

Cycling New Zealand Sprint Development Pathway

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

Our Values: Transparency, Honesty, Accountability, Communication, and Performance Driven

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:

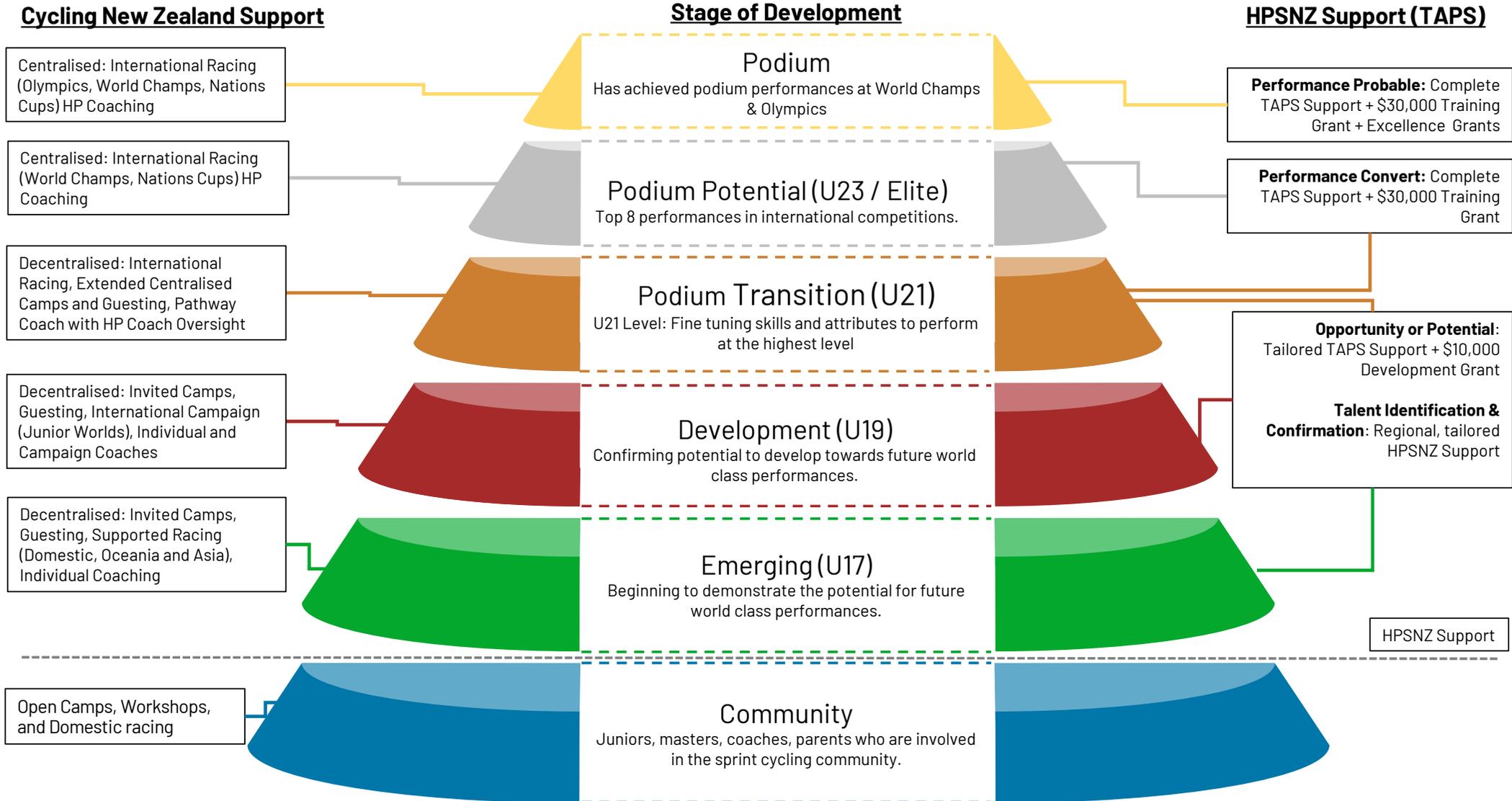
We strive to provide a baseline level of support in the form of camps and workshops for all athletes, coaches, parents, and facilitators throughout the sprint pathway.

Education: Develop and teach a curriculum for sprint 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 Sprint Camps: Open to all with an interest / involvement in sprint cycling within New Zealand (Juniors / Masters / 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 sprint development pathway.
- Invited Sprint Development Camps and Campaigns: developing sprint athletes and coaches within New Zealand based around competitions throughout the country.
- Guesting Into CNZ HP Daily Training Environment: A critical piece of the development pathway is for developing athletes and coaches to gain exposure opportunities to a high performance environment and behaviours.

Sprint Development Pathway

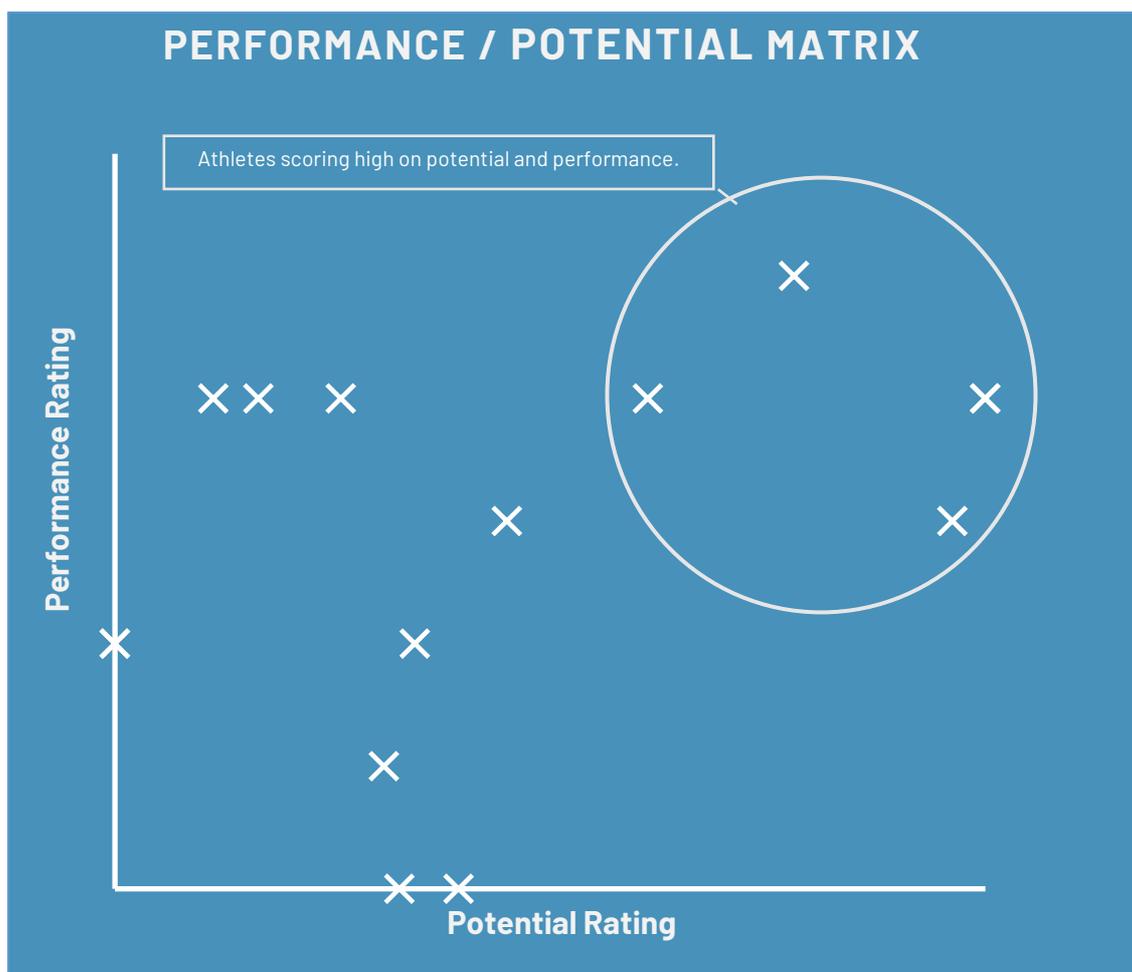


Seeking Support:

Athletes seeking support will be assessed whether they are within the minimum performance benchmark of their relative world performance benchmarks, and their potential to develop towards future world class performances. This assessment will be conducted using a performance / potential matrix, with potential having a greater weighting than performance.

Potential is rated by collecting relevant information from the athlete, their coaches and facilitators involved in the pathway. This includes access to training facilities, coaching and equipment, as well as performance behaviours, training age and physical development.

Talent transfer and late developing athletes will be assessed on a case by case basis. Regardless of age, these athletes would enter at the Emerging stage and generally progress through the pathway at a greater rate than their peers.



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. 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: Flying 200m		Male: Standing 250m		Female: Flying 200m		Female: Standing 250m	
	WPB	Min	WPB	Min	WPB	Min	WPB	Min
Podium	<9.55		<17		<10.55		<18.5	
Podium Potential (U23 / Elite)	<9.7	9.85	<17.20	17.40	<10.70	10.85	<18.90	19.20
Podium Transition (U21)	9.85	10.10	17.40	17.90	10.85	11.10	19.50	19.90
Development (2 nd year U19)	10.10	10.40	17.90	18.20	11.10	11.40	19.90	20.60
Development (1 st year U19)	10.40	11.00	18.20	18.80	11.40	12.00	20.10	21.00
Emerging (2 nd year U17)	10.80	11.40	18.50	19.20	11.80	12.40	20.30	21.40
Emerging (1 st year U17)	11.20	12.00	19.00	20.0	12.20	13.00	20.60	21.70

Note: Min = Minimum Performance Standard (one needed) to be Considered for Support from CNZ and HPSNZ

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 submit and EOI and will still receive guidance around bridging the gaps towards performance.