

Surf Lifesaving New Zealand Performance Pathway

Athlete Description

SYMBIOTIC SPORT PATHWAY

- Swimming NZ, Canoe Racing NZ, Rowing NZ, Athletics NZ

HIGH PERFORMANCE

JUNIOR DEVELOPMENT PATHWAY

- Junior competitors (age 15-19) who have begun to identify as an athlete with the potential to transition into the Youth Squad;
- Athlete has started achieving progressive and consistent National results within the top ten of their age group;
- Beginning to demonstrate the potential for future performance (Tactical, technical, physical, mental and environmental);
- Identified as a potential talent for regional and national development programmes and competitions;
- Committed to regular training and competition within regional and national development programmes and competitions.

SENIOR DEVELOPMENT PATHWAY

- Senior competitors (19+ years) who identify as an athlete with the potential to transition into the Senior Performance Squad;
- Athlete has started achieving consistent and progressive New Zealand and Australian domestic results within the top ten of their age group;
- Demonstrating an understanding of what it takes to perform (Tactical, technical, physical, mental and environmental);
- Identified as a potential talent for regional and national development programmes and competitions;
- Committed to regular training and competition within regional and national development programmes as well as National and Australian competitions.

DEVELOPMENT

- Development athletes (age U14) should be involved in fun environments, variety with exposure to events and disciplines;
- Not Specialised;
- Participation in multiple sports;
- Foundation/fundamental movement skills;
- Developing core lifeguarding competencies;
- Learning to work in a team environment.

JUNIOR PERFORMANCE YOUTH SQUAD

- Junior competitors (age 15-19) exhibit early characteristics (competitiveness, physical skills, versatility) and aspirations of being an 'athlete' (physical and mental attributes);
- Athlete moves into senior clue structure, training and developing environment;
- Athlete has the potential to perform on the Junior International Stage within 2-4 years;
- Capable of achieving at minimum 3x Pool benchmark times (Pool rescue athlete).

PRE - HIGH PERFORMANCE YOUTH SQUAD

In addition to Junior Performance attributes:

- Athlete (age 16-19 years - in line with ILS age eligibility) identifies desire to pursue performance pathway and understands the different HP events and selection;
- Performance potential on Junior international stage within 2 years;
- Performing in multiple disciplines and/or multiple events within discipline at domestic selection events;
- Discipline and event specific criteria: Demonstrating consistent progression of tactical race ability, achieving podium performances, achieving benchmarks;
- Beginning to understand team strategy;
- Learning mindset in sport and life, coachability, increasing accountability, team player;
- Introduction of IDP, support and education aligned;
- Performance potential at a Senior international stage within 2-6 years;
- Commitment to lifeguarding/giving back in surf lifesaving.

SENIOR PERFORMANCE SENIOR SQUAD

In addition to Pre - HP attributes:

- Athletes (19+ years) demonstrate ability to be a team player in domestic and/or international performance environment;
- Exposure to International lifesaving sport competition;
- Continued progression of domestic/Australian performances with consistent results and performance potential at a senior international event within 4 years;
- Athlete engagement and ownership of IPP;
- Athlete engagement with available performance support (coaching, workshops etc);
- Sound understanding of the principles underlying performance (Tactical, technical, physical, mental and environmental).

HIGH PERFORMANCE SENIOR SQUAD

In addition to Senior Performance attributes:

- Consistent domestic & international podium performances in multiple events within discipline and/or across disciplines;
- Capable of A Final performances at key international events;
- Ability to perform under pressure;
- Mastery of the principles underlying performance (Tactical, technical, physical, mental and environmental);
- Manages and understands self (life, wellbeing), identify and engage support when needed;
- Living the HP vision;
- Clear understanding of team based ILS events.