



Overview

Performance Pathway

PARASWIMMING



Summary

The SNZ Para Swimming Podium Programme will take athletes on a journey of development both domestically & internationally. Para athletes may not necessarily follow the pathway in order. Performance may come first and the other pillars may need to be developed. SNZ acknowledges the pathway for Para swimmers can begin at different ages, therefore age is not a limiting factor for any of the stages of development.

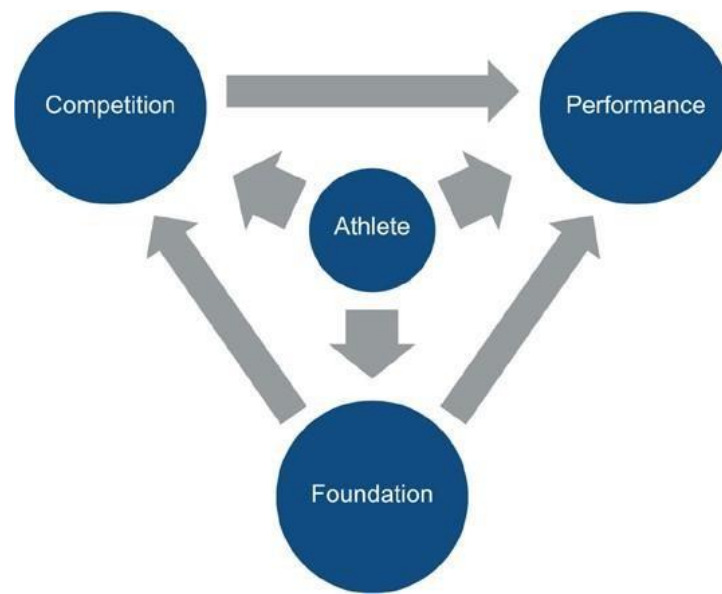


Figure 1. SNZ Para Pathway

Club and Regional training and racing is an important first step on the pathway where the SNZ Para team can engage and see what swimmers are coming up through the pathway. Regional training provides opportunities for swimmers, coaches and teachers to develop their skills and further their knowledge on para swimming. Para swimmers who have meet the consideration standards will be reviewed and invited onto an appropriate level for their development. Selections will be made post NAGS/Opens with program reviews.

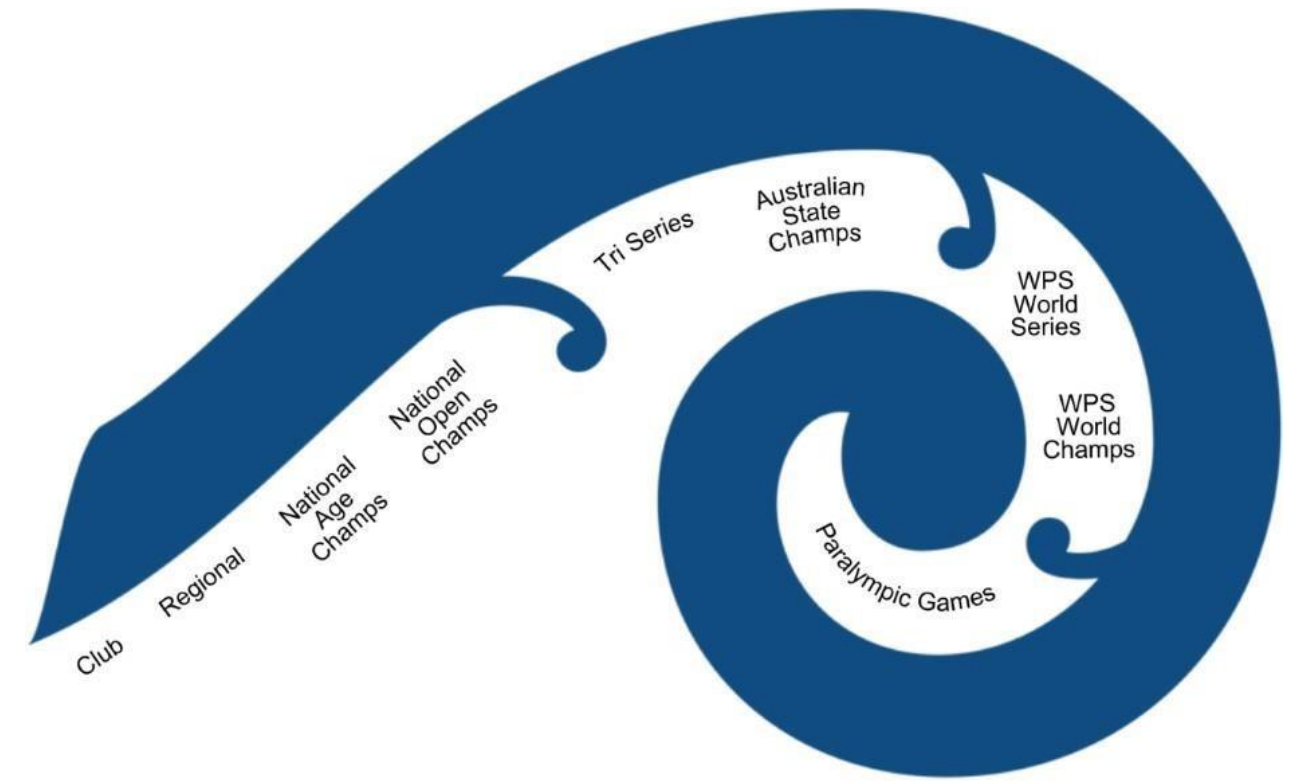


Figure 2. Competition Pathway

This Pathway is accessible for swimmers with an impairment that can be classified by Para Swimming Classification (S1-14) or have an impairment eligible for Para Swimming. The aim is to develop their skills, experience and knowledge through their journey as a Para swimmer. Consideration for this programme is based on the highest scoring World Para Swimming Points (WPS) at Regional Championships, National Age Group Championships, New Zealand Swimming Championships, Percentage to MQS and gap to final.

The Pathway Program

The current SNZ programme features three levels:

Foundation Level



Competition Level



Performance Level

Foundation Level

Aimed to support those athletes competing at National level with a provisional classification. Aims to support their development across all four strokes. Focused on exploring the pillars of athlete development; Technical, Tactical, Physical and Psychological.

Competition Level

Focused on swimmers who compete Internationally aiming for MQS at World Champs. Developing high levels of self-management and individualised support networks including HPSNZ providers. Between 1-25% MET. May be receiving NPSNZ TAPS Potential

Performance Level

For those athletes that have achieved a Minimum Qualification time for World Champs or Paralympic Games. They will have discovered their "best races" and be specifically training for them. Typically, under 1% MET. Receiving HPSNZ TAPS Potential & Elite



Foundation

This is the first step on the SNZ Para Swimming Talent Pathway. Having competed Regionally you will be identified by the Para Development Manager. Average age 14-16 years

Program Aims

Para Swimming Participation Manager

Introduce swimmers to the SNZ Para Swimming Talent Pathway.

Identify and develop talented swimmers to progress on the SNZ Para Pathway.

Connect regional training to national programme.

Provide Para Swimming training sessions by the SNZ Para Swimming coach to develop the swimmer's technique and skills.

An Individual Development Plan will be given to the Top 3 athletes scored with WPS points system. These are designed to increase the athlete's awareness of areas for development.

Provide opportunity for swimmers to be assessed for the classification waiting list.

Develop Virtus pathway for athletes with intellectual needs

Delivery

Invitation to 1 of 2 Competition camps available regionally

Pool session and land training for swimmers

Workshops for coaches/teachers and swimmers



Dates

6-9th February, Christchurch

24-27th April, Auckland

Athletes

Charlotte Murphy

Jack Bugler

James Haydon

David Beck

Bailey Conlon

Guy Harrison

Brooke Anderson

McKenzie Drage

Amber Proudfoot

Rawiri Tristram-Brown

Lucas Robins

Ashmit Danney

Jonty Howland

Competition Programme

This is the second step on the SNZ Para Swimming Talent Pathway. Swimmers will be considered for this programme based on performance at specific events. Average age 18 years will be <26% of Minimum Qualifying Standard and aiming to achieve 6-8%.

Program Aims

SNZ Para programme leader

Focus on the development of all four competitive strokes, starts, turns and finishes (impairment permitting).

Understanding of SNZ culture values and their application to lifestyle management.

Development of the athlete's most competitive event(s)

Development of key training and race processes which underpin performance

Provide athletes with sport science support and how to apply this knowledge.

Preparation for Performance Programme: continuous improvement in quad cycle

2 levels Tier 1 within 3% to MET, Tier 2 less than 3% improvement 4 years.

Improving Daily Training Environment

Delivery

Opportunity to attend two national camps.

An Individual Development Plan will be given to each athlete, to increase the athlete's awareness of areas for development.

Regular monitoring and feedback on key processes through training log sheets.

Pool and land training sessions at camp which develop physical literacy and stroke technique.

Regular athlete, parent and coach communication.

3 x visit Para Swimming Coach (allocated for monitoring and support).

Dates

Two x Three-Day National Camps

6-9th February, Christchurch

24-27th April, Auckland

Athletes

Asher Smith-Franklin

Erin Knox

Rylee Sayer



Performance Programme

This is the final step on the pathway where athletes will be showing consistent Podium success or on track to podium success in the following Paralympics. Average age 22 years less than 1-5% from Minimum Qualifying Standard for World Champs or Paralympic Games

Program Aims

SNZ Para Programme Leader

Commit to the key training and race processes which underpin performance of the athlete's most competitive event(s)

Continued development of the athletes most competitive event(s) stroke, start, turn and finish

Provide athletes with sport science support

Demonstrate skills in personal resilience and race readiness

Show understanding of race analysis and how to improve

To use support services to become an independent and accountable athlete

Race regularly as prescribed in IPP

Delivery

Three x 3-day national camps.

One x international camp.

6 x home programme visit.

An Athlete IPP will be given to each athlete. This will enhance athlete's reflective practice to identify areas of improvement.

Regular monitoring and feedback on key processes.

Interactive athlete workshops at training camps which reinforces the relationship of the pillars of athlete development and their impact on performance.

Home programmes visit to support the athlete's daily training environment.

Dates

6-9th February, Christchurch

24-27th April, Auckland

8-10th August, TBC

One x 12-Day International Camp Pre-World Champs August TB

Athletes

Cameron Leslie

Dame Sophie Pascoe

Tupou Neiufi

Joshua Willmer

Gaby Smith

Lili-Fox Mason

Jesse Reynolds



2025 Paralympic Programme Calendar

MONTH	DATES	LOCATION
January	TBC	Club Visits
February	6-9th	Camp #1 - Christchurch
	14-16th	Melbourne World Series
	21-23rd	South Island Champs
	22-23rd	Hamilton Champs
March	14-16th	Auckland Champs
	10th - 31st	ALTITUDE CAMP Flagstaff
April	11-13th	World Series Japan
	13-17th	NAGS
	24-27th	Camp #2 - Auckland
May	21-25th	NZ Champs
June	TBC	AUSSIE CAMP 9-15th COMP Heats only 16-21st
July	4-6th	Tri Series & NSS SwimFest
August	8-10th	Camp #3 - Worlds Team-TBC
September	6-18th	Camp Cairns
	21-27th	Singapore World Champs
October	1-31st	Program Reviews
November	29-30th	Waikato Champs
December	5-7th	Wellington Champs
	14-20th	Queensland Champs