaces are limited with priority given for athletes whose coaches attend - Support is available for ANZ-HP programme athletes, and ANZ accredited coaches - Key focus areas for 2020/21 include; Athleticism, Recovery, RED-s, LTAD approach <p>For more information contact Maria Hassan mariah@athletics.org.nz</p> | | |
| PROFILE | <p>Physiological testing and monitoring</p> <p>Physiological testing is designed help identify various aerobic and speed/power characteristics to inform training approach and future planning. Testing may include:</p> <ul style="list-style-type: none"> - VO2max / Lactate threshold - Peak Speed assessment with Radar technology - Jump and reactive strength measures - Video Analysis of running mechanics – stride lengths and frequency details - Max lactate production test <p>We will be facilitating opportunities for ANZ-HP Programme athletes and selected on the radar athletes to be tested directly prior to, or during DEG distance camps (see below). However testing is also available on request for approved athletes. Most testing is done at AUT Millennium, however we currently have relationships with several physiology labs around the country who use the same standardised protocol. For further information, please contact steve@athletics.org.nz</p> | | |
| SUPPORT | <i>For high performance and performance potential athletes and their coaches.</i> | <i>For emerging talent and their coaches.</i> | <i>Coach specific support.</i> |
| | <p>Performance Training Environments (PTE)</p> <p>Facilitating access to PTE's including:</p> <ul style="list-style-type: none"> • Covid-19 Response – Assisting offshore athletes to access safe training and competition environments. • Domestic distance camps – Support for NZ's high performance distance athletes and selected 'on the radar' athletes (male and female), to train collaboratively for key blocks in preparation for the 2021-22 domestic season and beyond. Venues include: <ul style="list-style-type: none"> • Rotorua, Jul 4-17 • Chch*, Oct 2021 (female only) • Hastings, Nov 2021 | <p>Emerging talent distance camps</p> <ul style="list-style-type: none"> • Rotorua, 14-16 July (July school holidays) • Hanmer, 3-5 Oct, (October school holidays) <p><i>(See above)</i></p> <p>Planning Support</p> <p>Working with HPAD Lead to assist emerging programme athletes (PDS) and their teams develop planning processes designed to maximise the their performance potential.</p> <p>RED-s Programme</p> <p>Continued development of the Relative Energy Deficiency in Sport (RED-s) issue to raise awareness, early recognition, prevention strategies and providing support for RED-s athletes</p> | <p>Distance coach development strategy</p> <ul style="list-style-type: none"> • Regular "Coach Connect" zoom meeting (separate male and female groups) • Highlight and promote opportunities for distance coaches, within Athletics New Zealand's Coaching framework • Provide distance specific coach development opportunities such as: <ul style="list-style-type: none"> - Travel and accommodation support for targeted established coaches to attend identified DEG PD and networking opportunities. - Coach specific workshops at emerging talent camps for emerging coaches - General planning support and advice |

| | | | |
|--|--|---|--|
| | <p>Staying connected Regular “athlete connect” zoom meetings (separate male and female meetings) for key programme athletes and selected emerging athletes, to connect with each other and the HP programme.</p> <p>Campaign planning support Assist domestic and offshore athletes to navigate their way through the many uncertainties caused by the global pandemic with regards to Tokyo qualification and preparation.</p> <p>NZ Domestic season MD competition development. Working with the ANZ-HP director, ANZ event manager, meet directors, and key coaches and athletes, to provide high level racing opportunities for the growing number of HP / PP athletes based NZ during the domestic track season.</p> <p>ANZ-DEG Paris project Co-ordinated support for selected athletes to access</p> <ul style="list-style-type: none"> • Domestic distance camps (see above) • Offshore altitude exposure • Offshore racing block (Aus /US) • Planning and training programme support • Physiological profiling and monitoring. | <p>Staying connected (NCAA) Targeted advice and support including:</p> <ul style="list-style-type: none"> • Covid-19 response and travel advice for NZ athletes • Planning support for emerging athletes contemplating NCAA pathways. • MOU’s with key NCAA programmes. • Regular communication with those currently on scholarship • Specific support for post collegiate integration back into the ANZ-HP programme | |
|--|--|---|--|

Horizon initiatives:

| | |
|--|---|
| | <p>Regional Distance Hubs (TBC) With the restructure of HPNZ and the potential of more investment into the performance potential space, we are currently positioning ourselves for the possibility of 2-3 DEG squads of performance potential / high performance athletes located in key regions, with access to:</p> <ul style="list-style-type: none"> - Year round group training - HPSNZ or ANZ-DEG approved support services (for those eligible) - Supported accommodation options (for those eligible) - Testing and monitoring (for those eligible) <p>This is dependant on a range of factors but is a model that has a lot of merit.</p> <p>Female distance running research project (March 2022) An investigation into the state of female distance running in NZ.</p> <ul style="list-style-type: none"> - Do developing female distance athletes in NZ have the comparative finishing speed of their male counterparts? |
|--|---|

- | | |
|--|--|
| | <ul style="list-style-type: none">- What training environments and training approaches are required for our developing distance athletes (particularly females) to become success international distance athletes. |
|--|--|

DRAFT