

# 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.

### PERFORMANCE DEVELOPMENT 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).

### JUNIOR PERFORMANCE YOUTH SQUAD

In addition to Performance Development 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 Junior Performance 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.

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## Pathway Opportunities

### SYMBIOTIC SPORT PATHWAY

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

### HIGH PERFORMANCE

### JUNIOR DEVELOPMENT PATHWAY

- New Zealand Domestic Season
- Regional Camps and activities
- Nationals camps and activities upon invitation
- Junior Pathway athletes are developed and supported through club and regional programmes

### SENIOR DEVELOPMENT PATHWAY

- NZ/Australian Domestic Season
- NZ/Australian series or invitational events
- Regional Camps and activities
- National Camps and Activities upon invitation
- Senior Pathway athletes are developed and supported through club and regional programmes

### DEVELOPMENT

- Domestic events e.g Regional Champs, Oceans;
- Development athletes are not eligible for the performance squads Squad or National Team selection.

### PERFORMANCE DEVELOPMENT

#### YOUTH SQUAD

- Domestic events e.g Regional Championships, National Championships;
- The Invitational, Regional Camps and Clinics;
- HP newsletter and connection with other HP athletes and coaches;
- Introduction to Individual Development Planning;
- Age and stage appropriate team competition opportunities;
- National Youth Squad Camp invite;
- Continued development and support through club and regional programmes .

### JUNIOR PERFORMANCE

#### YOUTH SQUAD

In addition to Performance Development activities, Pre-HP athletes may be selected onto the following teams where applicable:

- Battle of the Tasman Youth Team
- World Junior Lifesaving Championships
- ISRC Youth Team

Athletes may also have the ability to access support services which can include:

- Performance planning support
- Local hubs/academy support where required and available - e.g strength & conditioning, nutrition
- HP Youth Campaign Lead connection
- National Youth Squad camp invite
- National Team camp when relevant

Athletes identified as tracking towards LWC senior team within 2-4 years may be eligible for HPSNZ support services.

### SENIOR PERFORMANCE

#### SENIOR SQUAD

Senior Performance athletes may be selected onto the following teams where applicable:

- Battle of the Tasman Pathway Team
- International or Domestic Pathway Team opportunities

Athletes may also have the ability to access to:

- National Squad Camps and activities;
- Introduction or continuation of performance planning support;
- HP newsletter and connection with other athletes and coaches.

Athletes identified as tracking towards LWC senior team within 2-4 years may be eligible for HPSNZ support services.

### HIGH PERFORMANCE

#### SENIOR SQUAD

High Performance athletes may be selected onto International senior teams,, including but not limited to;

- World Lifesaving Championships
- ISRC Senior Team
- German Cup
- World Games

Athletes may also have access to support services which can include:

- Performance planning;
- Athlete performance support where available/funds permitting;
- HP Campaign Lead connection
- National team camps when relevant.