

Hi everyone,

Happy New Year! I hope you found time to relax over the Christmas period before competition, training, study and work steps a level for 2015.

The end of the first year of the Waikato Pathway to Podium programme is fast approaching. In April we will welcome a new intake of year one athletes selected by their National Sporting Organisations (NSO's). NSO's will also re-select athletes into year two of the programme in April.

Some of our secondary school aged athletes will be transferring hubs as they choose to further their study outside the region. The benefit of the nationwide programme means they will be supported through one of the 14 regional hubs. Likewise, those that move to the Waikato to make use of the amazing facilities,

people and education we have on tap will join our Hub. This month we officially welcome Chad Whitehead from Hockey.

The New Year has brought some awesome new opportunities for me which I couldn't turn down so I made the tough decision to resign from my role.

I want to thank you all for the support you have provided me, our athletes, parents and coaches to date. The programme has achieved a lot in its first year and will continue to grow with the support of good people. I will no doubt cross paths with many of you in the future and will follow your progress with great interest.

Continue to Strive for Excellence team!

Cath

WAIKATO PATHWAY TO PODIUM

SPORT NZ - HIGH PERFORMANCE SPORT NZ

NEWS



CELEBRATING SUCCESS

Lewis Eccles	Named in the NZ Track Cycling team to the World Cup in Cali, Columbia from January 16-18th. Placed 9th Team Sprint. NZ Track Cycling Nationals – Gold, U19 1km Time Trial and Sprint. Silver, U19 Keirin
Tom Smith	Gold: NZSS Athletics Senior Boys 100m
Jacob Phillips	NZSS Athletics Senior PA CP Gold: 100m, 200m, shot put (new record), discus (new record) Bronze: 400m (new record)
Maddy Crowe	4th CCI** Young Rider, Puhinui Three Day Event, riding Rogan.
Jacob Priddey	Bronze: NZSS Athletics Senior Boys 3000m Waikato Regional Sports Awards Junior Sportsman of the Year Finalist
Arianna Lord	Waikato Regional Sports Awards Junior Sportswomen of the Year Finalist
Crystal Kaua & Graeme Laing	Waikato Regional Sports Awards Club Coach of the Year Finalists
Fynn Thompson	Oceania U23 Sprint Triathlon Champs – Bronze
Tenika Willison Awatea Whitiora - Te Uira Stacey Waaka Chelsea Alley	Waikato Regional Sports Awards Team of the Year Finalists - Rugby



HIGHLIGHTING A SUPPORTER

Each month we will give a 'thumbs up' to one of our fantastic supporters of the Waikato Pathway to Podium Hub. This month we profile Schick Construction and Cartage.



Schick was established in Hamilton, in 1986 by LG and JH Schick. It wasn't until 1999 that the company adopted its current name Schick Construction & Cartage. In 2001, Patrick Peoples bought the company and took over the reins as Managing Director, instigating a programme of significant growth in the wider civil construction industry. The company prides itself on its low staff turnover – which is a result of a strong company culture driven by a unique management philosophy. Pat's hard working nature and passion for seeing young sports people succeed comes from his background in the sport of rowing. He represented New Zealand from 1991 to 1996, including the 1992 Barcelona Olympics. We are looking forward to working alongside Pat and the Schick team.

If you would like to find out how you can support our talented Waikato athletes, please email Kayleigh Farquhar: Kayleighf@sportwaikato.org.nz



CONSTRUCTION & CARTAGE - HAMILTON

ON THE LINE FOR ATHLETES

DFS NZ

Tough new anti-doping rules have come into force as of January 1, 2015. Make sure you understand and are ready for these changes. Find out more here. <http://drugfreesport.org.nz/2015-code/>

HPSNZ ATHLETE SURVEY:

This should have been completed by all athletes. If you have yet to do this, contact the programme coordinator for assistance.

US COLLEGE SCHOLARSHIPS:

A scholarship to a US university is something many P2P athletes will have (or will currently be) considering.

High Performance Sport New Zealand has put together some useful information to help athletes who are considering training, competing and studying under the United States College system. <http://hpsnz.org.nz/athletes/athlete-life/us-college-information>

SPORTS AWARDS/SCHOLARSHIPS:

If you would like any help in completing scholarship or award applications, please contact the programme coordinator.

TIME & ENERGY MANAGEMENT FOR 2015



WHAT IS YOUR PLAN FOR THIS YEAR?

WHAT ARE YOUR PRIORITIES?

HOW ARE YOU GOING TO IMPLEMENT YOUR PLAN?

HOW WILL YOU MEASURE YOUR SUCCESS?

WHAT WILL YOU CHANGE TOMORROW?

Contact the programme coordinator if you would like planning or calendar templates to manage your time and energy effectively.

WINTER:

Planning on Studying at Wintec for 2015? Scholarship information will be online <http://www.wintec.ac.nz/scholarships/SitePages/scholarship-list.aspx> from November with applications open in December.

FOR PARENTS & COACHES

CHECK OUT OUR NEW SPORT WAIKATO WEBSITE

<https://www.sportwaikato.org.nz>

SPORT SCOTLAND TALENT VIDEO:

A great video link below that does a very good job of speaking to talent.

<https://www.youtube.com/watch?v=LfUvchfrcS0>

UPCOMING WORKSHOPS AND DEVELOPMENT:

Upcoming workshops and development:

Athletes, Coaches & Parents:

- **Thursday February 26th 2015**, Performance Psychology – Athlete Workshop 2, Basic Mental Skills for Sports Performance presented by Rod Corban & Louise Davey. 6.30pm, Avanti Function rooms, Avantidrome, Cambridge.
- **Monday March 23rd 2015** Nutrition for Sport – Athlete 2, Key Issues. Presented by Milly Connell. 6.30pm Brian Perry Sports House, Sport Waikato.

Coaches:

- **Monday February 9th 2015**, PCA Joint Coaches Workshop, The Art of Coaching presented by Clive Pope. 6.30pm, Brian Perry Sports House, Sport Waikato.
- **Monday February 23rd 2015**, Nutrition for Sport – Athlete 2, Key Issues. Presented by Milly Connell. 6.30pm Brian Perry Sports House, Sport Waikato.

Further details will be emailed out. Please remember to confirm your attendance to all workshops via our facebook page or by emailing waikatop2p@sportwaikato.org.nz

ALIA JAQUES HOCKEY



PLACE OF BIRTH:

Hamilton

HOW I GOT INTO MY SPORT:

As cliché as it sounds I get into the sport young when my siblings started playing in Primary school, and my father Coached, couldn't miss out on the fun.

MOST SIGNIFICANT RESULT/PERFORMANCE:

Playing against India this year for the Future Black Sticks.

WHAT WAS THE FIRST TROPHY OR MEDAL YOU EVER WON?

My Waikato year 5 and 6 representative team won gold at the New Zealand tournament.

WHO INSPIRES YOU?

Roger Federer and Michael Phelps

WHAT'S ON YOUR PRE-EVENT PLAYLIST?

Depends on my mood; to get amped up, 'Natalie' by Bruno Mars or some chill focus music The World's Greatest by R Kelly.

ICAN'T LIVE WITHOUT...

Couldn't live without friends and family, they've supported me since day one and couldn't be to where I am today without them.

IF I WAS AN ANIMAL, I WOULD BE...

I'd love to be a Jaguar.

FAVOURITE SAYING:

"Aim for the stars and stand on the moon"

BEING PART OF PATHWAY TO PODIUM MEANS...

I am closer to reaching my goals and need to work even harder and use the most of every opportunity. The programme is so useful and I have already learnt so much, mainly the planning and organising of my life which was super important. It also means I have a responsibility to work as hard as I can to get to the top because others have worked hard to help and support me.

https://www.bikenz.org.nz/Story?Action=View&Story_id=846



HOMEMADE SPORTS DRINK

Ingredients:

- 1 sachet of Raro
- 1.5L water
- 1/3 teaspoon salt

Method:

1. Place all the ingredients in a bottle and shake well until all the granules have dissolved.
2. Cool before using



= **6% carbohydrate**

FISH PIE & KUMARA TOPPING



(adapted from <http://www.healthyfood.co.nz/recipes/2008/june/fish-pie-with-kumara-topping>)

Ingredients:

- 400g boneless white fish fillets
- 400ml trim milk
- 700g orange kumara, peeled and cut into 2cm pieces
- 1/3 cup grated reduced-fat cheddar cheese
- 2 garlic cloves, crushed
- 2 tablespoons reduced-fat spread
- 2 tablespoons plain flour
- 1 cup frozen peas
- 1/2 cup frozen corn
- 1/2 cup chopped parsley

Method:

1. Preheat oven to 180°C. Place fish into a baking dish, season with pepper and pour over milk. Cover with foil and bake for 10 minutes until fish flakes. Remove fish, reserving milk. When cool, flake into bite-sized pieces.
2. Steam kumara on the stove or microwave for 10 minutes, or until tender. Place in a bowl with cheese and garlic and mash until smooth. Keep warm.
3. Melt spread in a saucepan over medium heat. Stir in flour, then slowly add reserved milk and cook until thickened. Add fish, peas and parsley. Season with pepper.
4. Place mixture in a 4-cup capacity baking dish. Top with mash. Bake for 20 minutes, or until golden. Serve with salad or steamed veges.

Waikato Pathway to Podium

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