



## **Athletics New Zealand Performance Card Squad**

### Benefits and Responsibilities

Below is an outline of what can be gained by involvement in the Squad.

#### Athletes Benefits

General Programmes covering some of the following range of Generic Services:

- Bio-mechanics.
- Physiotherapy assessment.
- Nutritional advice.
- Lifestyle Education.
- Sports Psychology.

Specific Programmes covering the following range of possible areas:

- Strength & Conditioning.
- Planning - Competition & Training.
- Event Specific Technical Assistance.
- Injury Prevention.

In addition there is an opportunity to benefit in the following areas:

Prime Ministers Scholarships (direct endorsement via Athletics NZ)

Travel Assistance – Competition

NB: the above are also available to coaches of athletes in the Squad where appropriate and will be needs based. Support for Coaches in Continued Professional Development is an additional benefit

#### Athletes Responsibilities

The balance to the benefits of inclusion in this squad, are the responsibilities necessary as a Squad member. These include

- Willingness to support the HP Programme.
  - Including attendance at Squad gatherings.
  - This applies equally to the Coach of the athlete.
- Prompt completion of requests
  - Squad Forms.
  - Travel Information etc.
- Maintenance of communication.