



# CAPITAL SWIM CLUB

## HIGH PERFORMANCE UNIT

Supported by

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ME HEKE KI PŌNEKE  
WELLINGTON CITY COUNCIL **Wellington**

## ANNOUNCEMENT OF THE CAPITAL HIGH PERFORMANCE UNIT (HPU)

**With the support of New Zealand Community Trust and the Wellington City Council, Capital Swim Club have taken the next exciting step in providing a programme aimed at long-term athlete development for swimmers in Wellington.**

This initiative is designed to provide the next step in the path towards international representation and to build on the success of individual swimmers, who have reached a certain achievement level.

The introduction of the Capital HPU, based at Freyberg Pool on Oriental Parade, is ensuring that Wellington's top swimmers are able to access the best facilities and coaching support available in the region.

Access to the programme will be limited and athletes will be required to commit to the requirements of the programme.

### WHAT WILL THE HPU PROVIDE?

This programme will offer the opportunity for like-minded individuals to train in a challenging environment, which is designed to allow them to succeed. The dynamic of swimming with other athletes who will push you every day, under the guidance of one of New Zealand's top coaches, will provide the best possible conditions to reach your individual goals.

#### International level swim coaching and mentoring

Working with coaches who have been at the top and know what is required will offer an invaluable and stimulating environment.

Head Coach – **Gary Hurring:** New Zealand elite registered coach  
NZ assistant coach  
Commonwealth Gold medalist  
World Championship Silver medalist  
Four times Olympic finalist

Assistant Coach – **Tom Davis:** Assistant Coach (Commercial Club) Brisbane  
NZ National Breaststroke representative

#### Facilities

*Freyberg Pool*

The programme will have a low swimmer to lane ratio in a 33m pool.

*Kilbirnie Pool*

Access to 50m swimming will be available each week in designated lanes.

*Freyberg Gym*

Athletes will have individual gym facilities on site and access to group dry land session area.



## CAPITAL HIGH PERFORMANCE UNIT (HPU)

### **Dry land programmes**

One of the countries top, NZAS approved, core strength conditioning coach has been contracted to work with the programme. This is an essential support programme and swimmers will receive individual and group instruction during each training week to complement their specific training needs.

### **Exterior services**

The HPU is designed to assist athletes to access physio, nutritional and massage services over the course of a year.

### **Branded apparel**

Each member of the programme will receive branded apparel designating him or her as members of the HPU.

### **International experience**

Swimmers, who meet the selection criteria, when part of the programme, will be eligible to go on a subsidised overseas trip (or equivalent dependent on availability) to compete at an identified top level meet. A summer camp and other organised training courses will be available each year.

### **Publicity and media**

Swimmers will produce updated biographies and the HPU achievements will be publicised throughout the year in local and national newspapers. Media training will be available for athletes as they progress.

### **Career and University assistance**

The programme will work closely with both Massey and Victoria universities to ensure athletes can receive maximum assistance in choosing and managing their studies. Assistance with obtaining Prime Ministers scholarships, for those eligible, will be available.

### **What is expected of you?**

- Attendance at all required training, camps and competitions.
- Commitment to achievement of personal goals.
- Conduct which shows respect for your training partners, coaches and management.
- Well groomed presentation at all representative events, wearing branded apparel.
- Suitable behaviour and attitude expected of professional athletes and role models.
- A willingness to be the “best you can be” at all times, removing all limitations to success.
- A willingness to undertake school, study, work or other external challenges.

*Selection for the HPU will be based on the following:*

- **PERFORMANCE / COMMITMENT / DEDICATION / PROGRESSION / ATTITUDE**

*See Coaches Criteria for details*

### **How to apply to join the HPU**

- Capital swimmers will be eligible for selection when they attain 700 FINA points in an event.
- Applications to join the programme from other swimmers will be direct to the Head Coach in strictest confidence.

***We believe this is an important step towards providing the right environment for “being the best we can” and look forward to you being part of it.***