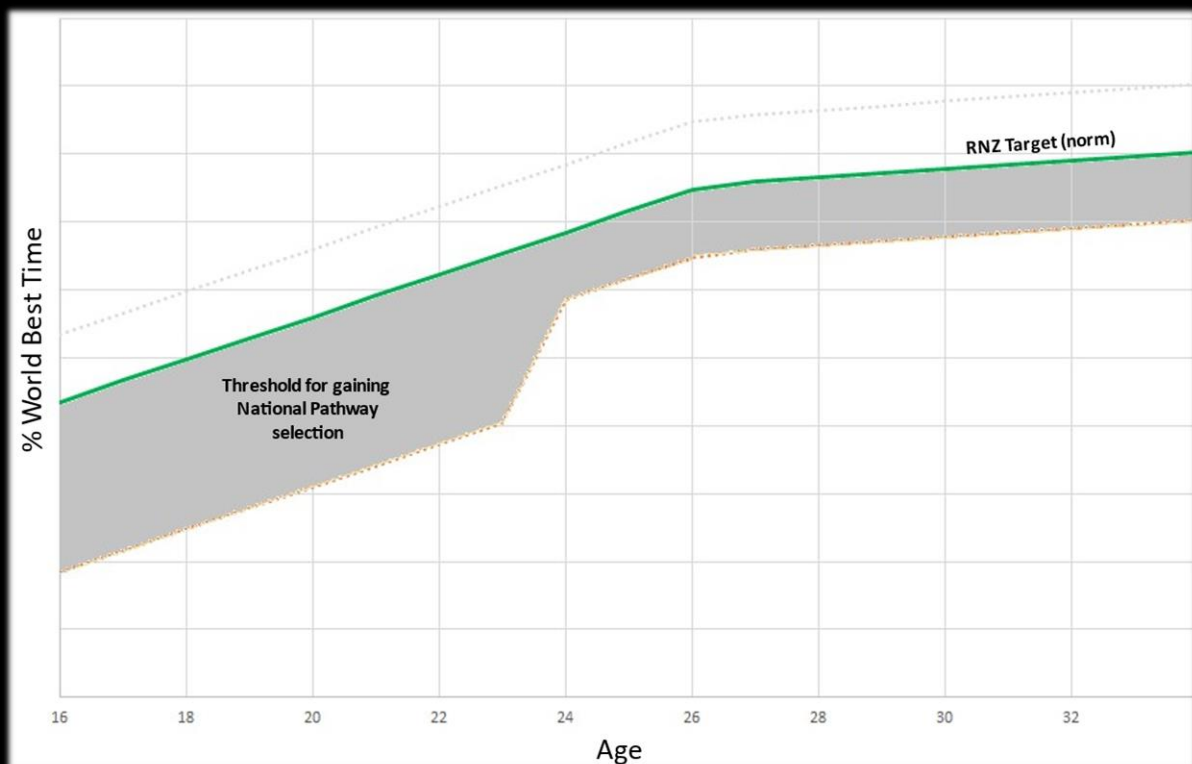


What is the National Pathway?

Rowing NZ is reshaping the high performance athlete development pathway to ensure we are using evidence to best support athlete needs throughout their career. Our research found we need to support more athletes earlier on in our pathway, while affording athletes greater patience and flexibility for each stage of development. The National Pathway is the first step on the high performance pathway and will support identified athletes across the country before they reach the standards required to gain selection into the centralised high performance system.

Rowing NZ analysed the performance capability of current and former NZ Olympic and World Championship medallists to establish age-appropriate benchmarks. These benchmarks provide a Performance Curve that can help to identify and track the development of talented athletes, while also providing a clear RNZ Target (or norm) for previous champions.



As can be seen in the chart below, there is greater variation or range in athlete performance at younger ages (17 to 23 years). The performance capability of rowers older than 23 years is less varied and shifts closer to the RNZ Target. By age 24 a rower needs to be within 2% of the RNZ Target to have high chances of achieving elite success.

The chart shows how critical progression is over time in the development of younger athletes and can be used by athletes and coaches to track progress through the pathway. The standards required to meet the National Pathway threshold are specific to athlete age and training history. Athletes wanting to pursue selection to the National Pathway should sign up [here](#) and using the information submitted, one of the National Pathway Coaches will be able to provide them with information about their targets and where they sit in relation to the norm and National Pathway selection standards.

Athletes selected to New Zealand Age Group teams will gain automatic selection to the National Pathway in the subsequent year in order to help them build on their campaign experience and develop towards renewed selection to a New Zealand representative team.

How do I qualify for the National Pathway?

RNZ asks that athletes register their interest for the National Pathway via the following [link](#)

National Pathway Coaches (Fiona Bourke, Mark Stallard and Nick Barton) are working with local clubs, universities and associations to establish winter training groups and camps for NZ Age Group athletes and athletes aiming to gain selection for the National Pathway for 2021-22.

Selection to the 2021-22 National Pathway is based on ergometer and on-water testing and involvement in winter regional programmes

Testing Window #1 Week beginning 24 May (2km and 5km Ergometer)
Testing Window #2 Week beginning 16 August (2km and 5km Ergometer)
National Development Regatta 23-29 August (Lake Karapiro, Cambridge)

What does it mean to be on the National Pathway?

The National Pathway identifies and supports athletes that have the potential to represent New Zealand on the international stage. This is a year long selection and aims to give athletes the tools they need to gain selection for representative teams in future years through targeted support and feedback.

National Pathway Coaches will work with club, university and school coaches to support selected athletes in allowing them to develop locally, within their established support networks, at a pace suited to their individual circumstances.

National Pathway Athletes will receive ongoing monitoring and support from the National Pathway Coaches to ensure there is clear direction around progression and expectations, with a tailored training approach that fits with young athletes' lives. The level of support available increases as the athlete progresses through the pathway, in line with what they require to develop at each stage. This support also extends to athletes that are based abroad on University scholarships, aiming to ensure that they can be seamlessly reintegrated to the New Zealand Rowing system upon completion of their studies or for an U23 campaign.

Athletes will be invited to attend regional weekend development camps, workshops and a National Development Camp over the summer, providing opportunities to connect with other Pathway athletes from within their region and nationally. Further to this, they will be directed towards education material and resources to help give them the tools to develop on and off the water as part of their individual development plans.

How are Clubs, Schools and Universities involved in the National Pathway?

The National Pathway recognises the significant contribution of clubs, schools and universities in developing future medallists and encourages athletes to fully involve themselves in both the training and racing environment as the first step in the high-performance pathway. Increasing the number of



athletes that are rowing beyond secondary school in clubs and universities increases internal competition and will help to create a thriving domestic rowing community which is key to creating long term and sustainable success on the world stage.

Rowing NZ has employed Jared Cummings to help Associations, Clubs and Universities looking to increase their provision for aspiring high-performance athletes and he will be the key point of contact for organisations looking for support.

Coaches of identified National Pathway athletes will receive access to development opportunities, resources and support from Rowing NZ and National Pathway Coaches to ensure these athletes are able to progress at a rate that suits their age and stage in development.

There are also opportunities for coaches wanting to learn more about the high-performance pathway to get involved with the regional camps and workshops and the National Pathway Coaches will be working with local Associations to identify opportunities for further development.

How can I find out more?

Rowing NZ encourages anyone wanting to find out more about the National Pathway or how they can be involved in creating or extending opportunities where they are to contact us using the information below.

Fiona Bourke	fionab@rowingnz.kiwi	Auckland, Otago
Nick Barton	nick@rowingnz.kiwi	Waikato, Bay of Plenty, East Coast
Mark Stallard	markstallard@rowingnz.kiwi	Wellington, Whanganui, Marlborough
Jared Cummings	jared@rowingnz.kiwi	Canterbury, Southland

Any **athletes** wanting to find out more information should register their interest via the following [link](#) in the first instance as this will help us to give you the information that is specific to you.