

WINTER PERFORMANCE AND DEVELOPMENT HUBS

INFORMATION 2024

Winter Performance Hub

Objective: To provide structured training environments for Performance level athletes preparing for an U23/World University campaigns and the Winter Performance Regatta.

These athletes are the potential 2028 cohort.

Locations: Cambridge (Waikato RC)

Dates: U23 Team Athletes 1st April – 7th April 2024

World University Athletes 1st April – 6th July 2024

Performance Level Athletes 1st April – 21st July 2024

Athletes in the Winter Performance Hubs can be a member of any NZ club.

Rowing NZ will make a per athlete contribution to the Club to cover the costs of rowing over the winter (use of club equipment, coach boat fuel for coaches, use of club facilities etc).

Athletes will have access to:

- Rowing NZ Contracted Performance Coach
- Equipment through the supporting club – access to a 1x is not guaranteed, it is recommended you arrange your own boat hire.
- S & C programming and assistance (Ryan Trent - Pathway S & C).
- S & C facility access (Waikato - Velodrome HPSNZ).
- Erg training facilities
- RNZ Pathway/Hub Coaches – regular check ins and IDP's.
 - Access to extra resourcing where indicated in IDP's

Winter Development Hub

Objective: To provide structured regional training environments for the Development level athletes preparing for U21/U19 campaigns and Identification (ID) Level Pathway athletes preparing for the Winter Interprovincial regatta.

These athletes are the potential 2032 cohort.

Locations: Auckland (ARA), Cambridge (Waikato RC), Wellington (WRA), Christchurch (Avon RC) and Dunedin (Otago University RC)

Dates: U21 Team Athletes* March 4th – May 16th 2024

July 15th – Sept 29th 2024

U19 Team Athletes May 13th – June 21st 2024

ID Athletes July – Sept 29th 2024

*some will be involved in university training programs up till March 29th

U19/U21 Athletes in the Winter Performance Hubs can be a member of any NZ club.

ID Athletes will need to be members of the club/association or organize a suitable arrangement directly with the club/association.

Rowing NZ will make a per athlete contribution to the Club/Association to cover the costs of any U19/U21 selected athletes rowing over the winter (use of club equipment, coach boat fuel for coaches, use of club facilities etc).

Athletes will have access to:

- Coached on water training sessions.
 - Training days and times will vary from hub to hub.
- Equipment through the supporting clubs – access to a 1x is not guaranteed, it is recommended you arrange your own boat hire.
- S & C programming and assistance (Ryan Trent - Pathway S & C).
- Erg training facilities.
- RNZ Pathway/Hub Coaches – regular check ins and IDP's for those who are on the HPSNZ Pathway.