

Distance/Walks Event Group Plans 2022-23



Performance

Vision

To build on our rich distance and walks tradition, by providing world leading support for athletes and coaches in their development towards the delivery of podium performances on the world stage.

How

Medal campaigns resulting in podium results.

Build on and develop performance environments to ensure we deliver repeatable and sustainable success through:

- High Performance Planning – access to resource and assistance to support performances
- Prioritising coaches – support and develop coaching networks to grow future HP athletes
- Individual Support – supporting athletes throughout the performance pathways
- Long term approach - bridging performance gaps by focusing on developing athleticism and performance behaviours

Initiatives

1. Annual Hanmer Springs Forest Development Camp 2022

The purpose of this camp is to provide a collaborative training opportunity for identified pathway and emerging athletes (16yrs +) and coaches to develop essential foundations required for long-term distance/walks success.

Location: Hanmer Springs

Dates: 2-4 October 2022

Contact: Maria Hassan maria@athletics.org.nz

2. Physiological testing and monitoring – GAPS analysis

We will be facilitating opportunities for ANZ-HP Programme athletes and selected radar athletes to be tested at regional facilities and/or national initiatives. Physiological testing is designed to help identify various aerobic and speed/power characteristics to inform training approach and future planning.

Contact: Tim Driesen ANZ HPAD Lead tim@athletics.org.nz Maria Hassan maria@athletics.org.nz

3. Distance Coach Working Group

HP and performance level coaches to connect on a regular basis to develop collaborative communities of practice, ensure development opportunities and initiatives are promoted and DTE are capitalised.

Commencement: June 2022

Contacts: Maria Hassan Event Group Co-ordinator maria@athletics.org.nz

3. High Performance Hui

Identified HP programme athletes and coaches will be invited to attend HP Hui initiative/s annually.

Location 1: AUT Millennium, Auckland

Dates: September 28-29, 2022

Location 2: February 2023 (in conjunction with Potts Performance camp)

Dates: TBC

4. High Performance Athlete Development (HPAD)

There will be two specific HPAD opportunities for targeted athletes across event groups. There will be a multiple day domestic camp and an Australian tour held each year which Performance Development Squad (PDS) and/or Performance Potential Squad (PPS) athletes will have a priority invitation to attend.

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Community Initiatives

Vision

To develop the depth and quality of athletes and coaches within the community to support the ongoing delivery and development of Distance events

More athletes and coaches participating and developing. Succession.

How

The focus for community-based initiatives is to establish dedicated opportunities for athletes and coaches to interact with each other and our performance level coaches. In addition, a dedicated focus to develop a pool of quality ACEⁱ to support club and regional coach development.

Initiatives

1. Collaborative regional based training camps where athletes and coaches connect informally around training opportunities.

Locations: TBA

Dates: TBA

2. Establishment and delivery of CAD level 1 Distance module
3. Regional/club coach development delivery by request.

Contact: Mariah Ririnui – Community Coaching Coordinator mariahr@athletics.org.nz

ⁱ ACE – Athletics Coach Educators, responsible for event group coach development