



## BACKGROUND



Tairāwhiti Rising Legends (TRL) is an initiative aimed at recognising, acknowledging and supporting the development of talented young athletes within Gisborne Tairāwhiti. The programme aims to assist talented athletes in fulfilling their potential and gaining higher honours. It is hoped that support through this programme will help athletes further their sporting careers by giving them extra tools to better their performances. The core program consists of mentoring and development workshops for selected athletes. It also helps to prepare athletes to move away from their support systems and still be able to cope with day-to-day life, as well as continuing to train and compete at the highest level. Workshops include: Strength and Conditioning, Athlete Life, Mental Skills, and Media Training.

"The Tairāwhiti Rising Legend programme really helped me tune the other aspects of being an athlete e.g. gym workouts, nutrition and even helped deal with nerves causing me to lose sleep. I was picked to be captain for the U/20 World Surf Lifesaving team that competed at the 2012 World Champs, this was a massive role for me but I remembered what the TRL workshops taught me and this helped me do my role well. The TRL program has been priceless to my development as an athlete."

**Chris Dawson 2009-2011 TRL squad member, New Zealand Surf Lifesaving High Performance Member 2013- 24, World Champion - Surf Lifesaving Champs 2014 & 16 & 18, 22**

Since inception in 2007, 117 Tairāwhiti athletes have been inducted as Rising Legends. The programme has produced over 50 New Zealand champions, 8 World Champions, 2 All Blacks, 6 Olympians, and a Olympic Gold Medallist.

For more information please visit our website – [whitiora.org](http://whitiora.org)





## HOW TO APPLY

---

The application consists of the following:

- One page covering letter (from the athlete)
- Letter of endorsement (from Club or Regional / National Body)
- Coach support letter
- Application form (This document)

**Covering letter:** The athlete should provide detail on why they should be selected in the Tairāwhiti Rising Legends squad. They should also explain their long-term goals and what they aim to achieve that year.

**Endorsement letter:** An endorsement letter should be provided by either club, regional, or national body of a sport or an appropriate alternative at the highest level. The letter should outline the athlete's performance and potential, along with supporting the athlete's application for Tairāwhiti Rising Legends. If you are unsure of who is appropriate to write a letter of endorsement please contact Whiti Ora Tairāwhiti (details below).

**Coach letter:** The coach should endorse the application and explain in some detail, but not limited to: The applicants work and training ethic, their level of commitment towards becoming one of New Zealand's top athletes and what they would like the athlete to achieve in the next 12 months.

### NOTE:

- Only results within the previous 2 years (October 2022 – October 2024) will be considered.
- Athletes MUST be residing in Gisborne full time for 2025.
- Candidates must be between the ages of 14 and 17 on the 1<sup>st</sup> of January 2025.
- Athletes can only be selected in the programme for a maximum of 2 years (unless TRL advisory group deems there to be special circumstances as stated in below bullet point).
- Return form to Whiti Ora Tairāwhiti by 5pm Friday 25<sup>th</sup> October 2024.
- All applicants will be notified by email in February 2025.
- Successful athletes will be required to complete an Athlete Agreement, along with parental consent. The Athlete Agreement will outline in more detail expectations within the TRL programme.
- The TRL advisory group will make selections based on what they perceive as the most deserving. This will include: athletic performance, previous commitment to the TRL program (if applicable e.g. re-applying), and take into account the quality of competition, size of the sport and Sport New Zealand's focus.
- At the discretion of the TRL Advisory group they may, given individual circumstances, select an athlete that falls outside the criteria e.g. age, time in the programme etc.
- If you have any question's please don't hesitate to contact Carl Newman at Whiti Ora Tairāwhiti.

Whiti Ora Tairāwhiti  
PO BOX 1391  
Gisborne  
06 8689943  
[carln@whitiora.org](mailto:carln@whitiora.org) / [info@whitiora.org](mailto:info@whitiora.org)

# 2025 SQUAD APPLICATION

## PERSONAL DETAILS

Name:	Sport:	School/Workplace:
Date of Birth:	Male / Female	Local Club Affiliation:

## POSTAL ADDRESS

Street number and name:	Town/City:	
Telephone:	Cell phone:	Email:

Please detail your performance for the last 2 years (October 2022 – October 2024) in the following headings. Results are limited to the athlete's best 3 results for those years. You may provide more details on a separate sheet.

### International (Top 3 results only)

Event 1	Name of the event	
	Detail about the event	
	How did you qualify for the event	
	Was it age group or an open event	
	How many people were in the event	
	What was your result	

Event 2	Name of the event	
	Detail about the event	
	How did you qualify for the event	
	Was it age group or an open event	
	How many people were in the event	
	What was your result	

Event 3	Name of the event	
	Detail about the event	
	How did you qualify for the event	
	Was it age group or an open event	
	How many people were in the event	
	What was your result	

### National (Top 3 results only)

Event 1	Name of the event	
	Detail about the event	
	How did you qualify for the event	
	Was it age group or an open event	
	How many people were in the event	
	What was your result	

Event 2	Name of the event	
	Detail about the event	
	How did you qualify for the event	
	Was it age group or an open event	
	How many people were in the event	
	What was your result	

# 2025 SQUAD APPLICATION

## National (continued)

Event 3	Name of the event	
	Detail about the event	
	How did you qualify for the event	
	Was it age group or an open event	
	How many people were in the event	
	What was your result	

## Regional (Top 3 results only)

Event 1	Name of the event	
	Detail about the event	
	How did you qualify for the event	
	Was it age group or an open event	
	How many people were in the event	
	What was your result	

Event 2	Name of the event	
	Detail about the event	
	How did you qualify for the event	
	Was it age group or an open event	
	How many people were in the event	
	What was your result	

Event 3	Name of the event	
	Detail about the event	
	How did you qualify for the event	
	Was it age group or an open event	
	How many people were in the event	
	What was your result	

## Squad Selections / Other comments

--

Please outline your specific goals for 2025 including events you will attend and teams you hope to be selected for (if any) e.g. Regional Team, NZ Team / Squad etc....

**Applications Close 5:00PM Friday 25th October 2024**