

# New Zealand Curling Association High Performance Development Plan

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**Adopted by NZCA Executive  
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## **Executive Summary**

This programme outlines a new model for the New Zealand Curling Association High Performance Programme. This plan is in place for nominated athletes. It is open to everyone who applies as long as they meet the criteria and there is space available in the programme. Of most importance is our High Performance athlete development, as per the mandate of our funding partners.

The National Coach, designated Regional Coaches, and the NZCA Selectors will be responsible for the integrity of this programme.

## **The Goal**

To develop a high performance programme that provides customised training in order to help athletes and coaches achieve podium finishes at the international level.

## **The Structure**

1. The National Coach will work with the NZCA Executive, and the Selectors, in order to develop programmes that follow the Long-term Development Athlete and Coach Models. The National Coach will be directly responsible to the NZCA Executive.
2. As part of the NZCA, the National Coach's purpose is to develop the best high performance programme in the world. We want to help our athletes and coaches reach their goals *Each player is unique and as such should be given an individualized training plan for every component of training. In this way we can best equip the individual to become part of a truly effective high performance team.* Ultimately, we will provide the means to excellence for all our athletes and coaches, and in turn, we will see some podium finishes. We will work with coaches, experts, and athletes in our own country so that we can create champions together. We also want to ensure a continued and close association with all our funding partners, and with consultant coaches from other countries, in order to assist NZCA in using their resources to reach as many athletes as possible.
3. The National Coach is responsible for:
  - High-performance camps and programmes
  - Designing a yearly calendar of events, along with the Selectors and NZCA
  - Contact with Service Providers and consultants
  - Preparing teams for specified events either in person or through means of the internet.
  - Developing and educating coaches throughout the country

The National Coach will be the facilitator of the programme. Athletes and/or teams may request additional services with regional coaches and Service Providers. The level of service will be based on talent identification and commitment level of the athlete.

## 4. Accountability Process

There is an accountability process for both athletes and coaches. If the athletes/teams demonstrate that they are following the programme, the National and Regional coaches will be prepared to assist in the most useful ways possible. This will include arranging appointments with PET service providers or consultants who are experts in a particular field that would be useful to the athletes.

Athletes must be accountable to the National Coach if they wish to be part of the NZCA High Performance programme. This process will include:

- Adhering to an annual training plan
  - Identifying a plan, in conjunction with the National Coach, for each component of training
- Setting performance and outcome goals
- Assessing and evaluating the training process through journaling and personal interviews.
- Attending camp(s) and/or specific Training days when requested
- Working with a designated coach [regional and/or National] at a training centre at least 3 times a year

The onus will be placed on the athlete to request what he/she feels she needs to perform at the level desired.

There will be resources for athletes and coaches. It would include:

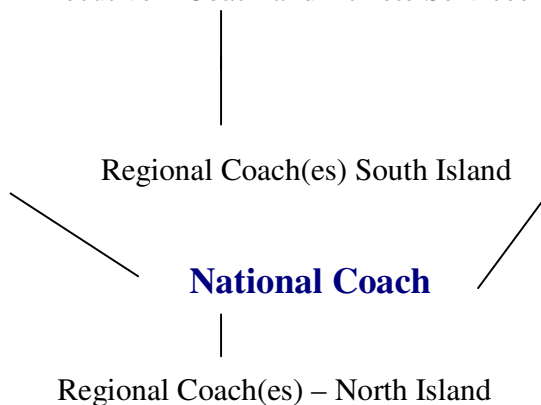
- Information for each of the camps, e.g. mental prep, physical prep, goal setting, etc.
- Practices according to the level of development and time of season
- Development suggestions for general preparation, specific preparation, pre-competition, competition and transition phases.

5. Coaches are an integral part of the Team. We believe that the NZCA should provide, on an ongoing basis, workshops and seminars to help develop coaches at little or not cost.

- We will encourage athletes to work with coaches. Each National Team will be given a coach when competing at an international level.
- The National Coach will attend the PCCs as a coach or team leader.

## **NZCA High Performance Programme Model**

NZCA Executive – Coach and Athlete Services Committee



### **Consultant Coaches and Performance Enhancement Team**

Consultant Coaches from other countries  
Level 2 coaches within the country  
Former and Present World Champions from other sports  
Performance Enhancement Teams  
Experts in all service areas

## **PROGRAMME DELIVERY**

This programme provides ongoing delivery of skill development opportunities to the athletes, and the corresponding training sessions with the team coaches. The National and Regional coaches will be on the ice or in the classroom, based on the needs of the athletes, on a regular basis. Training opportunities are available through the training centres or online, as well as at Development and High Performance camps.

An important component of the process will be the tracking of progress of each athlete in order to offer them what they need when they need it!!

### ***Training Areas:***

#### 1. Technical –

- On ice assessments and skill development for:
  - a) Delivery – balance, timing, line, release and rotation, weight
  - b) Brushing – body position, pressure and motion, footwork, understanding break points
- This includes computer technology for assessments.

#### 2. Tactical –

Off ice educational sessions to learn:

- Game Plan
- Team skill analysis
- End Plans and factors

On ice simulations of:

- Tactics to reach end goals
- Evaluations of tactical processes by observing teams in competition

#### 3. Mental

- Off ice sessions with Consultants and/or National/Regional Coaches to assess skills and establish a training programme.
- On ice sessions, with and without Consultants, to simulate the playing environment and practice skills.
- Establishment of benchmarks, assessment by Consultant/National Coach

#### 4. Physical –

- Assessments according to High Performance Strength and Conditioning Programme, with establishment of benchmarks
- Training programmes, customized to reach athletes' goals.

## 5. Team work –

Off ice sessions for:

- Goal setting
- Annual planning

On and off ice sessions relating to:

- Team dynamics – enhancing team members' performances
- Communication – shot signals, line calls, cue words

## 6. The Playing Environment –

- a) Ice – understanding (scraping, pebbling) and managing (ice reading; stone matching)
- b) Stones
- c) Championship situations

## Eligibility – New Zealand High Performance Programme

Services will be provided to high performance athletes based on their placement on the New Zealand ranking list and in the Long Term Athlete Development Model.

In order for any athlete to be considered, they must apply to the programme using the Nomination Process as implemented by the Selectors.

Tier One	Tier Two	Tier Three	Talent Pool
<b>Training to Win</b>	<b>Training to Compete</b>	<b>Training to Train</b>	<b>Training to Learn</b>
Adults	Adults Juniors – U21	Juniors – U21 Adults - developmental	Junior – U21 Adults - developmental
Access to National/regional coaches, PET, Consultants	Access to national or regional coaches, PET and consultants	Access to regional coaches, and consultants	Access to Regional Coaches and consultants

## Services

Services included in the programme are:

- Delivery analysis
- Biomechanical Analysis (Silicon Coach or V1Home)
- Strategy
- Team Dynamics
- Mental Toughness and Training
- Physical Fitness and Nutritional Training
- Competition Preparation

- Pre and post competition information
- Yearly planning
- Game observations and follow up

## **Talent Identification**

The Tier system would be based on performance in national and international competition. In addition, there is a strong argument for talent identification of promising athletes. A system whereby these athletes would be identified to the Regional coach could be implemented. This could involve recommendations from coaches, club managers, and junior programme coordinators as well as attendance by designated “talent scouts” at all regional competitive events. The “talent scouts” could be regional coaches, consultant coaches, or selectors.

Talent identified athletes could be given some training opportunities and would be encouraged to participate in the high performance programme at whatever level is appropriate.

This talent identification system could also be put into place to identify coaches.

## **Annual Athlete/Team Services**

### **A. Training to Compete and Training to Win**

It should be noted that applications for High performance training in NZ is a transparent process. Any athlete may apply through the Selectors appointed by the NZCA.

Once we have confirmed the number of athletes in the programme (deadline entry of May 1<sup>st</sup>), we will officially begin servicing the athletes.

#### ***1. Initial Appointment***

Athletes will meet with the National Coach or designate. In this meeting, the coach will provide the athletes with an outline of the services available. Identified will be the guidelines for how the programme is run and the expectations for both the athletes and the coaches. This can be done with a long distance telephone programme via the computer like GoMeeting or Skype.

#### ***2. Evaluation Process***

##### ***A. Assessments***

- Physical assessment – to be implemented in June of each year
- Mental assessment – to be implemented in June of each year.
- Team and individual competitive performance over the past season – debriefing facilitated by National, regional or consultant coach. Questionnaire to be sent to athletes and one on one evaluations held.

B. ***Goal setting***, both team oriented and individual, and the Accountability process whereby the athletes/teams and coaches will interact during the upcoming season.

### **3. Training Opportunities with National/Regional Coach**

- 3x per year (minimum) – could include one or more of the camps
- An opportunity for the athlete to interact with their National Coach. This is a crucial part of the programme to ensure they and their teams are remaining on task.
- All services are included in these opportunities
- Overseas training leading up to Pacific Championship events.

### **4. NZCA Camps**

#### **Specific Development Camps**

An open camp for developmental athletes at every level. To be conducted by Regional Coaches and Assistant Coaches under the mentorship of the National Coach. These camps are geared to the following areas of development

- Technical: delivery, brushing,
- Strategy
  - What shots to play when
  - Ice reading and release management
  - The Game Plan
- Mental Assessment
- Physical Preparation
- Team Dynamics

#### **High Performance Camp**

For players selected to National teams. These camps are geared to the playdown environment. Athletes will meet with consultant coaches on specifics of their game in the game environment.

- Playdown preparation – practices, meetings, etc.
- Fine tuning of game plan/strategy/tactics
- Games in a competitive environment
- Mental and Physical monitoring
- Meetings with designated Mentor Coach
- PET service providers may be in attendance

### **6. Consultations**

- Meetings with consultant coaches on specific topics under direction of National Coaches
- Needs to be assessed through an NZ online journal system (which may be personal email to the National Coach on a regular basis) and sessions with the National/Regional Coaches

## Wheelchair Curling

Wheelchair curling is unique – it encompasses both genders and both junior and adult players. Because we need to encourage the sport at the grassroots level, we have included the FUNdamentals phase in our proposal for the development of the sport.

<b>Tier One</b>	<b>Tier Two</b>	<b>Tier Three</b>	<b>Tier Four</b>
<b>Training to Win</b>	<b>Training to Compete</b>	<b>Training to Train</b>	<b>FUNdamentals</b>
National Team participants	Athletes who have attended Selection Camps and wish to represent NZ at competition	Athletes who have competed in bonspiels, and who wish to attend Selection Camps	Juniors and adults who are being introduced to the sport
Wheelchair Camps, High Performance Camps	Wheelchair Camps, High Performance Camps	Services of Wheelchair Camps, “Have a Go” days provided free of charge	Services of Wheelchair Camps, “Have a Go” days provided free of charge

### **Note:**

- A “Tour” of the country, including a National and/or Regional Coach and a “celebrity” athlete to introduce the sport to athletes with a Disability could be a first step.
- Specific camps at the regional level would be held for wheelchair athletes. These should include some competition.
- Wheelchair athletes at the Training to Compete and Training to Win level would also be invited to all able bodied camps.
- NZCA could make an effort to organize 2 on 2 bonspiels and “Have A Go” days, at the regional level. WE must encourage athletes to try the game, in order to build our talent pool. This could also be accomplished by doing a country wide tour using some of our experienced athletes and coaches.

### **Services to Coaches**

- Inclusion with teams in all of the above activities at no cost
- Mentoring Opportunities – observe at camps (at no cost), access services of a regional or provincial coach for on and off ice practices, consultation during bonspiels and cashspiels.
- Coaching Workshops – specific topics, conducted by National/regional coaches, could be linked to spiels or competitions.

- Training opportunities with PET service providers in order to properly coach the athletes in areas of mental training, physical preparation and nutrition.
- Attendance at Competition: Bonspiels, Cashspiels, Competitions – national and regional coaches could be available at bonspiels and cashspiels to give feedback to teams, do talent identification, and mentor coaches.
- Coach workshops and meetings could be held, facilitated by the National/regional coaches, at competitions.
- Team Managers supplied for teams participating in an International Event. The role of a Team Manager must be clearly defined.

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### **Glossary of Terms:**

NZCA =	New Zealand Curling Association Inc
PET =	Performance Enhancement Team
PCCs =	Pacific Curling Championships