

SWIMMING NEW ZEALAND

National Programme Athlete Application
2020 - 2021



THE 2020-2021 NATIONAL PROGRAMME WILL RUN FROM THE BEGINNING OF NOVEMBER 2020 UNTIL THE NATIONAL AGE GROUP CHAMPIONSHIPS IN 2021 (THIS IS A SHORTENED ANNUAL PROGRAMME DUE TO THE DISRUPTION THROUGHOUT 2020).

ATHLETES APPLYING FOR A PLACE ON THE PROGRAMME WILL IDEALLY HAVE MET ALL OF THE FOLLOWING CRITERIA:

- Achieved a minimum standard of a Bronze Performance Standard for inclusion in the National Age Programme or a Senior Development Performance Standard in the Senior Development Programme.
- Are fully committed to their home training programme, attending 100% of agreed sessions.
- Completed the Level Two Drug Free Sport NZ E-Learning ([Linked Here](#)).

ALL ATHLETES APPLYING FOR A PLACE ON THE NATIONAL PROGRAMME, IF SUCCESSFUL, WILL BE EXPECTED TO:

- Develop with their home coach an annual Individual Development Plan.
- Attend a programme induction with Swimming New Zealand Programme Leaders.
- Attend all National Programme camps.
- Maintain their training commitment
- Maintain and regularly update any training log or performance tracking app that as part of the National Programme.
- Always maintain high standards of behavior and display qualities of attitude befitting a member of the National Programme, whether they are in a National Programme setting or club environment.

PLEASE COMPLETE SECTIONS 1 TO 5 OF THE APPLICATION FORM. THIS MUST BE FILLED OUT BY THE ATHLETE EITHER BY PRINTING AND SCANNING OR VIA VIDEO SUBMISSION

SWIMMING NEW ZEALAND

National Programme Application 2020 - 2021



SECTION 1: PERSONAL DETAILS

NAME:

AGE AND DATE OF BIRTH:

CONTACT EMAIL:

CLUB:

COACH:

COACH EMAIL

SECTION 2: PERFORMANCE DETAILS

EVENT	TIME	MEET	COMMENTS

SWIMMING NEW ZEALAND

National Programme Application 2020 - 2021



SECTION 3: TRAINING DETAILS

Please indicate total training hours. This is inclusive of pre and post pool work, gym and dryland programmes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM							
PM							
ADDITIONAL COMMENTS							

SECTION 4:

This section can be written, or you may submit an video submission of your responses

WHY DO YOU WANT TO BE A PART OF THE NATIONAL PROGRAMME?

WHAT ARE YOUR CURRENT STRENGTHS?

WHAT AREAS DO YOU NEED TO IMPROVE ON?

SWIMMING NEW ZEALAND

National Programme Application 2020 - 2021



WHAT DO YOU EXPECT FROM THE NATIONAL PROGRAMME?

HOW CAN YOU CONTRIBUTE TO "TEAM NZ"?

WHAT ARE YOUR GOALS FOR 2021?

PLEASE ADD ANY OTHER INFORMATION OR COMMENTS TO SUPPORT YOUR APPLICATION

ATHLETE SIGNED AND DATED

SECTION 5: TO BE COMPLETED BY YOUR COACH

COACH COMMENTS AND ENDORSEMENTS

DATE:

SIGNED: