COACHING IN THE CHAOS

Managing Seasonal S&C Across Multiple Sports, Teams and Timelines

1

HOW DO WE MANAGE?

- Over 100 athletes
- 26 different sports
- Competition peaks throughout the year











2

REALITIES OF COMPETITION?





SENIORS & MASTERS BEACH COMPETITIONS

Whangamata Classic: December 6-7 , Whangamata

Central Region Championships: January 10-11, Paekākāriki

Eastern Region Championships: January 23 - 25, Mt Maunganui

Northern Region Championships: February 14-15, Omaha

Southern Region Championships: February 14-15, TBC

Aon New Zealand Surf Life Saving Championships (Nationals): March 5-8, Ohope, Whakatane.

EVENT	DATE	VENUE
Waikato Open (PSA)	10th - 22nd March	Hamilton Squash & Tennis Club
Eastern Open (PSA)	1st - 2nd May	Hawkes Bay Rackets Club
BOP Open (PSA)	8th - 10th May	Mount Maunganui Squash Club
Auckland Open	14th - 17th May	Henderson Squash Club
Southland Open	22nd - 24th May	SquashCity Invercargill & ILT Stadium Southland
Wellington Open	4th - 6th June	Khandallah Tennis and Squash Club
Otago Open	4th - 6th June	Otago Squash Club
Midlands Open (PSA)	12th - 14th June	Tinaru Squash Club
Central Open (PSA)	19th - 20th June	Kawarau Park Squash Club
Northland Open	26th - 27th June	Whangarei Squash Club
Canterbury Open	10th - 12th July	Christchurch Football Club & Richmond Squash Club

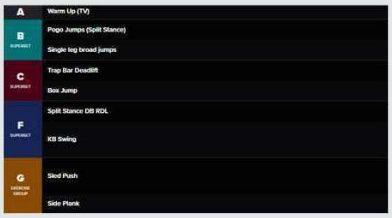
Weekend #1
Date: 15th January - 17th January
Location: Mount Maunganui, Tauranga
Weekend #2
Date: 22nd January - 24th January
Location: Harbour Beach Volleyball Centre, Mairangi Bay
Weekend #3
Date: 12th February - 14th February
Location: Lake Karapiro
Weekend #4 Finals
Date: 19th February - 21st February
Location: Mount Maunganui, Tauranga

3

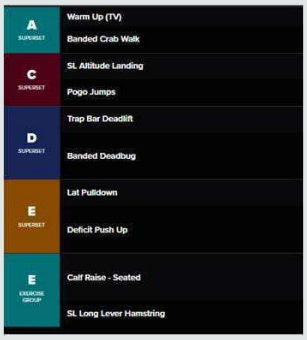
BEING PREPARED

- Having the options available – cover every option
- Accuracy





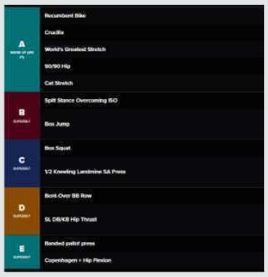


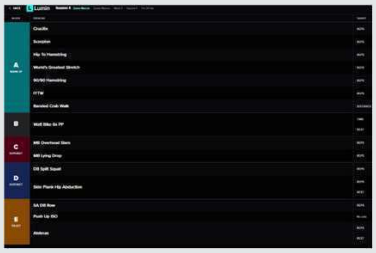


4

WINDOWS OF OPPORTUNITY

- Use it or lose it







5

WHAT MATTERS MOST

- Athlete peaking/competing
- Availability
- Foundation work
- Communicating





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Coaching in the chaos: Jordan Welsh

Notes