

# HIGH PERFORMANCE

SUPPORT PROGRAMME

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**Breana Catley**  
*Bachelor of Property*  
*Hockey*



**UNIVERSITY OF  
AUCKLAND**  
Waipapa Taumata Rau  
NEW ZEALAND

**“University of Auckland has provided great support to us athletes, making study and professional sport possible. It’s brilliant to know I’m getting a degree alongside all this and from such a great university too.”**

**Grant Clancy**  
*Bachelor of Commerce*  
*Canoe Racing*



## **HIGH PERFORMANCE**

SUPPORT PROGRAMME

The High Performance Support Programme helps with the challenges of balancing tertiary study and elite sport or performance commitments and activities. The programme combines University of Auckland’s world class academic degree with the support needed to achieve world class performance. The creation of a ‘performance lifestyle’ at the University contributes to an outstanding student experience. The additional focus on personal and career development ensures that University of Auckland students are equipped for a lifetime of growth and success.

**Sam Woods**  
*Bachelor of Commerce*  
*Alpine Skiing*



## PERFORMANCE SUPPORT

Several performance support services are available for High Performance Support Programme members.

### ► RECREATION CENTRE MEMBERSHIP

Programme members are eligible to receive complimentary access to Hiwa, Recreation Centre. This includes access to group fitness studios, sauna, spa pool, cardio and weight zones, multiple sports halls, rooftop turf and a swimming pool.

### ► STRENGTH AND CONDITIONING

Experienced strength and conditioning trainers are available to provide expert, personalised programming and coaching to aid performance specific improvement.

### ► PHYSIOTHERAPY

The Programme has partnered with an experienced sports physiotherapy practice, University Physiotherapy, located on the City Campus. Being a member of this Programme entitles you to discounted physiotherapy.

### ► NUTRITION SUPPORT

The University Dietetics department can provide nutrition support to maximise your training, event outcomes and long-term health.



**Havana Hopman**  
*Bachelor of Science*  
*Rhythmic Gymnastics*



**Frazer Tavener**  
*Bachelor of Engineering (Honours)*  
*Diving*

### ► EXERCISE SCIENCE

The High Performance Support Programme collaborates with the Exercise Science team, providing student athletes the opportunity to participate in performance testing.

### ► HIGH PERFORMANCE SUPPORT FUND

Applications are open year-round for current programme members. Applications can be made as soon as a member has a selection letter stating representation in a New Zealand team or New Zealand University team travelling internationally. Grants will be provided to assist with travel, accommodation, registration fees and other costs associated with attending an international event.

## ACADEMIC SUPPORT

Flexible study assistance is available to all members of the High Performance Support Programme in accord with the University's agreement with High Performance Sport New Zealand.

### ► ATTENDANCE AND ASSESSMENT FLEXIBILITY

Each faculty has a nominated Support Adviser, who works closely with the Programme, its members, and faculty to ensure course requirements are met when alternative arrangements and renegotiated timeframes are required.

### ► ALTERNATE EXAM ARRANGEMENTS


Programme members are able to apply for alternate exam times and/or locations when required. Specific criteria set by Assessment Services must be met.

### ► ADMISSION AND ENROLMENT

Support with enrolment to the University and its programmes for new, current and transferring students.

### ► DEGREE PLANNING

Tailored support alongside a nominated Faculty Support Adviser to assist with degree planning and part time study arrangements.



**Xavi Taele**  
*Bachelor of Science*  
*Rugby*

## HOLISTIC SUPPORT

The High Performance Support Programme takes into consideration the many other lifestyle and personal factors that contribute to student success.

### ► WELLBEING SUPPORT


The Programme recognises that pursuing both academic and performance excellence is challenging. The Programme offers specific and individualised strategies for members to manage their commitments in a healthy, sustainable way. Professional support through the University Health and Counselling Service (UHCS) and specific performance psychology and wellbeing education sessions supports students holistically.

### ► DEVELOPMENT OPPORTUNITIES

All High Performance Support Programme members are invited to a variety of guest speaker talks, personal and career development events and workshops. These catered events provide the opportunity to develop as a person, a performer and a professional alongside fellow students.

### ► TRANSITION AND CAREER PLANNING

University services are available to provide support and advice for transitioning into and out of university, career planning and employment assistance.



**Sophia Morgan**  
*Bachelor of Science*  
*Sailing*



# HIGH PERFORMANCE

SUPPORT PROGRAMME

**Isabella Matthews**  
*Bachelor of Arts*  
*Archery*

## APPLY FOR THE HIGH PERFORMANCE

## SUPPORT PROGRAMME

High Performance Support Programme applications for incoming and current students are open all year-round. To be eligible for this programme, you must have gained elite status in your chosen sporting or performance pursuit, or be identified as an emerging talent in your field and should be recognised by your national organisation.

## HIGH PERFORMANCE SPORT SCHOLARSHIPS

High Performance Sports Scholarship combines existing support services offered through the University's High Performance Support Programme with a one-off \$5,000 grant towards your study and support related assistance.

The purpose of the Scholarship is to support high performance athletes who want to further their education and career aspirations alongside their sporting pursuits. It's available for first year students at Waipapa Taumata Rau, University of Auckland.

For more information visit [auckland.ac.nz/highperformance](https://auckland.ac.nz/highperformance)



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