

Targeted Relay Squad Development

What is the relay programme?

Athletics NZ is pleased to announce a targeted relays programme. The purpose of the targeted programme is to create pathways for sprint athletes to compete with distinction on the international stage. ¹

In the initial stages we are targeting specific senior squads based on current depth of talent. With proven success of the programme, there could be scope to extend this, but at this stage the programme is targeting the following events:

Targeted Relay Squads

1. 4x400m Women
2. 4x100m Women
3. 4x100m Men

What does success of the programme look like?

Success is aligned with the ANZ HP Strategic Approach 2021-2024. Over the next 3 years the programme is focused on athletes' commitment to the team, ensuring relay squads are at pinnacle competitions, and performing with distinction at those competitions.

How is the programme going to be successful?

There are 3 core activities that the programme will focus on to develop the athletes:

1. Identify talent and verify athlete commitment - athletes will complete an expression of interest form acknowledging and agreeing to support relay squad initiatives.
2. Improve the relay specific competencies of the athlete – the programme will improve sprint technique, baton changes, lane discipline and verbal and visual cues.
3. Create elite relay training environments for athletes and coaches - international modelling will be used to provide Sprint Testing, Video Analysis and Competition planning.

How can athletes be selected for the relay programme?

Athletes wishing to be considered for selection must complete an Expression of Interest Form. Relay squads of 6-8 athletes will be selected. Selection for a specific relay squad will not negate opportunities to be utilised across squads.

Expressions of interest will be collated and reviewed by a selection panel comprised of the following:

1. The Event Group Lead
2. The Convenor of Selectors
3. An Athlete representative
4. Athletics NZ HPAD Manager

¹ Targeted - references identified relay competitions and current individual athletes with the capability and capacity to contribute to a competitive senior relay squad that can compete on the world stage.

Athletes seeking selection for Targeted Relay Squads must complete an Expression of Interest (EOI) **by Friday November 11, 2022**. Athletes will also be required to confirm their commitment to relay squad initiatives.

What are you committing to in 2022-23?

As a member of the relay programme you and your coach will be committing to:

- 2 training camps
- 3 competitions and
- 2 IPP reviews with the lead coach.

Commitment to all these initiatives is vital to the success of the programme and making our international targets within the next three years.

Squad Training and Skill Development Camps

1. Selected squad athletes individual relay focused **IPP** developed in conjunction with Relay Event Group lead, ANZ-HPAD Lead and personal coach.
 - a. Identified performance gaps integrated into DTE

2. **High Performance Camp #1**

Auckland Night of 5's

Friday 16th December > Saturday 17th December, 2022

Squad Targets

4 x 100m (W) & 4 x 400m (W)

This camp will include:

- Baton Skills
- Relay changes (Full speed x Low Volume)
- Sprint Testing
- Video Analysis & competition planning.
- Will incorporate the Night Of 5's Gift 100m race.

3. **IPP Reviews** – January/February 2023

- a. Regular check-ins with squad athletes & coaches re IPP
- b. Competition planning

4. **High-Performance Sprints & Relay Camp #2**

Millennium Institute Lodge, North Shore

Monday 13th > Thursday 16th March, 2023

Squad Targets

4 x 100m (W) & 4 x 400m (W)

This camp will include:

- Baton Skills
- Relay changes (Full speed x Low Volume)
- Sprint Testing
- Video Analysis & competition planning.

Targeted Relay Squad Competition

National

1. Sir Graeme Douglas Classic (4x100m)
2. Porritt Classic (TBC).

International

At the time of publication, the scheduled World Relays in China has been postponed until 2025 so alternative options are being investigated and include the following options:

1. **Australian Uni Games** - Runaway Bay
19-21st April 2023
4x100m (M & W) & 4x400m (W)
2 x (4x100m) on back-to-back days.
2. **Alternative to World Relay Championships or/Japanese Meets**
April/May 2023
4x100m (W) and/or 4x400m (W)

These international races are still yet to be confirmed but recommend discussing these dates with your coach for preparation and programming purposes.

For more information, please contact James Mortimer at jamesm@athletics.org.nz

To submit an Expression of Interest form click [here](#)