

Hi everyone,

Wow, this month has flown by! Many of our athletes are busy juggling school/university exams, sports awards and their training and competition commitments.

It's great to see so many of our Waikato Pathway to Podium Athletes achievements being recognised at their respective school, local and regional awards. Sports Awards season is a perfect time to emphasise the support teams behind our athletes and those that make sport happen. A HUGE THANK YOU to parents, coaches, officials, managers, teachers, clubs, schools, volunteers, sponsors – without the time and effort you put in sport just wouldn't happen.

This month our hub has grown with the nationwide selections of Hockey and Netball to the programme. We welcome Leo Mitai-Wells, Megan Hull,

Alia Jaques, Maddie McLean (Otago based for University) from Hockey and Mairangi Tamati from Netball. Stacey Waaka (BOP -Rugby 7's) and Fynn Thompson (Otago -Triathlon) have also transferred from their respective regions to study and train in the sporting mecca of the Waikato.

We also farewell Nicole Van der Kaay, who has recently been carded into the High Performance Triathlon programme. The positive attitude, perseverance and hard work that Nicole has put into Pathway to Podium will no doubt serve her well as she takes the next step to performing at the highest level. We look forward to following your progress Nicole.

Thanks for your support as we continue to Strive for Excellence.

Cheers
Cath

WAIKATO PATHWAY TO PODIUM

SPORT NZ • HIGH PERFORMANCE SPORT NZ

NEWS



CELEBRATING SUCCESS

Chelsea Alley Stacey Waaka	Members of the Waikato Women's Rugby team who made the NZ Provincial final
Paige Flynn	Waikato Secondary Schools Sportswomen of the year – Swimming
Arianna Lord	Waikato Secondary Schools Sportswomen of the year – Athletics
Isabella Coombes	Waikato Secondary Schools Sportswomen of the year – Football
Jacob Priddey	Waikato Secondary Schools Sportsman of the year – Athletics
Leo Mitai- Wells	Member of the Men's Future Black Sticks Hockey Team that finished fourth at the Sultan of Johor tournament in Singapore
Maddi McLean Alia Jaques	Members of the Women's Future Black Sticks Hockey Team playing a series against India in Stratford from Nov 3-13th.



WORKSHOP RECAP



Monday 29th September: "Performance Parents" Nutrition for presented by Milly Connell

This session was developed especially for Parents and provided baseline information and useful tips in fuelling their athletic sons and daughters.

- Planning and preparation are key. Look at the training schedule, write a supermarket list and stick to it, cook plenty when you get the chance to place in the fridge and/or freezer as leftovers.
- Get athletes involved in the food preparation – doesn't always have to be the adult's role.
- Performance nutrition has three key times - pre, during and post exercise. Ensure that athletes are well fuelled and hydrated at all times to get the best out of their training and competition.

Sunday October 5th: Wayne Goldsmith Workshop for Coaches

Wayne Goldsmith is one of the most passionate, innovative, energetic and experienced sports performance experts in the world. During his workshop to our Pathway to Podium and Performance Coach Advance Coaches he shared many stories from his vast experience that challenged and engaged the group.

- Make your training and preparation more demanding than the competition you are preparing for.
- Out prepare your opposition.
- Take the hard choices, take the hard road.

Sunday October 12th: Ralph Pim Workshop for Coaches

Dr. Ralph Pim Professor of Physical Education and Director of Competitive Sports United States Military Academy, West Point, New York delivered an inspiring full day workshop for Pathway to Podium and Performance Coach Advance Coaches.

Leadership Tips for Coaching

- 1 Act with integrity
- 2 Create a climate of trust
- 3 Put people before winning
- 4 Communicate and connect
- 5 Define reality
- 6 Establish a clear and compelling vision
- 7 Create and maintain momentum
- 8 Avoid fighting uphill battles
- 9 Prepare for the thunderbolts
- 10 Demonstrate the mind-set of a warrior
- 11 Stay humble and stay hungry
- 12 Thrive on Pressure

To keep leading, keep learning!



Thursday October 16th: Media and Social Media

This practical session was presented by a panel of experts including Ian Hepenstall, Ben Strang, Rebecca Olive and Nathan Twaddle. They challenged our athletes, parents and coaches to think about the power of the media and social media and shared some useful tips and tools.

What do the media expect from you?

- That you will follow up with them if you say you will
- That you will look after them if they look after you (individuals)
- Develop mutual respect
- Flexibility for when you are available
- Fronting up in both good and bad times
- Honesty is critical - if you lie you will be caught out
- They will be looking for a lead
- Would like to build a relationship with you
- Share your story- not only results, it is what is behind an athlete that is of interest

What is so good about social media?

- Accessible
- Self-produced (Allows self-representation)
- Archival (Stores posts)
- Flexible (Can use a range of media)
- Hypertextual (creates links between sites)
- Interactive



Consider your audience:

They include current or potential sponsors, clients, stakeholders and past, present or future team mates. Consider that before you hit the send button.

Does your sporting organisation have a set of personal rules for using social media? Do you?

- Would I want my mum to see this? My employer?



UPCOMING WORKSHOPS AND DEVELOPMENT:

Upcoming workshops and development:

Athletes, Coaches & Parents:

- **Sunday November 16th:** Recap day for new intake and catch up session:

1.	Athlete Life 1	Christina Jacklin	12.30-1.30pm
2.	Performance Psychology 1	Louise Davey	1.45-2.45pm
3.	Nutrition 1	Lillian Morton	3.00-4.00pm

- **Thursday November 27th**, 6.30pm at the Avantidrome Functions Rooms, Cambridge. Athlete life 2: "Managing your Support Team for Maximum Performance", presented by Christina Jacklin.

Coaches:

- **November 10th**, 6.30pm at the Avantidrome. Joint PCA/P2P Coaches practical Nutrition Workshop presented by Milly Connell.
- **Monday December 1st**, 6.30pm at Brian Perry Sports House Sport Waikato, Hamilton. The Art of Coaching presented by Graeme Robson.

Further details will be emailed out. Please remember to confirm your attendance to all workshops by contacting Cath – cathc@sportwaikato.org.nz or 027 474 2563

LEWIS ECCLES



BIKE

WHAT'S ON YOUR PRE-EVENT PLAYLIST?

These five always go good to get me in race mood.

City's of London- days of my life

The script-superheroes

Eminem-beautiful pain

Flip side-someday

Font minor- remember the name

ICAN'T LIVE WITHOUT...

Couldn't live without friends and family, they've supported me since day one and couldn't be to where I am today without them.

IF I WAS AN ANIMAL, I WOULD BE...

Panda.

FAVOURITE SAYING:

"you can't put a limit on anything, the more you dream, the further you'll get"

BEING PART OF PATHWAY TO PODIUM MEANS...

Being apart of Pathway to Podium means that I get to attend workshops that will help improve my knowledge in becoming a successful elite athlete for New Zealand.

PLACE OF BIRTH:

Matamata

HOW I GOT INTO MY SPORT:

Started off as a track and field sprinter, then injury caused me to stop running and so my local club introduced me to track cycling, never looked back since.

MOST SIGNIFICANT RESULT / PERFORMANCE:

Winning the 250m TT as a first year at the 2014 New Zealand track nationals. Also making the selection to compete for NZ at the UCI Junior Track Cycling World Champs.

WHAT WAS THE FIRST TROPHY OR MEDAL YOU EVER WON?

Winning a local club race at Motorcross.

WHO INSPIRES YOU?

The elite New Zealand sprint boys. Seeing the hard work they put in and the results they accomplish drives me to hopefully be like them one day.

ON THE LINE

FOR COACHES

WATCH WAYNE GOLDSMITH ONLINE DISCUSSING:

Easy Way or Hard Way <http://youtu.be/OLppFfEgBe8>

Athlete Confidence http://youtu.be/4CNTQblCDbM?list=UUvHI2BtLs2vV_b4dZvP4TJQ

COACHING PUBLICATIONS:

New Zealand Coach is an online magazine published by Sport New Zealand it has something for everyone interested in coaching. Read it [online](#) or [sign up](#) to get it in your email inbox.

FOR PARENTS

NOMINATE A VOLUNTEER:

Maybe you're a volunteer or know of someone who deserves a reward for all their hard work in making sport happen. Nominate the Sport Maker in your sport by clicking here. All nominees go in the draw for the chance to receive some awesome sporting gear!

ADVICE TO PARENTS:

Our coaches who attended the Wayne Goldsmith Seminar on October 5th brainstormed some advice for parents of athletes.

- Encourage sportsmanship:
Always thank coach/ management
Shake hands
- Show interest:
Come to games, training, workshops
Ask to see....
Offer support
- Listen on the ride home from training
- Say "I love watching you compete"
- Teach your child to be independent
- Show them how much you care about them
- Support all achievements including non-sporting
- I will keep you informed on training, so you can support me at home
- Don't compare your child's performance/achievements (good or bad) to other children

Watch Wayne Goldsmith online discussing:
Athlete + parent + coach relationships
<http://youtu.be/BP-Tel2Dazs>

FOR ATHLETES

HPSNZ ATHLETE SURVEY:

Please remember to complete the HPSNZ Athlete Profile Survey through the following link <https://www.surveymonkey.com/s/P2Pathleteprofile>

This will provide extremely valuable information about our potential HP athletes, and allow us to better understand our athlete population. It will then help the future design of athlete programmes and other areas to research further.

PRIME MINISTERS ATHLETE SCHOLARSHIPS:

The Prime Minister's Sport Scholarship programme helps athletes, coaches, officials and support team members juggle the demands of their sport while undertaking study or professional development.

Where it is deemed appropriate for a Pathway to Podium athlete to apply for a PM Scholarship the NSO will contact the athlete directly.

US COLLEGE SCHOLARSHIPS:

A scholarship to a US university is something many P2P athletes will have (or will currently be) considering.

High Performance Sport New Zealand has put together some useful information to help athletes who are considering training, competing and studying under the United States College system. <http://hpsnz.org.nz/athletes/athlete-life/us-college-information>

WINTEC:

Planning on Studying at Wintec for 2015? Scholarship information will be online <http://www.wintec.ac.nz/scholarships/SitePages/scholarship-list.aspx> from November with applications open in December.

SPORTS AWARDS/SCHOLARSHIPS:

If you would like any help in completing scholarship or award applications, please contact Cath cathc@sportwaikato.org.nz or 027 474 2563.

HIGHLIGHTING A SUPPORTER

Each month we will give a 'thumbs up' to one of our fantastic supporters of the Waikato Pathway to Podium Hub.

This month we salute Geoff, Nicki, Theresa, Dean and the team at The HOME OF CYCLING (HOC). It's hugely beneficial to our programme to deliver workshops in the fully equipped function rooms, while watching High Performance athletes and the community utilise the world class facility.

Overlooking the Velodrome the HOC has two medium sized meeting rooms which can be opened up to create one large meeting room.

Each meeting room can host up to 50 people, each fully equipped with projector, screens, televisions and full audio-visual equipment. The main Avanti Lounge has an adjoining kitchen that can be used by groups. This allows for full catering services to the rooms or allows you to self-cater for meetings. Open up both meeting rooms and dependent on layout they can cater up to 175 people.

For further information on how to book your next meeting at the Avantidrome contact nicki.martin@homeofcycling.org.nz or call 027 706 5566.



The Waikato Pathway to Podium Media and Social Media Workshop being held in the Avanti Lounge.

IN THE NEWS

<http://www.hockeynz.co.nz/News/ArtMID/3047/ArticleID/1095439/Future-Black-Sticks-fourth-at-Sultan-of-Johor-Cup>



<http://www.hockeynz.co.nz/News/ArtMID/3047/ArticleID/1145426/Future-Black-Sticks-set-to-play-India-in-Stratford>



<http://www.itmcup.co.nz/News/26242/auckland-extend-their-streak>

HOMEMADE RECOVERY DRINKS

Ingredients:

- 2 Tbsp yoghurt
- 1 large banana
- 1 cup low fat milk
- 2 Tbsp skim milk powder

Method:

1. Place all ingredients into a blender and process until smooth.



= 18g protein + 44g carbs

RECIPE: BIRCHER MUESLI

Ingredients:

- 2 cups rolled oats
- 1/2 cup chopped dried apricots
- 1 cup orange juice
- 1 1/2 cups skim milk
- 1 cup Yogurt plus extra, to serve
- 1/3 cup chopped nuts (such as hazelnuts and sliced almonds)
- 1 apple, grated
- honey, to taste
- chopped banana or strawberries, to serve

Method:

1. Combine oats, apricots, orange juice, milk, yogurt, nuts and apple, cover and refrigerate overnight. Before serving, add honey, to taste. Serve with banana or strawberries and extra yogurt.

(http://www.ausport.gov.au/ais/nutrition/recipes/survival_around_the_world/europe3/bircher_muesli)

Serves 4-6



Athletes with high fuel needs (e.g. endurance athletes, athletes who are growing, athletes aiming to increase muscle mass) require extra carbohydrate-based ingredients and a larger serve size

Athletes with low fuel needs (e.g. skill-based athletes, athletes trying to reduce body fat) need to opt for a smaller serve size

ANALYSIS	High Fuel 4	Low Fuel 6
Energy (kj)	1631	1087
Protein (g)	15	10
Fat (g)	11	7
Carbohydrate (g)	55	37
Calcium, Vitamin C		

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