

**Waka Ama NZ Coach Pathway - (Athlete Pathway to come)**

**High Performance Coach**

Supports paddlers in the 'Excel' phase

The High Performance Coach will aid the development of athletes in:

- International Success
- National Representation (e.g. Elite World Sprints)

**Coaching Modules**

- Program Management
- Strength and Conditioning
- Nutrition and Hydration
- Mind Management

**Performance Coach**

Supports paddlers in the 'Perform' phase

The Performance Coach will aid the development of athletes towards:

- National Representation (age group)
- National and Regional Success
- Competing in International events

**Coaching Modules**

- Sprint Racing Skills (advanced)
- Long Distance Racing Skills (advanced)
- W1 Skill (advanced)
- (advanced)
- Technique (advanced)

**Development Coach**

Supports paddlers in the 'Participate' phase

The Development Coach will aid the development of athletes towards:

- Competing at National events
- Competing at Regional and Club events
- Participating in regular Waka Ama activities

**Coaching Modules**

- W1 Basics
- Sprint Racing Skills
- Long Distance Racing Skills
- Community specific (detailed list TBC)
- Technique Basics

**Foundation Coach**

Supports paddlers in the 'Learn' phase

The Foundation Coach will aid novice paddlers who:

- Participate in 'Have a go' days
- Participate but not regularly
- Are considering regular participation

**Coaching Modules**

- Waka Ama Tikanga
- How to Coach (generic)
- CBE Waka Ama Safety Basics
- Waka Ama Basics (Paddling and Steering)