

2021-22 SPRINTS/RELAYS & HURDLES Event Group Plan

Aims

The Sprints/Relays & Hurdles Event Group will support the ANZ-HP programme to achieve the outcomes contained in the ANZ-HP 2021-2024 Strategy.

While the Event Group will continue to provide individual development opportunities across the breadth of the Event Group with a fundamental driver of individual world-class performance (athlete and coach), from a representative perspective the Event Group is specifically and realistically targeting in the next Olympic cycle:

- ✓ 1 Senior Relay Teams at the Commonwealth Games 2022
- ✓ Relay teams at the World Junior Championships 2022 (Cali, Columbia)
- ✓ 1 Senior Relay Team at the 2024 Olympic Games (Paris)

Philosophy

Our vision is to create a strong, wider sprinting collective by creating a community that supports both athletes and coaches in their development. We aim to work together to make the best possible steps that can see more athletes enter the high-performance sphere and from this major event qualifications.

Guiding principles and beliefs:

1. **Coaches** – Fostering a network of coaches to develop a wider group of athletes, which will become a quality pool of future high-performance athletes.
2. **Long term athlete development** – Starting young athletes off by specialising late, and developing general athleticism and performance behaviours, via a range of different expertise.
3. **Individualised support** – Supporting athletes to transition out of key stages of development into appropriate high-performance pathways.

Sprints/Relays & Hurdles Event Group Co-Ordinator Responsibilities

James Mortimer will lead the ANZ-HP Sprint/Relays & Hurdles Group. James will report to ANZ-HP Coach Manager (Kirsten Hellier) and ANZ-HP Coach Manager (Scott Newman).

James will work closely with the ANZ-HP Coach Manager to manage the ANZ-HP Sprints/Relays & Hurdles budget in consultation with the ANZ-HP Director.

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

2021/22 Sprints/Relays & Hurdle priority initiatives

CONNECT

Sprints/Relays & Hurdle camps or workshops

- Auckland– December 2021
- Hamilton (Porritt Classic – Hurdle Festival) - February 2022

This is an opportunity for carded, PPS, P2P and selected on the radar Sprints/Relays & Hurdle athletes and coaches to come together and learn from others. Athletes and coaches also have the opportunity to connect in a relaxed natural learning environment.

Camps will include:

- Practical testing & training sessions
- Presentations from leaders in their field
- DFSNZ presentations
- Athlete focus

There will be a specific focus on relay teams that have the potential to qualify for the World U20 Championships in Cali.

Keys focuses will be on connection, direction and learning.

DEVELOP	<p>4X100m Relay training sessions (Regular basis)</p> <p>This is an opportunity to gather leading and emerging sprinters and develop 4x100 relay skills and has all athletes on the same page, collectively working/planning for a common goal.</p> <p>Skills will include:</p> <ul style="list-style-type: none"> - Baton passing - Acceleration/take-off - Speed in relay zones <p>A key focus will be “buy-in” from the athletes and targeting major championships as a relay team.</p> <p>Women’s 4x100m focus on World Championships, World Relays and Commonwealth Games 2022.</p> <ul style="list-style-type: none"> - Multiple training camps per year to focus on a group of athletes and specific tactics. - Video analysis of change zones and parings - Targeted opportunities to qualify for the above events (budget presented) <p>Women’s & Men’s U20 4x100m and Women’s U20 4x400m focus on World U20 Championships</p> <ul style="list-style-type: none"> - Multiple training sessions post NZSSAA +U16/ U18 Nationals Champs to focus on a group of athletes and specific targets. - Targeted opportunities to qualify for the above event. <p>Sprints/Relays & Hurdle workshops</p> <p>As above with connecting, workshops will give athletes and coaches the opportunity to develop their area with the latest techniques and skills from experienced coaches both National and International.</p> <p>For more information, please contact jamesmortimer04@gmail.com</p>		
	SUPPORT	<p>For High-Performance Athletes</p> <p>Campaign Planning Support Assist established programme athletes (carded, PDS and on the radar, and their teams, develop and implement effective campaign planning and case management processes designed to maximise the likelihood of delivering the best performances at major championships.</p> <p>Performance Training Environments (PTE) Facilitating access to PTE’s including:</p> <ul style="list-style-type: none"> • Regular Senior Women’s & U20 4x100m / 4x400m relay camps – Support for NZ’s leading sprinters to train together regularly in the quest to reach international goals including World Championships, World Relays and Commonwealth Games 2022 leading into Paris 2024 and possibly Los Angeles 2028. 	<p>For Emerging Athletes:</p> <p>Planning Support Working with HPAD to assist emerging programme athletes (PDS) and their teams to develop planning processes designed to maximise the likelihood of becoming an international level Sprint/Relay or Hurdle athlete.</p> <p>Hurdle Festival – Porritt Classic Continue and develop the Hurdle Festival at the Porritt Classic.</p> <ul style="list-style-type: none"> • Assistance for athletes and selected hurdle groups. • Prize money for Festival events. • Funding support for athletes and their coaches. • Education and coaching sessions for hurdles. <p>Development relay opportunities - NZ Classic events.</p> <ul style="list-style-type: none"> • Opportunity for up and coming athletes to develop relay skills • Education and coaching around the relay system. • Competition at Australian Junior Championships.