



# High Performance Programme

**Our repeated Olympic success has secured tier 1 funding from HPSNZ which enables us to provide world leading support from our youth programme through to Olympic success.**



# MISSION

OLYMPIC SUCCESS  
WORLD CLASS PATHWAYS  
EMPOWERED PEOPLE IN AN EMPOWERED ENVIRONMENT

# VISION

NZ sailors and squads inspiring, growing and succeeding together over multiple Olympic cycles

# TO WIN

We out plan, out learn, and out-prepare the competition

Sail Fast. Sail Smart. Sail Consistently

- **PEOPLE FIRST**  
We prioritise the wellbeing of our sailors, coaches and staff
- **SHARED IDENTITY**  
Enhance the fern
- **SQUAD BASED**  
We build success together
- **EXCELLENCE IN PLANNING AND PREPARATION**  
We are ready
- **WORLD CLASS ENVIRONMENT**  
Strong support and healthy challenge
- **TIME ON THE WATER**  
A clear purpose
- **CONNECTIVITY**  
Through our programme and to grassroots sailing



**NZL SAILING TEAM**

**NZL POTENTIAL LEVEL**

**FAST TRACK LEVEL**

**DEVELOPMENT / SCHOLARSHIP LEVEL**

**ENTRY LEVEL**







- / Campaign financial support at the highest levels
- / Coaching
- / Technical coaching and resources
- / Weather and meteorology
- / Shipping and logistics support internationally
- / Campaign and programme management
- / Access to HPSNZ athlete performance support services including:
  - Strength and conditioning
  - Physiology
  - Nutrition
  - Performance life
  - Performance psychology
  - Wellbeing support
  - Prime Minister's university scholarships
  - Athlete internships
- / Career transition support and professional development opportunities
- / Education forums
- / Athlete mentoring










## STRATEGIC PRIORITIES

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- A photograph of two male sailors on a boat, embracing each other. They are wearing red and blue helmets with white stars and a white t-shirt with a geometric pattern. The background shows a body of water and a distant shoreline. The image is partially obscured by a white diagonal shape that contains the text.
1. Smart investment
  2. A world-class environment
  3. A world-class campaign process
  4. Impactful pathways: Project 2032
  5. Women's strategy



AON | National  
Youth  
Programme

# National Youth Programme







**IQFOIL**



**KITEFOIL**



**29ER**

**THE YOUTH  
CLASSES**



**NACRA 15**



**420**



**ILCA 6**



**WINGFOIL**

## Programme Aims:

- NZL Sailors winning medals on the world stage
- Develop sailor led capabilities
- Encourage sailor pathways into Olympic campaigns and squads





### Based around a season of National Youth Clinics

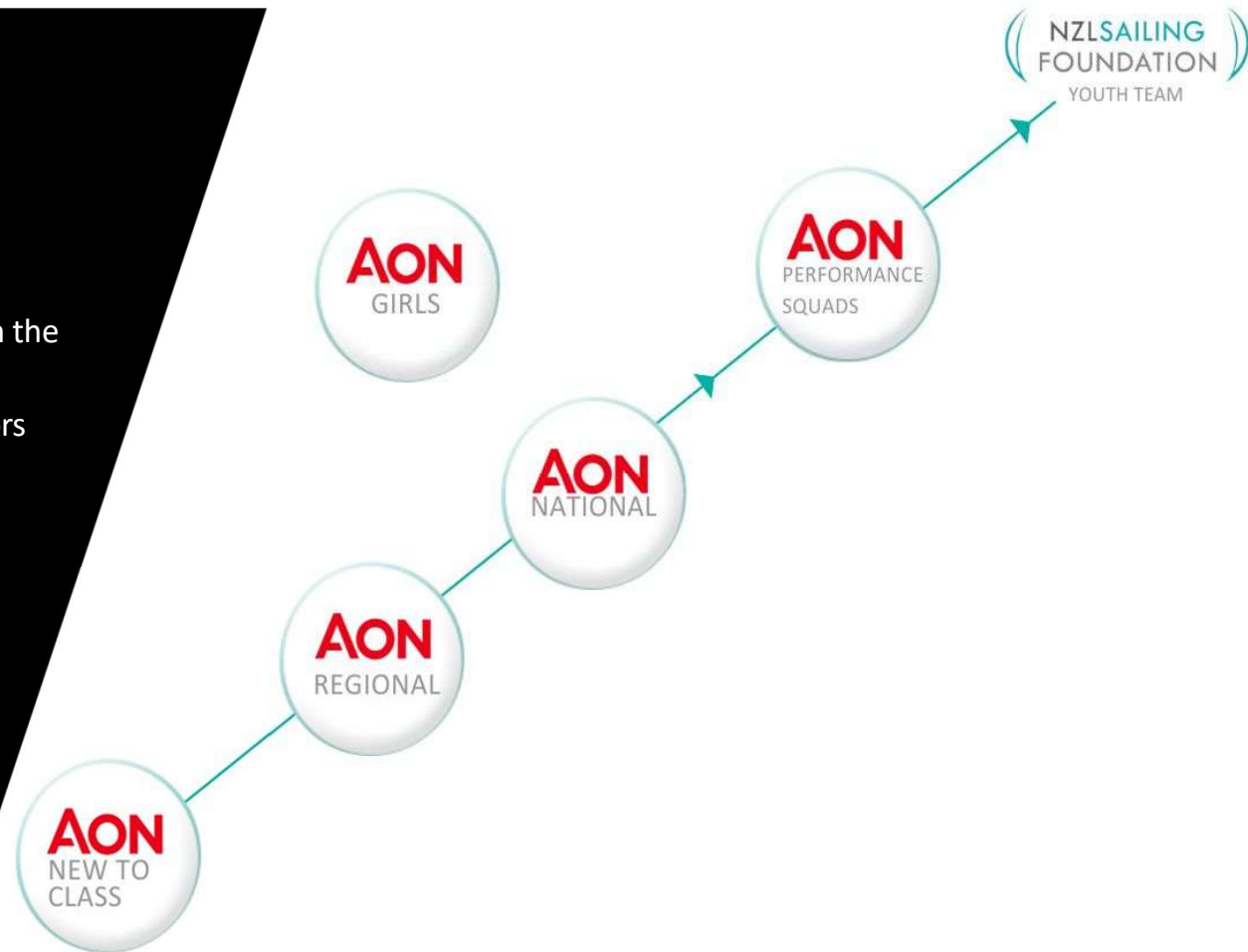
- October to October each year
- 5 clinics per year and live-in national camp
- Led by world class coaches and current sailors in the high-performance programme
- Auckland based but discounted for regional sailors

### Sailors should:

- Have a base level of competency
- Be committed to their youth class
- Be sailing 3-4 days per week

### Regional Clinics

- Min 3 sailors meeting above criteria
- Usually, 1-2 per year in each region
- Ongoing connection with lead class coach



## Pinnacle Events in the programme:

### Youth Class Worlds

- Usually open to anyone that wants to attend
- Work with class associations to structure class squad training and team support
- Coaching support at the event

### NZ Youth Champs and the World Sailing Youth Worlds

- Youth Champs in September holidays each year
- NZ Youth Team selected
- Squad based training

