

Show Hunter Waitemata Development Programme April to September 2010

Objective:

Teach and train young riders to be in their best physical condition for competition; "It's not just about their horses, it's about their own fitness and preparation too."

Format:

- 20 week programme split into two 10 week blocks.
- 90 minute session once per week. This includes approx 30-35 minutes of workshop activities and 55-60 minutes of sports performance training

Dates & Workshop Topics

19 Apr	Health & Fitness Tracking	19 July	Fitness Tracking
26 Apr	Nutrition	26 July	Nutrition for Sport
3 May	Goal Setting	2 Aug	Focus/Managing Distractions
10 May	Fitness Principles & Preventing Injuries	9 Aug	Core Stability
17 May	Warm-ups/Cool-downs & Hydration	16 Aug	Sport in NZ
24 May	Positive Thinking	23 Aug	Training Principles
31 May	Nutrition & Hydration	30 Aug	The Body & Exercise
14 June	Active Communities & Treating Injuries	6 Sept	Hydration for Sport
21 June	Confidence & Activation	13 Sept	Health & Fitness Tracking
28 June	Goal Setting & Getting Involved	20 Sept	Striving for Success

**No sessions on 7th June, 5th July, and 12th July due to public holidays and school holidays.*

Sports Performance Training:

Each session will involve a variety of training activities for all-round athletic development. This includes areas of strength, balance, coordination, speed, and fitness through training activities, technique development, skills, games and challenges.

Costs:

Coaching Sessions - \$100 per 90min session for up to 14 people, plus \$5 for each additional person.

Resource Books - \$5 per book, and there are four books.

	If 12 Athletes	If 14 Athletes	If 16 Athletes
Cost for sessions (x20)	\$100 x 20 = 2000	\$100 x 20 = 2000	\$110 x 20 = 2200
Cost for books (x4)	\$5 x 4 x 12 = 240	\$5 x 4 x 14 = 280	\$5 x 4 x 16 = 320
Total Cost	\$2,240.00	\$2,280.00	\$2,520.00
Per Athlete Cost	\$188.00	\$164.00	\$158.00
Split into 2 payments of:	\$94.00	\$82.00	\$79.00

About the Coaches (Calypso Directors Gareth & Leigh Ashton):

Gareth and Leigh have specialised in youth athletic development and fitness since graduating from their Bachelor of Sport & Recreation (AUT) five years ago, gaining additional training from the International Youth Conditioning Association (IYCA) in North America.

Prior to Calypso, Leigh worked at the Millennium Institute of Sport & Health running the Millennium LTAD (Long Term Athlete Development) programme and Gareth was self employed as an athlete development specialist for young athletes and professional kicking coach for rugby players.

Leigh was on Fitness NZ's Expert Panel writing Children in Exercise Facilities Guidelines (2008), was on the Advisory Committee for the IYCA (2006-8), and is also the author 'FUEL' a new PE & Health resource for intermediate schools (created collaboratively by the Michael Campbell Foundation and Millennium Institute and piloted in 2009). In sport, Leigh represented Netball Auckland-Waitakere through all age-group levels to the Auckland Diamonds team in 2003.

Gareth is also the Strength & Conditioning Coach/Sports Scientist for the New Zealand Football Under 17 Women's Team in their preparation for the FIFA World Cup 2010 in Trinidad & Tobago. His own sports were football as an age-group representative for North Harbour and then AFL playing for the New Zealand Under 21's team in 2001.

