



Para Sport Collective Programme Overview

The Para Sport Collective aims to transform the environment, connection, and support for Para athletes and their coaches.

The focus of the programme is to provide growth opportunities for development and pre-high performance (“pre-HP”) Para athletes and coaches who are not yet at a level where they are receiving high performance support, to ensure they can build their confidence, skills and capabilities to augment their progress along a performance pathway. The programme also aims to transform the environment, strengthen connections and increase support for the inclusion of Para athletes and coaches in existing programmes.

Designed to align and complement existing national and regional programmes, the Para Sport Collective programme will provide in-person camps and virtual support across a variety of Para sports for Para athletes and coaches to build connections, confidence and knowledge through shared experiences and talent enrichment. Para athletes often have the challenge of training in geographic isolation, having lower numbers of fellow athletes within individual Para sports, and having a wide range of disabilities. The Para Sport Collective approach will truly build a sense of community that many Para athletes and coaches currently do not get to experience.

Expertise across areas of performance support, including performance nutrition, performance psychology, performance life, strength and conditioning, as well as funding and sponsorship guidance, will be included in the programme.

Programme Goals

Long Term Outcomes:

- Para athletes and coaches across Para sport build an ongoing connection with other Para athletes and coaches to support their Para sport and life journey
- The Para sport pathway (pre-HP) is strengthened in a collaborative and sustainable way
- Para athletes and coaches have access to knowledge and skills to support their development
- Para athletes and coaches get increased visibility of the opportunities along the pathway to the Paralympic Games
- NSOs have more capable and confident Para athletes and coaches
- Para athletes are available as champions for promotion of Para sport.

Para Sport Collective schedule

Intake 2:

In person camp 1	Saturday 22 – Sunday 23 June 2024	AUT Millennium, Auckland
Virtual connect 1	Wednesday 17 July 2024, 6.00 - 7.30pm	Teams -
Virtual connect 2	Thursday 22 August 2024, 6.00 - 7.30pm	Teams -
Virtual connect 3	Wednesday 18 September 2024, 6.00 - 7.30pm	Teams -
In person camp 2	Saturday 9 – Sunday 10 November 2024 or Saturday 30 November – Sunday 1 December 2024	Christchurch or Auckland TBC
Virtual connect 4	Thursday 13 February 2025, 6.00 - 7.30pm	Teams -
Virtual connect 5	Wednesday 13 March 2025, 6.00 - 7.30pm	Teams -
Virtual connect 6	Thursday 10 April 2025 6.00 – 7.30pm	Teams
In person camp 3	Saturday 10 May - Sunday 11 May 2025	AUT Millennium, Auckland