



REGIONAL
PERFORMANCE
CENTRE – SWIM TEAM

VISION

To create an athlete centric environment that drives swimmers to win medals at pinnacle international events.

PURPOSE

Bringing together like-minded swimmers to achieve a common goal, through world-class coaching and accountability to the process of becoming professional/elite athletes and leaders within the community.

VALUES

- Accountability - Honest application to the standards you have set for yourself.
- Perseverance - Learning through experience and never giving up in pursuit of your goal.
- Support - Celebrating teammate's successes.
- Excellence - Aiming to perform at a world-class standard daily.

BACKGROUND

This program aims to provide a higher level of training and performance that has never been present in the Waikato region and replicate successful models such as the American NCAA system and University programs in other countries such as Australia, Canada and Britain.

Waikato has long been a hotbed of talent for swimmers within New Zealand, with most swimmers representing New Zealand between 2014-2020 at competitions such as the Olympics, Paralympics, Commonwealth Games, and World Championships growing up and developing within the region. However, the region has never been able to retain this talent locally, with swimmers looking towards programs that cater to senior athletes to attain international honors, primarily in Auckland and overseas.

We have an outstanding facility in Hamilton, one of the premier pools in New Zealand and has the potential to be the home of Waikato and New Zealand's next wave of potential swimming representatives. A successful senior program will keep our local talented swimmers and attract high-calibre athletes into Hamilton and its tertiary institutions, The University of Waikato and Wintec.

OBJECTIVES

- Support the performance aspirations of targeted senior competitive athletes.
- Retain Waikato's best athletes throughout their tertiary years and into adulthood.
- Attract the best athletes from around New Zealand/Internationally into Hamilton City to further both their sporting and academic careers.
- Provide role models for the next generation of local athletes.
- Provide exposure to the high-quality facilities within Hamilton City.

OUR MODEL

The Regional Performance Centre - Waikato (RPC) will be a multi-stakeholder venture led by the St Paul's Swim Club and Hamilton Aquatics and supported by Swimming Waikato. This will consist of the senior swimmers within both programs training together to create a highly motivated age/stage-appropriate squad of swimmers who can support each other through competition and socially within their daily training environment. To be a part of this program, swimmers need to be committed to their ongoing improvement and aspire to compete at an international level.

The RPC will be jointly coached by the Head Coaches of the two clubs, Graham Smith and Mat Woofe. Both of these coaches have significant local and international experience. This collaborative approach will allow for the required diversity within the program to maximise each athlete's abilities and individualise training programs. This approach works successfully in many senior programs overseas, and this would potentially be the first of its kind within New Zealand.

Both clubs involved will continue to retain their names, identities, structures and community roots. This would allow for optimal development of swimmers based on age and stage. The implementation of a senior squad would provide a pathway and role models for younger swimmers within the respective clubs and other clubs across Waikato. Both clubs have strong community ties providing an avenue for 1000s of local Hamilton children to learn to swim and gain water confidence.

It is vital that these community aspects of both clubs are not sacrificed by the addition of a senior program and rather amplified by it.

OUR GOALS

2023 - Commencement of the Regional Performance Centre with local senior athletes.

2024 - Min 1 swimmer qualified onto National Youth Teams (Junior Pan PACS)

2025 - Min 1 swimmer onto the NZ World Championship Team and multiple swimmers onto the NZ World Junior Championships Team

2026 - Multiple swimmers onto the NZ Junior national Team (In addition to Commonwealth Games)

2028 - Place multiple Hamilton-based swimmers and coaches onto New Zealand Olympic and Paralympic teams.

2032 - Place multiple swimmers on the Olympic / Paralympic Teams with at least one swimmer making a final.



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www.swimmingwaikato.co.nz/RPC

APPLY



ENTRY REQUIREMENTS

Tier 1: Top 8 placing at NZ Championships (April)

Tier 2: Tier 2 New Zealand NAP 16 years Gold time

Swimmers who wish to apply but have not achieved tier 1 criteria will be ranked based on tier 2 swim times and their ranking based on a percentage closest to that time.

Swimmers who have not achieved Tier 1 or 2 are welcome to apply and will be ranked based on the percentage away from the Tier 2 time in their respective event

The minimum training attendance for entry into the program is 8 pool and 2 gym sessions within the RPC / Club programs. Please note this is the minimum and along with coaches it may be agreed more is necessary to achieve desired results.

APPLICATION PROCESS

- Complete the Google form and answer all relevant questions
- Interview with coaches
- Notification of the outcome of the application will be processed as soon as possible
- Successful swimmers to sign swimmer agreement and code of conduct

ADDITIONAL INFORMATION

The RPC is designed long term to be for athletes who have finished school, however swimmers in school who are competing at the requisite performance level and have the social skills to thrive within the program and are on a pathway for senior international teams will be considered

Swimmers will be expected to display the behaviour of a senior international-level athlete. This doesn't necessarily mean swimmers have to be initially competing internationally, rather the program is looking for athletes who are professional and committed to improving their own personal performance level daily.

Squad size will be to a maximum of 15 swimmers.

FEE STRUCTURE

Monthly Squad Fees are for pool hire and coaching only.

Performance (A squad): \$.....

POOL TRAINING TIMES

Mon 5.30-7.30am / Mon 5.30-7.30pm,

Wed 5.30-7.30am,

Fri 5.30-7.30am / Fri 4-5.30pm,

Sat 7.30-9.30am

*All swimmers are expected 30 minutes prior to afternoon and Sat AM sessions to complete dryland preparation.

GYM SESSION TIMES

Times to be arranged individually.

ADDITIONAL SUPPORT SERVICES

Strength and Conditioning
Nutrition
Physiotherapy
Psychology

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APPLY



COACHING TEAM

MAT WOOFE -

Mat has coached within a number of High-Performance programs over the last 10 years including Melbourne Vic Centre, one of Australia's Podium Programs and the Performance Coach at the Swimming New Zealand National Training Centre.

As part of this Mat has placed a number of swimmers onto national teams including the 2016 Olympic Games, 2017 World Championships, 2018 Commonwealth Games, 2018 World Short Course Championships and 2020 Paralympic Games. Over the past 5 years, Mat has been named the New Zealand Coaches Association Coach of the Year (2016), Open Water Coach of the Year (2018) and Para Coach of the Year (2021).

Mat currently coaches Jesse Reynolds who is a multi time Paralympic finalist and Commonwealth Games medalist. He has in the past coached Nikita Howarth who is a Paralympic medlaist and broke the SM7 100m IM Women's World Record at Waterworld. Mat also coaches Gina McCarthy who is a member of Swimming New Zealand's Senior Squad, has met pathway times for senior representation at the international level and holds a number of New Zealand Records across multiple events.



coach@hamiltonaquatics.nz

GRAHAM SMITH -

Graham has developed many of the top swimmers in Waikato over the past 18 years including multiple swimmers onto New Zealand teams. Graham was appointed the Head coach role for the Para Swim team in the 2010 World Championships in Eindhoven and lead the team in 2011 to the Pan Pacific Para Swimming Championships in Edmonton. Graham successfully built St Pauls and Fairfield Swimming clubs into local and national powerhouses under his leadership.

Currently, Graham coaches both Laura and Ben Littlejohn. Both Laura and Ben are part of Swimming New Zealand's Senior Squad, both meet pathway times for senior representation at the international level and hold a number of New Zealand Records across multiple events



g.smith@stpauls.school.nz

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APPLY



GOVERNANCE STRUCTURE

The RPC is a joint venture between St Paul's Swimming Club & Hamilton Aquatics, & Swimming Waikato (Parties).

All parties are signatories of a joint Memorandum of Understanding, committing us to act in good faith throughout the duration of our agreement (2024-28); pledging to uphold the principles of honesty, integrity, and mutual respect in all our interactions.

RPC-Waikato will form a Working-Group with representation from all parties which will provide a report back to their respective Committee or Board.

Reporting topics to include:

Health & Safety
Athlete & Coach Wellbeing
Finance
Received correspondence

RPC Working-Committee will attend a bi-monthly meeting with full minutes taken and provided to all Parties.

ATHLETE SAFEGUARDING

All swimmers are required to belong to a Swimming Waikato club, therefore will be affiliated members of Swimming Waikato.

The Swimming Waikato Code of Conduct applies to all its members and persons participating/connected to Swimming NZ activities.

Swimming Waikato Code of Conduct

Athlete wellbeing is central to the operations of the RPC and like any Swimming Waikato affiliated Club, it will be bound by the member protection policy and codes of conduct of our regional federation.

In addition, all swimmers will have access to Swimming Waikato's Member Protection Advisor (MPA), in the event that this service is required.

Any ongoing concerns can also be raised with Swimming Waikato by contacting our CEO: darren@swimmingwaikato.co.nz

If a female staff member is preferred, please contact our GM: angeline@swimmingwaikato.co.nz

FAQs

Q. Are out of region swimmers allowed to join?

A. Any swimmer can apply for the Waikato RPC. Swimmers can speak with Graham or Mat and/or apply via the link on Swimming Waikato, St Pauls and Hamilton Aquatics website.

Q. Which club would I represent at Nationals?

A. All RPC members will have a dual membership within Swimming New Zealand as members of the Waikato RPC and their home club. For all international (non SNZ) and national level competitions the swimmers will swim under the RPC, allowing relay teams etc irrespective of club membership. For all regional and club meets swimmers will represent their club.

Q. Will I be able to study or work and train?

A. It is encouraged that all RPC swimmers are studying or working alongside swimming. One of the key philosophies is that we develop people and not just swimmers. Waikato University has one of the most comprehensive scholarships to elite athletes, The Hilary Scholarship, for more information please see here. [Sir Edmund Hillary Scholarship - Scholarships: University of Waikato](#)

Q. Will there be access to Long Course training?

A. The RPC squad will train long course throughout the year. Availability does change, however we swim long course a minimum of twice a week.

Q. Can I continue to swim for my home club as well as RPC - Waikato?

A. You will be able to swim for your home club, however to ensure all swimmers are covered under under Swimming Waikato protection structures this would need to be a Swimming Waikato member club.

Q. Will the RPC team travel to international events?

A. Yes. The RPC will travel to relevant meets outside of NZ on a regular basis. Meets would be identified to maximise athlete development and give athletes the experience to make New Zealand teams and then compete successfully.



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