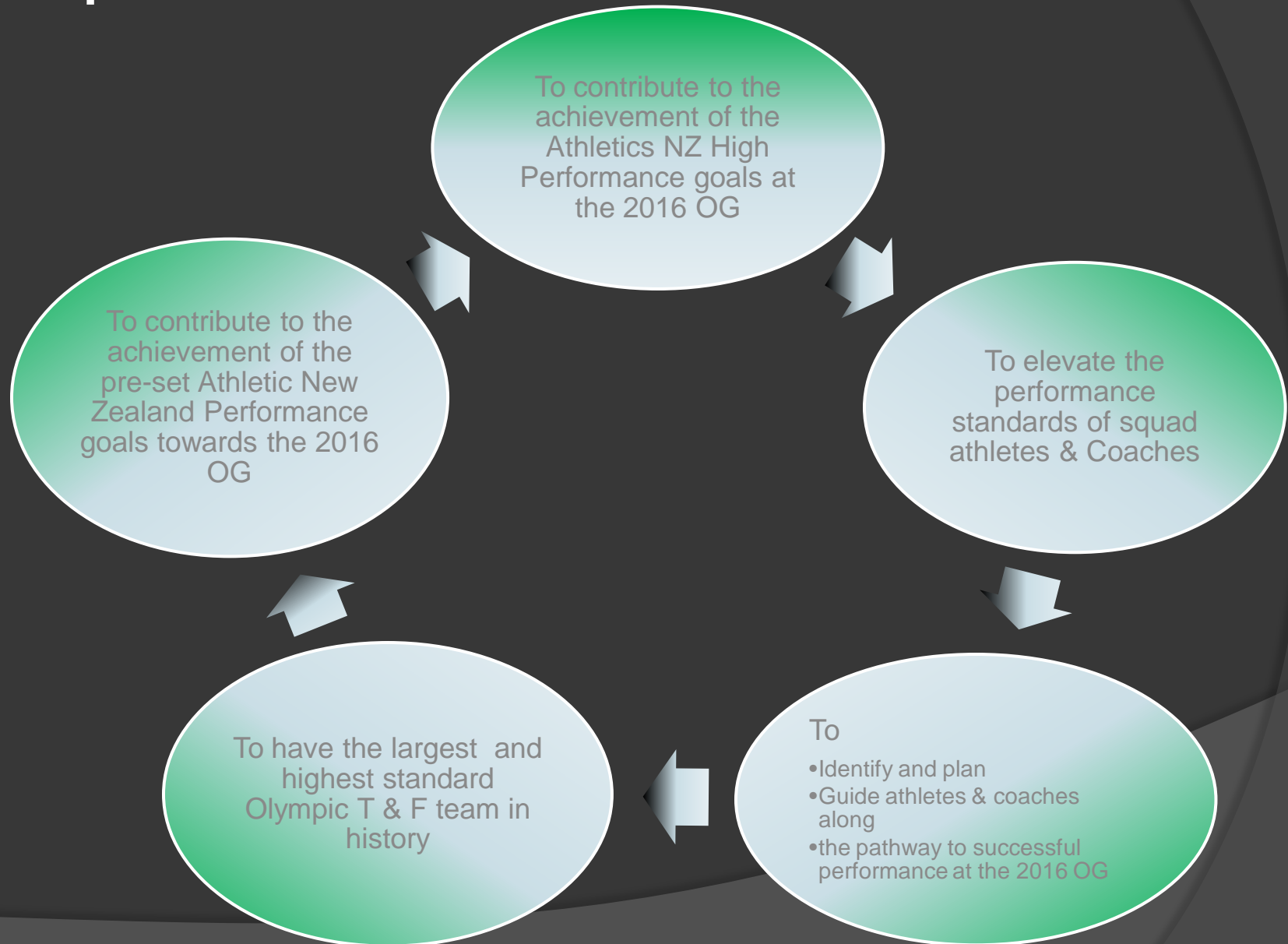


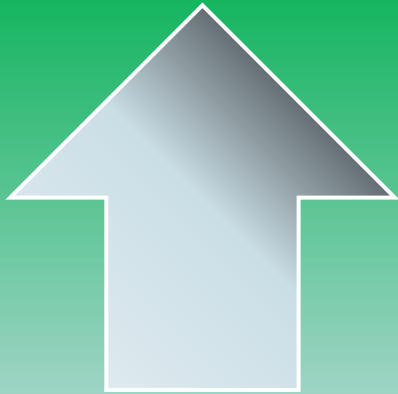
2010-2011 Programme

Rio 2016 SQUAD

Squad Goals



How?



Challenging Performance Standards

- Athletes: via clear objective measures and enhanced training and competition processes
- Coaches: via direct resourcing and self & peer review based on both objective and subjective assessment



Increased Coach – Coach interaction

- At Camps
 - National/Regional
 - Specific Event
- Via workshop programmes
- Developed Coach Resource Network (CRN)

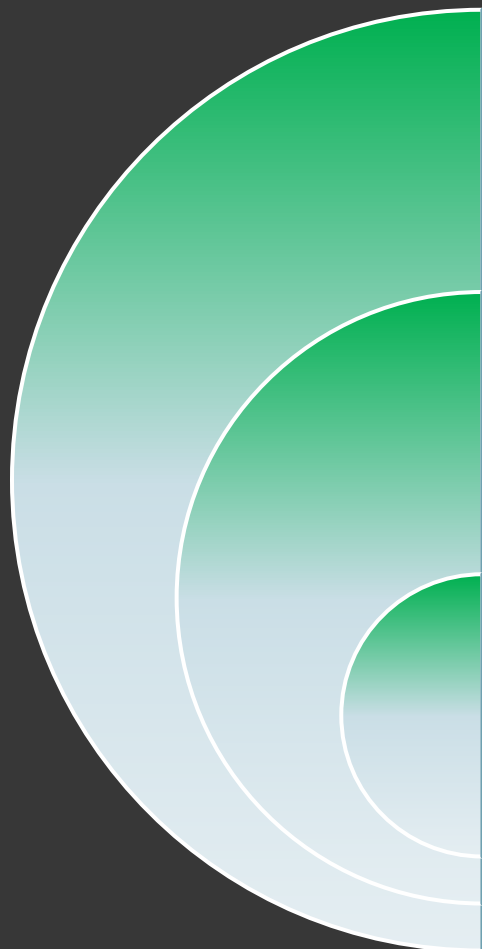


Technical, Physiological and Generic Education enhancement of athlete performance

- At Camps
- Via CRN
- Using NZAS & other external service provision



Camps



National (PPM & NEC)	<ul style="list-style-type: none">• Winter : Auckland Jul 2nd – 4th• Summer : Wanganui JanTBC
Regional /Event Focus (PPM/NEC)	<ul style="list-style-type: none">• Autumn :<ul style="list-style-type: none">• Auckland May 1st – 2nd• Christchurch May 8th – 9th
Event Specific (NEC/EC/EM)	<ul style="list-style-type: none">• Spring : Various Oct or Nov• Summer : Various March

Involvement

	Gold	Silver	Radar	PYO	Combined Events
Camp I					Event Specific
Camp II					Event Specific
Camp III					Event Specific
Camp IV					Event Specific
Camp V					Event Specific

- http://www.performance.athletics.org.nz/index.php?option=com_content&view=article&id=47&Itemid=59

Streams 2010.2011

