

# Cycling New Zealand Track Endurance Development Pathway



## Our Vision is for a Thriving New Zealand Track Endurance Cycling Community with Sustained Success at the Elite Level

### We aim to achieve our vision by

1. Creating connection and community for all riders and coaches, at all levels, by being open with our knowledge and freely sharing through the community to develop strong grassroots.
2. Providing appropriate development opportunities for those aspiring to the highest level based on demonstrated performance and potential.

### Creating Community and Sharing Knowledge:

We strive to provide a baseline level of support in the form of camps and workshops for all athletes, coaches, parents, and facilitators throughout the track endurance pathway.

**Education:** Develop and teach a curriculum for track endurance cycling at the development / grassroots level, which covers the physical, physiological, technical, tactical, and psychological components of sprint cycling. Provide learning opportunities for coaches, facilitators, and athletes through camps, guesting and competition.

## **Development Opportunities:**

- Open Camps: Open to all with an interest / involvement in track endurance cycling within New Zealand (Juniors / Coaches / Parents / Facilitators). Aim is to grow connection and disseminate knowledge to the community.
- CNZ and HSPNZ Support: Athletes who are identified to have potential for future world class performances can access support from Cycling New Zealand and HPSNZ, outlined in the development pathway.
- Invited Track Endurance Development Camps and Campaigns: developing athletes and coaches within New Zealand based around competitions throughout the country.
- Invited Track Endurance Development Camps and Campaigns: developing athletes and coaches to trans-Tasman and other appropriate international competitions and campaigns.
- Guesting Into CNZ HP Daily Training Environment: A critical piece of the development pathway is for developing athletes and coaches ready to gain exposure opportunities to a high performance environment and behaviours.

Tailored Athlete Pathway Support (TAPS) supports the performance and wellbeing of athletes in the New Zealand high performance sport environment.

TAPS is designed to ensure athletes have the right resources at the right time relative to their stage in their respective sport's Performance Pathway.

### Cycling New Zealand Support

Centralised: International Racing (Olympics, World Champs, Nations Cups) HP Coaching

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Decentralised: International Racing, Extended Centralised Camps and Guesting, Pathway Coach with HP Coach Oversight

Decentralised: Invited Camps, Guesting, International Campaign (Junior Worlds), Individual and Campaign Coaches

Decentralised: Invited Camps, Guesting, Supported Racing (Domestic, Oceania and Asia), Individual Coaching

Open Camps, Workshops, and Domestic racing

### Stage of Development

#### Podium

Has achieved podium performances at World Champs & Olympics

#### Podium Potential (U23 / Elite)

Top 8 performances in international competitions.

#### Podium Transition (U21)

U21 Level: Fine tuning skills and attributes to perform at the highest level

#### Development (U19)

Confirming potential to develop towards future world class performances.

#### Emerging (U17)

Beginning to demonstrate the potential for future world class performances.

#### Community

Juniors, masters, coaches, parents who are involved in the sprint cycling community.

### HPSNZ Support (TAPS)

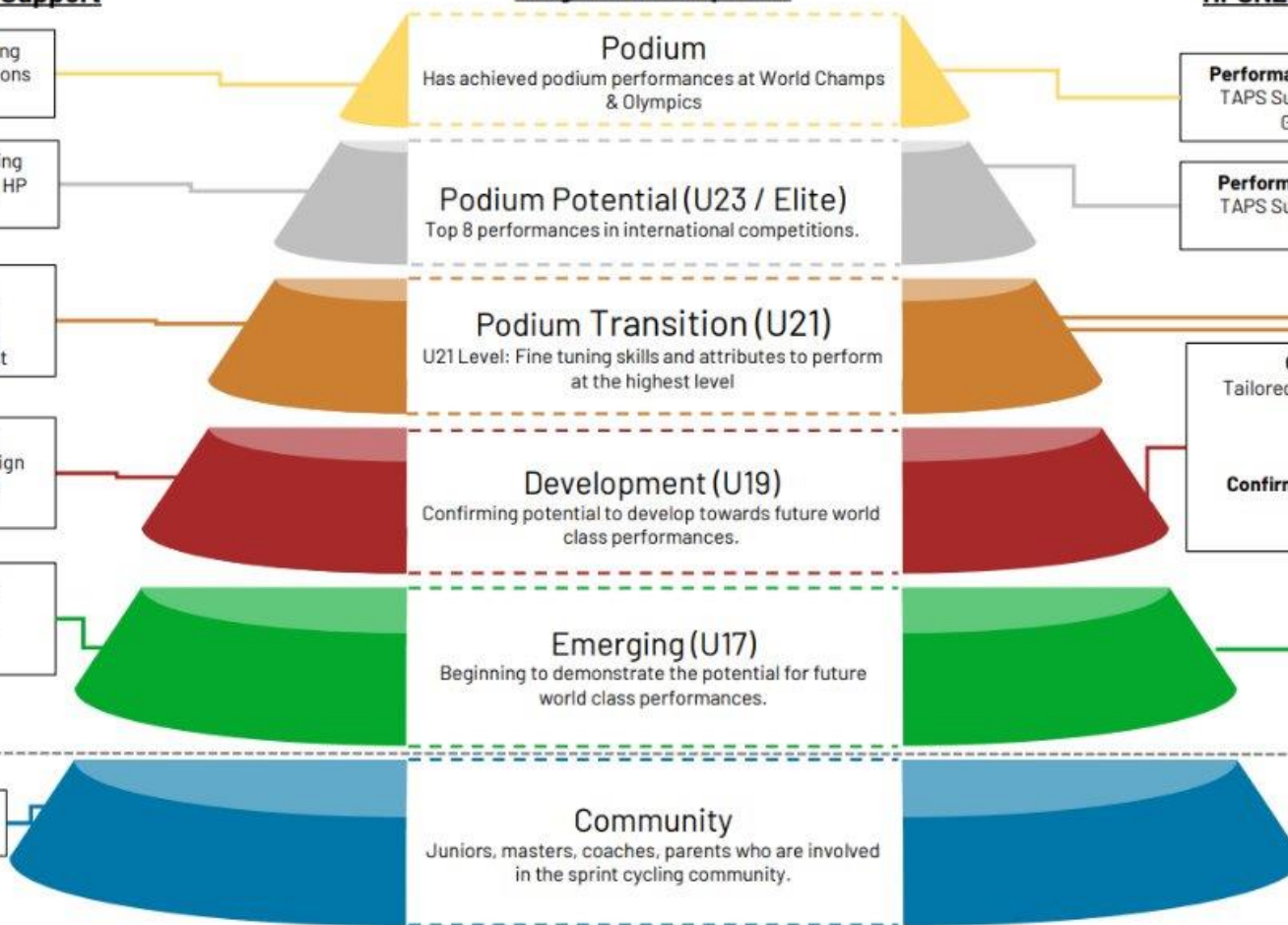
**Performance Probable:** Complete TAPS Support + \$30,000 Training Grant + Excellence Grants

**Performance Convert:** Complete TAPS Support + \$30,000 Training Grant

**Opportunity or Potential:** Tailored TAPS Support + \$10,000 Development Grant

**Talent Identification & Confirmation:** Regional, tailored HPSNZ Support

HPSNZ Support





## Benchmarking:

Age and stage appropriate, world performance benchmarks are based on what it takes to podium at relative international world class competitions. The purpose of these benchmarks is to support discussions on where athletes are at, and how they can progress towards future world class performances in both timed and key bunch events. These are not entry or exclusion criteria for support from Cycling New Zealand or HPSNZ.

### World Performance Benchmarks (To podium at relative world class competitions)

Category (Likely age of development)	Male: Individual Pursuit		Male: Time Trial		Female: Individual Pursuit		Female: Time Trial	
	WPB	Min	WPB	Min	WPB	Min	WPB	Min
Podium	4:07.5	4:12.4	1:00.6	1:01.8	3:22.0	3:26.0	33.8	34.5
Podium Potential	4:10.0	4:15.0	1:01.4	1:02.6	3:24.0	3:28.1	34.2	34.9
Podium Transition (U23)	4:18.5	4:23.7	1:02.5	1:03.8	3:28.5	3:32.7	34.6	35.3
Podium Transition (U21)	4:21.8	4:27.0	1:03.0	1:04.3	3:34.0	3:38.8	34.8	35.5
Development (2 <sup>nd</sup> Year U19)	3:15.5	3:19.4	1:03.4	1:04.7	2:23.0	2:25.9	35.0	35.7
Development (1 <sup>st</sup> Year U19)	3:18.1	3:22.1	1:04.4	1:05.7	2:25.2	2:28.1	36.0	36.7
Emerging (2 <sup>nd</sup> Year U17)	2:17.6	2:20.4	34.4	35.1	2:29.7	2:32.7	37.4	38.1
Emerging (1 <sup>st</sup> Year U17)	2:19.6	2:22.4	35.3	36.0	2:32.0	2:35.0	38.2	39.0

Benchmarking against key performance attributes, including results and performances in Madison and Omnium (incl. the individual events making up the Omnium) is important to ensure rounded athletes are able to perform across all endurance disciplines.

Performances in Omnium will be considered by:

- Sub Total points will confirm performance and results in Scratch, Tempo & Elimination Races.
- Points and number of sprints contributing points in Points race
- Total points across all disciplines of the Omnium.
- The ability to take laps on the field where required.

Performances in Madison will be considered by:

- Points and number of sprints contributing points and final result in the Madison.
- The ability to take laps on the field where required.

## **Expressions of interest (EOI):**

A step-by-step process:

1. Athletes and their coaches can submit their EOI and feedback for support through an online form (link is on the development webpage) which will include recent performances and self-assessment of potential factors.
2. CNZ coaches will then meet to discuss with the athlete, coach, and parents around their eligibility for support based on their potential, performance, and stage of development.
3. Athletes who are considered eligible can access the relevant HPSNZ TAPS level and support from CNZ. Athletes who do not yet meet a minimum standard are encouraged to seek advice from regional coaches or reach out to CNZ to receive guidance around bridging the gaps towards performance.

## HPSNZ TAPS (Tailored Athlete Pathway Support)

<b>HPSNZ</b>	<b>Post HP</b>	<b>LIFE AFTER COMPETITION</b>	Supporting athletes and coaches to continue to contribute to New Zealand through what they do post their competitive careers	<b>Perform</b>	<b>Cycling New Zealand</b>		
	<b>HIGH PERFORMANCE</b>	<b>TRANSITION</b>	Retirement from sport to future aspirations in life, career, and relationships.		<b>Podium</b>		
		<b>ELITE PERFORMANCE - PROBABLE</b>	Elite performance athletes that have achieved repeated podia success at Pinnacle event/s (Olympic/Paralympic Games or World Championships) and continue to polish their proven international performances.			<b>Podium Potential</b>	
		<b>TRANSITION</b>	Ready to perform under pressure, adapt and refine performance to performance, lead themselves and others. Deliver medals.				<b>Podium Transition</b>
		<b>PERFORMANCE - CONVERT</b>	Future performance athletes that have demonstrated realistic medal winning capabilities and are refining performances for podia success at next Pinnacle events/s (Olympic/Paralympic Games or World Championships)				
		<b>TRANSITION</b>	Stable platforms, performance routines and skills evolving, learning to perform under pressure. Performance not yet consistent.				
		<b>FOUNDATION PERFORMANCE - OPPORTUNITY</b>	Foundation performance athletes confirmed to transition to high performance, they are learning how to operate within a world class environment and meet the demands of Pinnacle event performances, graduating within 4 years.				
		<b>TRANSITION</b>	Fundamentals and a learning environment focused on critical personal performance and wellbeing requirements are a priority.				
		<b>PERFORMANCE - POTENTIAL</b>	Athletes that have demonstrated realistic (future) winning capabilities against sport benchmarks, together with the required attributes, attitude, and motivation for internal success as confirmed by their National Sporting Organisation as determined by their evidence-based HP pathways.				
		<b>PRE-HP</b>	<b>TRANSITION</b>				
<b>TALENT IDENTIFICATION &amp; CONFIRMATION</b>	Athletes that have demonstrated realistic (future) winning capabilities against sport benchmarks developing and confirming the required attributes, attitude, and motivation for international success.						

<b>Sport NZ</b>	<b>DEVELOPMENT</b>	<b>TALENT DEVELOPMENT</b>	Talent development is developing athletes to realise their potential in sport and in life. These processes ensure that people and organisations are working with the "right attributes" at the "right time".	<b>Participate</b>	<b>Emerging</b>
		<b>BALANCE IS BETTER</b>	Athletes need balance, development programmes have to be holistic, recognise and cater for all four physical literacy quadrants while developing the person as well as the athlete, encourage them to play, to explore a range of sports, to develop a range of skills, creativity and decision making.		<b>Foundation</b>
		<b>PRINCIPLES OF PLAY</b>	Play is the foundation of physical literacy, as a child's earliest physical experiences are through play, and vitally important for a young person's resilience and wellbeing development. It is vital in ensuring young people have the best possible start in life and develop a lifelong love of community sport and being physically active.	<b>Play</b>	