

# PATHWAY ATHLETICS

## EXPLORE

Come and try athletics. Our athletics programme runs over the warmer months from October to April. New athletes are always welcome to come along at any time throughout the season. We have equipment available for both track and field events so you can give it a go. If you are school age there is also an after school programme for youth with disabilities.

## SOCIAL PARTICIPATION

Participate at a social level at our training sessions. These sessions are for those who want to run or throw at a local level and enjoy the social aspect of athletics.

## COMPETITIVE PARTICIPATION

Get a provisional classification and compete at our training sessions. Our Performance Coach Alan McDonald is experienced at coaching athletes from beginner right up to national and international level. He can tailor the sessions for those who want to race or throw competitively. Training for competitive athletes continues year round with winter sessions and home training programmes.

## LEARN

Learn to compete in athletics with our coaches at our training sessions.

## PERFORM

Join your local athletics club and regularly compete in Waikato, Bay of Plenty and other New Zealand sanctioned events. Display commitment to training and improvement and you will have opportunities to compete all over New Zealand and in Australia. Rank in top 6 in the world with potential to medal at Paralympics or World Champs and get carded by NZ Academy of Sport. Show potential and be accepted into the Paralympics NZ Pathway to Podium programme

## EXCEL

Get selected by Paralympics New Zealand into their Performance Gold Squad and earn the opportunity to compete as part of the NZ team in events such as Paralympic Games and World Athletic Championships.