

PODIUM PERFORMANCE SCHOOLS

The **Podium Performance Schools** programme is an immersion for young athletes into the environments of some of NZ's top sporting performers.

Based at the NZ Rowing and Cycling High Performance Centres in Cambridge, it is a unique opportunity for aspiring senior secondary school sportspeople to gain insights from the athletes and support personnel working in world-class sport in NZ – who will share their knowledge, stories, passion and experience.

Staying at the Podium Lodge in Cambridge, it is an authentic, informative, inspirational and FUN experience for those young athletes aiming to be the best they can be – on and off the sportsfield.

WHAT WILL THEY GET OUT OF IT?

- A unique and FUN two day immersion into world class sport
- Inspiration, information and empowerment for young sportspeople of any code
- Practical and real learnings to take away for life in and out of sport
- Belief and better understanding of how to be the best they can be
- The opportunity to be fitness tested like a champion
- Accommodation at the purpose-built Podium Lodge, *Where Good Sports Stay*

WHAT CAN THEY LEARN ABOUT?

- Resilience
- Mental Skills
- Nutrition
- Social Media
- Communication
- Fitness Testing
- Performance Planning
- And more

AVAILABLE DATE RANGES:

Choose two days within one of these date ranges

- 11th – 16th August 2019
- 18th – 21st September 2019
- 7th – 11th October 2019

*We will only be running a very limited number of these programmes, so don't hesitate to get in touch if your school group may be interested!
We can tailor the content and the number of days to suit your students.*



ENQUIRIES

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PODIUM
PERFORMANCE



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SAMPLE TWO DAY PROGRAMME

DAY ONE

Welcome and Tour of
Cycling High Performance Centre

Athlete presentation

Track Cycling Session

Lab Fitness Testing
University of Waikato Lab

Anti-doping & Values

Nutrition & Cooking Class

DAY TWO

Welcome and Tour of
Rowing High Performance Centre

Athlete presentation

Mindfulness

Erg Test

Communication & Social Media

Athlete Life Education
& Performance Planning

Mental Skills

Includes all meals & one night's accommodation at Podium Lodge
Minimum number of participants 15 (this could be from a combination of schools)
Chaperone or teacher to be supplied by the school

Cost: \$399 per student*

**Costs may vary according to the elements of the programme required, such as additional fitness testing for NCEA curriculum-based modules or the number of nights' accommodation at Podium Lodge*