

Cook Islands  
Sports High  
Performance  
Centre



**COOK ISLANDS SPORTS**

**High Performance Centre**

Building a nation of champions

# Our Ambition

Excellence in sport is at the core of our High Performance Centre. We want athletes setting and achieving targets that enable them to achieve their highest goals in sport and improve their well-being.



# Our Beliefs

High Performance requires the determination to win, team spirit, fair play and innovation. High Performance is “Coach Driven and Athlete Centred”.

- **Determined to win**

Performance Excellence is the central tenet of the High Performance Centre. Determination to win encourages a strong work ethic and high-level performance that enables the athlete to be the best version of themselves. It is underpinned by love and pride.

- **Team spirit**

We believe in team spirit and teamwork. Central to Team spirit is the understanding that “all of us are greater than one of us or some of us”.

- **Fair play**

We play by the rules and we recognize and seek to remedy our faults.

- **Innovation**

The prerequisite for development is innovation, and the prime mover for innovation is to always question the way we do things and how we can be better.





## Our Priorities

- Athlete High Performance
- High Performance Administration
- Coaching High Performance



## Athlete High Performance Priorities

- Develop and implement the Tereora Sports Academy
- Develop and implement a Carded Athlete Programme
- Develop and implement the Cook Islands Long Term Athlete Development Programme
- Develop and implement the Individual Team / Athlete Support Programme
- Develop and Implement an Athlete Pathways programme



# Coaching High Performance Priorities

- Develop and implement a Cook Islands Coaching Accreditation Framework (General & Sports Specific)
- Develop and facilitate Coaching Development Workshops
- Deliver the OSEP Community Coach & Official
- Deliver the OSEP Development Coach
- Deliver the OSEP Strength & Conditioning



## Sports Administration High Performance Priorities

- In conjunction with the Cook Islands Tertiary Training Institute seek Sports Administration accreditation with an internationally recognised qualification framework.
- Develop and deliver Formal Accredited Training in conjunction with the Cook Islands Tertiary Training Institute
- Develop and facilitate National Federation Administration Development Workshops
- Develop and implement a Team Management Framework
- Deliver the OSEP Sport in Communities Administrator
- Deliver the OSEP Management in Sporting Organisations
- Deliver the eOSEP Building Better Management
- Deliver the Advanced Sports Management Course