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→ Supporting SPARC's vision of creating a world-leading high performance system that provides the required leadership, resources, and support services to enable athletes and teams to win in events that are important to New Zealand.



August 2009

A word from the CEO - Kereyn Smith

This month we will feature some new developments within the NZAS South Island, and we profile Mark Hollands, who is wearing various hats within the Academy system, and working in a Medical Liaison role across the South Island.

We are delighted that SPARC has increased the PEGs grants to top athletes, and also pleased to announce the signing of a new agreement with Integria Healthcare. Both initiatives will add real value and support to our athletes.

We have further updates on the developments within the QE11 Centre of Excellence, with insights into the new recovery zone – the first of its type in New Zealand. We also report on Winter Sport and MotorSport developments.

Special thanks too, to the Christchurch City Council for its \$20,000 grant to support the continuation of a Paralympic stream of the Canterbury Talent Development programme.

We are delighted to announce the employment of two Strength and Conditioning Coaches - Chris Donaldson in Dunedin, and Greg Thompson in Christchurch. Both have been involved in the Academy system for some time and bring excellent skills, knowledge and passion to their work. We will profile them in a future newsletter; meanwhile a warm welcome to the team.

All the best to the many athletes who are competing on world events in the next month.

Kereyn

Focus on ...Mark Hollands

The ASI's new key medical liaison role is now up-and-running, with Mark Hollands (Christchurch) and Helen Littleworth (Dunedin) in the driver's seat. The liaison link with medical providers across the South Island will ensure excellence in support and services to athletes.

Mark sees the new role with Helen as one of liaison and talking. "World-class providers are vital to support athletes on the world stage. We're providing a link between the physiotherapists, doctors, and massage therapists to make sure all medical providers to high performance athletes are on the same page, co-ordinating to make sure everyone

gets the information they need. We simply cannot afford for people in New Zealand to work in silos; we need to pool our knowledge and skills to collectively get the best from our athletes, and this liaison is a good way of doing that."

Mark is a director of Active Health, a multi-disciplinary health centre at QEII, and a physio working with carded athletes across a variety of codes including winter sports, the Black Sox softball team, paralympians and track and field athletes. He has also been a physio with the NZ Bike team at Olympic and at world championship events. He recently spent time in Australia on a PM scholarship looking at world best practice for recovery protocols to high performance athletes, to help his work and extend knowledge in this area. And in between times, Mark runs, and spends time with his family in Christchurch.

Other happenings

New Zealand's world class athletes get funding boost

Sport and Recreation New Zealand (SPARC) has increased the grants it provides to New Zealand's world class athletes, along with the introduction of multi-year grants. SPARC's Performance Enhancement Grants (PEGs) allow New Zealand's top athletes to dedicate time to training and competing so they can maximise their sporting potential. SPARC General Manager High Performance Martin Toomey said the increases were being made following feedback from Olympic sports. Under the new PEGs criteria, a world champion in an Olympic discipline will get a \$60,000 grant, up from the \$40,000 given previously. A medallist in an Olympic discipline will get \$55,000, up from \$35,000 previously.

PMAS Presentation evenings

Annual PM scholarship presentation dates are **September 30** for the **Christchurch** presentation and **October 9** for the **Dunedin** function. This covers all athletes, coaches, umpires/officials and support team who have been awarded Prime Ministers Scholarships in 2009. Invites will be distributed shortly.

New Zealand Academy of Sport selects Official Supplier- Nutrition Supplements

The NZ Academy of Sport is pleased to announce that Integria Healthcare (New Zealand) Ltd (formerly known as Thompson Nutrition Limited) has been selected as our Official Supplier of Nutrition Supplements.

The new agreement will give New Zealand's elite athletes access to nutrition products in the Integria group of brands including Thompson's and Red 8, as well as independent brands distributed by Integria. This four year agreement is worth over \$1 million per year in products to carded athletes.

QE11 redevelopment

The main focus of activity particularly for the past six months has been the redevelopment of the athlete training facility; a major undertaking which turned us into a demolition zone for a while! However we've managed to create a great functional training area we can all be proud of, and that adds significantly to QEII, Christchurch and NZ sport. The Centre of Excellence building project has been a great partnership with Council, also significantly supported by the Canterbury Community Trust.

Profiling.....the recovery area

The new recovery area will add significant value to the Centre of Excellence. This is an exciting development, giving a point of difference for athlete recovery and rehabilitation, as well as potential for community benefit. The facility features hot and cold recovery therapy as well as an Endless pool or flume, for conditioning and rehabilitation and for technical analysis for swimmers and triathletes. The cold pool is a deep plunge pool with a temperature of 10-12 Celsius, while the hot pool is a standard spa pool with hydrotherapy jets at a 40 degrees Celsius. The current in the endless pool goes up to 63s/100m, ideal for resistance running and swimming activities.



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Facebook

The Christchurch COE is now officially hip-cool (according to its director **Iain Ansell**). It has its own facebook page, to help educate, connect and promote high performance excellence at the COE, and to grow a community amongst our athletes. And it's working – people are talking. Check it out: <http://www.facebook.com/pages/Christchurch/Centre-of-Excellence-at-QEII-NZ-Academy-of-Sport-South-Island/115320615515>

Snowboarders train in world-class environment alongside Olympic/World Champions

Five of the New Zealand Winter Performance Programme (WPP) Snowboard Team took part in a three-week Olympic training camp alongside the US and Australian Snowboard Teams in Mt. Hood, Oregon (USA). The camp, which makes use of Mt Hood's High Cascade 22-ft halfpipe, gave our snowboarders the opportunity to perfect their skills in soft, spring-snow conditions before returning to New Zealand to transfer their new level of riding onto the mid-winter snow.

The Winter Games



Our winter athletes are now focusing on preparation for the inaugural Winter Games NZ starting on August 21 in Central Otago. The skier X and snowboard half pipe, both Olympic qualifying events, have attracted world class entrants, so the competition will be excellent preparation for the 2010 Vancouver Winter Olympics for our skiers and snowboarders. The Winter Games are being billed as the biggest winter sports event outside the Winter Olympics, with over 800 of the world's top athletes descending onto Wanaka and Queenstown.

Winter Olympics long term development model

The Winter Programme is working with SPARC on a long term development model (LTDM) for the 2014 winter Olympics. This will provide a pathway for athlete development, identifying what they need to deliver results into the future.

Motorsport Academy - Year 1 programme

Feedback from graduates of the week-long 2009 Motorsport Academy run by the NZ Academy of Sport South Island (ASI), in partnership with the Motorsport New Zealand Scholarship Trust, show the programme is hitting the mark. Top graduate this year was Joshua Marston (Christchurch), currently competing in the NZ Rally Championship in a Lancer Evo 8. *"We had all been exposed to so much information which is all incredibly useful to motor racing. I will take a lot away from the week spent in Dunedin, much information has been taught, awesome experiences taken place and great friendships grown. A huge thanks must go to the Academy staff, these people are so dedicated and the success of the program is a credit to them all."*

Motorsport Academy - Graduate Camp

The inaugural Motorsport Graduate Camp for last year's Motorsport Academy intake took place in Wellington recently. This provided a welcome follow-on from Year One information, and was well received by the graduates of 2008.

Paralympics Academy

The Canterbury Paralympic Development Academy programme has attracted Christchurch City Council funding of \$20,000 for the second year. It leads the way in NZ, offering a programme of support and structure to disabled athletes from the region who demonstrate ability and commitment, and who are eager to improve and aim for world-class success. It does this through planning, finding coaches, identifying the services and technology needed, offering a comprehensive range of seminars, and by providing individual athletes with tailored services. The programme is co-ordinated by ASI's **Malcolm Humm**.

2XU - Official Compression Supplier to the New Zealand Academy of Sport

Did no-one want the FREE pair of 2XU compression tights? Look @ last month's newsletter and email Rebecca@asi.org.nz with the answer to the following, to win. How do 2XU compression tights increase circulation in the legs and so delivering more oxygenated blood to the muscles to aid recovery?

High Performance Sport website: If you are not a member yet join us

- visit www.highperformancesport.co.nz and click 'Join.'

Emerging Talent Development

- o Discus thrower **Marshall Hall** (Academy Otago) - Open Mens Gold Medallist at the Oceania Games.
- o **Todd Johnston** (Academy Otago) was fourth in the Youth World Athletics Champs in the 4X100 relay.
- o **Greir Campbell** (Academy Otago) was named in the Otago NPC Netball team.
- o Swimmer **Natalie Wieggersma** (Academy Southland) won the 200m and 400m individual medleys at the TYR Swim Meet of Champions in Mission Viejo, USA, broke the meet record in the 200m individual medley, and recorded a personal best in the 200m freestyle, also breaking the Southland open record.
- o **Adam MacDonald** (Academy Southland) recorded personal bests in the 100m freestyle and 100m butterfly at the same meet, breaking the Southland records. Adam then went on to win the 100m butterfly in the trans-Tasman under-17 series.
- o **Kirsten Anderson** (Academy Southland) is competing in a world synchronised swimming meet in Rome, part of the FINA World Championship.

- o Squash player **Michael Sunderland** (Academy Southland) gained South Island and North Island titles in his age group at a tournament in Christchurch recently.

What's ahead

September 30	PMAS Presentation	Christchurch
October 9	PMAS Presentation	Dunedin
October 20	Learned Optimism workshop with Theo Feldbrugge	Christchurch

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