



Wellington High Performance Aquatics (WHiPA)  
2019 Lloyd Morrison Scholarships

**Aquatic Athlete | Coach | Official**

**In partnership with**



## Wellington High Performance Aquatics (WHiPA) 2019 Lloyd Morrison Scholarships

WHiPA is working in collaboration with Sport Wellington to give greater opportunity to athletes and coaches to be part of two exciting programmes. A further WHiPA scholarship is available to support aquatic officials.

WHiPA is giving your organisation the opportunity to assist the development of athletes, coaches and officials in your sport. We invite you to nominate the most worthy in the categories below for this outstanding opportunity.

### **2019 Lloyd Morrison Scholarships - Athlete Opportunity: WHiPA Reaching for the Podium (2 year programme – May to May)**

The programme's goal is to provide a platform from which performance athletes build knowledge and skills to better prepare them for high performance. The key components of the Wellington Reaching for the Podium: Athlete Performance Support Programme are:

- Comprehensive medical screening - ECG, Movement competency, Blood testing, Musculoskeletal, physical exam.
- Performance Nutrition - 2 workshops per year
- Performance Psychology - 2 workshop per year
- Athlete Life - 3 consultations per year
- Media Skills - 1 workshops per year
- Drugs in sport - 1 workshop per year
- Strength and Conditioning - Access to ASB HPSNZ Gym and Les Mills gym
- Individual Performance Plan (IPP) - to be led by Wellington Aquatic Coaches in consultation with the Sport Wellington Performance Hub lead.

#### **Selection into the Programme**

Up to 3 athletes may be selected into the programme on a yearly basis. The identification of the athletes is conditional on performance parameters as identified by WHiPA, the sport and Sport Wellington Performance Hub. Athletes are expected to be 1-3 years from entering into a high performance environment.

#### **Athlete Expressions of Interest:**

**Complete the attached form and submit with your CV (one page) no later than 5pm, Thursday 28 March 2019 to:**

Mark Watson  
Senior Advisor  
Sport Wellington Performance Hub  
markw@sportwellington.org.nz

## ATHLETE

### 2019 LLOYD MORRISON SCHOLARSHIP - WHiPA REACHING FOR THE PODIUM NOMINATION FORM

Name:

DOB:

Email:

Postal Address:

Phone Number:

Mobile Number:

Sport:

Club Affiliation:

Coach:

2018 Results:

Representative Teams and Squads:

**Athlete nominations: Complete the attached form and submit no later than 5pm, Thursday 28 March 2019 to:**

Mark Watson | Senior Advisor | Sport Wellington Performance Hub | [markw@sportwellington.org.nz](mailto:markw@sportwellington.org.nz)

Please include a copy of your CV (one page) with the nomination form.

## **2019 Lloyd Morrison Scholarships - Coach Opportunity: WHiPA Performance Coach Advance (2 year programme April to April)**

The Performance Coach Advance programme is a two-year programme where coaches are exposed to a number of learning opportunities aimed at raising their self-awareness of how they 'showup' as a coach. The first year of the programme focuses on the inner self where we explore their behaviours and drivers in their coaching environment. This is done through a series of workshops and 'one-on-one' assessments. The second year of the programme builds on this new awareness of 'self' and focuses on the coaches' field of practice where they challenge their levels of comfort by using self-reflective skills and feedback in bringing about change to themselves and their athletes.

### **The programme uses a blended learning approach that includes:**

- Workshops (light the fire)
- Forums (Share knowledge)
- Observations (in field of practice)
- Reflections (tied to workshops and field of practice)
- Assessments (one on one consults)
- Action learning (apply new knowledge to coaching environment 'have a go')

### **Selection**

1 to 2 coaches may be selected into the programme on a yearly basis. The identification of the coaches is conditional on the outcome of a selection interview, carried out by the programme lead (Sport Wellington), focusing on the coach's openness to learning and awareness of self.

### **Coach Expressions of Interest:**

**Complete the attached form and submit with your CV (one page) no later than 5pm, Thursday 28 March 2019 to:**

Mark Watson  
Senior Advisor  
Sport Wellington Performance Hub  
[markw@sportwellington.org.nz](mailto:markw@sportwellington.org.nz)

## COACH

### 2019 LLOYD MORRISON SCHOLARSHIP - WHiPA PERFORMANCE COACH ADVANCE NOMINATION FORM

Name:

DOB:

Email:

Postal Address:

Phone Number:

Mobile Number:

Sport:

Club Affiliation:

Present Coaching Position:

**Coach nominations: Complete the attached form and submit no later than 5pm, Thursday 28 March 2019 to:**

Mark Watson | Senior Advisor | Sport Wellington Performance Hub | [markw@sportwellington.org.nz](mailto:markw@sportwellington.org.nz)

Please include a copy of your CV (one page) with the nomination form.



## Wellington High Performance Aquatics (WHiPA) 2019 Lloyd Morrison Scholarship – Official

WHiPA is offering a 2019 scholarship to an aquatics Official based in the greater Wellington Region towards attending national or international schools or clinics giving the individual an opportunity to up-skill.

Where would sports be without Officials? So often they are the forgotten group of people who are passionate about their chosen sport with very little financial reward from the NSO's, RSO's and Clubs.

WHiPA have a scholarship for an 'Official' and we would appreciate you circulating notice of this scholarship to the appropriate people within your organisation.

### **Please include in your nomination:**

- CV (one page)
- Objectives to better your qualifications in 2019
- Expected outcomes of planned courses/clinics you will be attending
- Budget of your costs in 2019

**Official Nominations: Complete the attached form and submit no later than 5pm, Thursday 28 March 2019 to:**

Wellington High Performance Aquatics

[WHiPAquatics@gmail.com](mailto:WHiPAquatics@gmail.com)

## OFFICIAL

### 2019 LLOYD MORRISON SCHOLARSHIP – WHiPA OFFICIAL SCHOLARSHIP NOMINATION FORM

Name:

Email:

Postal Address:

Phone Number:

Mobile Number:

Type of Official:

How many years have you been an Official?

Sport/s:

Club Affiliation:

**Complete the attached form and submit no later than 5pm, Thursday 28 March 2019 to:**

Wellington High Performance Aquatics | [WHiPAquatics@gmail.com](mailto:WHiPAquatics@gmail.com)

**Please include with in your nomination:**

- CV (one page)
- Objectives to better your qualifications in 2019
- Expected outcomes of planned courses/clinics you will be attending
- Budget of your costs in 2019