



Athlete Development Programme 2021

Swimmers aged 13 - 16

SELECTION AFTER DIV II 2021

The ADP squad will be announced on May 21st, after consolidation of all times made by Wellington swimmers between January 1st 2021 - May 14th 2021 (inclusive). The squad will be made up of swimmers aged 13 - 16 years old (Age as of May 14th)

Swimmers aged 17+

SNZ CAMPS OR SQUADS MEMBERS FOR 2020/21

All regional swimmers who have been selected in SNZ's senior camps and age group squads will be included, as well as those swimmers identified by coaches who have exceptional talent and commitment to the sport.

See full list of Senior swimmers [here](#).

HPSNZ S&C

AVAILABILITY FOR ATHLETES ON THE PROGRAMME

HPSNZ have set times throughout the week dedicated to this programme. All athletes, across all sports will be run on a standardised programme focused around fundamental and functional movement skills, rather than heavy lifting. Swimmers will be able to 'book' a timeslot that suits them, once per week, and attend combined gym sessions with other codes.

Athlete mentorship

SNZ CAMP AND SQUAD SENIOR SWIMMERS

Senior squad members will be given the opportunity to engage with ADP swimmers through mentorship and skills training, both in and out of the pool, and under coach tutelage. There will be a focus on LTAD (Long Term Athlete Development) as they develop their own athlete pathway, encouraging a transfer of skills across the region.

Regional coach leads

COACHES WITH SWIMMERS ON THE PROGRAMME

Club coaches with swimmers included in the programme will be consulted throughout, engaging in mentorship, skills training, development of fundamental coaching attributes and both the SNZ and SW athlete programmes.