



THE UNIVERSITY OF  
AUCKLAND  
Te Whare Wānanga o Tāmaki Makaurau  
NEW ZEALAND

SPORT  
AND RECREATION

# HIGH PERFORMANCE

SUPPORT PROGRAMME

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**Michaela Sokolich-Beatson**

*Bachelor of Physical Education*

*Netball*

*Photo credit: Michael Bradley Photography*



## 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 the 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-performer experience. The additional focus on personal and career development ensures that University of Auckland student-performers are equipped for a lifetime of growth and success.

**"I cannot put into words how grateful I was to attend the World University Games, which I could not have gotten to without the help of the High Performance Support Programme."**

**Briana Stephenson**  
*Bachelor of Science  
Athletics*



**James Steyn**  
*Bachelor of Commerce  
Athletics*

## SUPPORT SERVICES

A number of support services are available for High Performance Support Programme members.

### ► RECREATION CENTRE MEMBERSHIP

Some programme members are eligible to receive complimentary access to the University's Recreation Centre. This also includes access to sports court facilities, group fitness classes and performance specific facilities such as studio rooms.

### ► WELLBEING SUPPORT

The programme recognises that pursuing both academic and performance excellence is challenging. There are a number of support networks available to programme members to help manage and support their wellbeing.

### ► 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.

#### **Theresa Fitzpatrick**

*Bachelor of Health Sciences  
Sevens*



**“That’s the beauty of the High Performance Support Programme, the recognition that it’s hard balancing sport and study, but you can do it with a support network.”**

#### **Riley Phillips-Harris**

*Bachelor of Laws,  
Taekwon-Do*



### ► 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.

### ► 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 student-performers.

## FLEXIBLE STUDY ASSISTANCE

Flexible study assistance is available to all members of the High Performance Support Programme in accord with the University's membership on the 'Athlete Friendly Tertiary Network'. Members should contact appropriate University staff including the High Performance Support Coordinator in a timely manner when flexible study arrangements are needed.

### ► ATTENDANCE AND ASSESSMENT FLEXIBILITY

Each faculty has a nominated student-performer 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 the examinations office must be met.



**William McKenzie**  
*Bachelor of Engineering  
Sailing*

## ACADEMIC AND CAREER SUPPORT

### ► ADMISSION AND ENROLMENT

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

### ► TRANSITION AND CAREER PLANNING

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

### ► DEGREE PLANNING

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

### **Rachel Thomas**

*Bachelor of Medicine and Surgery  
Percussionist*



# HIGH PERFORMANCE

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**Dean Shu**

*Bachelor of Engineering  
Table Tennis*

## HOW TO 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 an 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.

#### ► APPLY OR CONTACT US:

[www.auckland.ac.nz/highperformance](http://www.auckland.ac.nz/highperformance) | [highperformance@auckland.ac.nz](mailto:highperformance@auckland.ac.nz)



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