

# GLOBAL STUDENT ATHLETE



**A semester abroad doesn't have to keep you from training for your sport.**

GSA provides male and female athletes from any sport with the resources to improve their stamina and fitness while studying overseas. All five GSA tracks are available on Massey University's Palmerston North campus.

## GSA - STRENGTH AND CONDITIONING

This option provides you with access to two athletic centres. The Sport and Rugby Institute is an award-winning high-performance sports facility preparing athletes for regional, national, and international competitions. Massey University's Sport and Recreation Centre contains a free weight and cardio gym, basketball courts, rock climbing wall, racquetball and squash courts, as well as spinning, boxing, yoga, and dance studios.

Your programme can involve twenty-four individual sessions with your personal trainer or half your sessions can take place with a group of other GSA – S&C athletes. Your trainer will provide:

- Weekly strength and conditioning sessions
- Strength and power assessment
- Two consultation sessions
- Creation and monitoring of individualised sports-specific training plans
- Movement competency screening assessment
- Speed and fitness assessment
- Ongoing review of your recovery and flexibility plans

## GSA - ELITE SPORT SERVICES

High Performance Sport New Zealand named Massey as the country's first Athlete Friendly University due to its support for student athletes. GSA – ESS provides you with membership to Massey University's Sport and Recreation Centre as well as workshops, seminars, and events run by the Academy of Sport's internationally recognised experts.

GSA - ESS includes gym membership, access to a complete range of group exercise and fitness classes, a battery of performance tracking services, and comprehensive workshops for high-performance athletes. Examples include:

- Sports nutrition seminar
- Understanding strength and conditioning seminar
- Fitness testing
- Muscle competency screening
- Sports psychology seminar
- Athlete life, planning, and goal setting workshop
- Body composition testing
- Aerobic and strength testing



# GSA - EQUESTRIAN

Learn from New Zealand riding instructors who are experts in their areas of specialisation. You will attend three riding sessions each week and really get to know your horse as you work with the same one throughout the semester. You can also opt to have one of your weekly group sessions as a private training session focusing on a specific area you are interested in working on. You can work with horses who are competitive in Dressage or Showjumping.

- Train at one of the largest equestrian facilities on New Zealand's North Island
- The Outdoor Jumping, Outdoor Dressage, and Indoor Arenas were designed to serve a range of riding specialisations
- Transportation between Massey University and Tielcey Park Stables and Event Centre is included
- Tielcey Park will provide the care, feeding, stabling, and grazing for your horse
- All necessary equipment for your horse (saddle, bridle, covers, etc.) is provided
- You can bring all of your own personal riding equipment, such as a helmet, boots, Jodhpurs, etc.



# GSA - RUGBY

You will train with a large squad of players who have the potential to play for the Manawatu Turbos or Manawatu Cyclones and be aligned with a club to play in a weekly competition throughout the semester. Club training involves two evening training sessions per week. Up to two further training sessions with the Manawatu training squad may be scheduled. These will focus on technical and tactical development. Additional benefits include:

- Training alongside the Manawatu Rugby Academy and wider training squad
- Playing club rugby in the Manawatu region
- Individual strength and stamina development and rugby-specific mental conditioning
- Membership at the Manawatu Rugby Union Gym
- Attendance at one Hurricanes Super Rugby home match
- One-on-one support from the Manawatu Rugby Academy Manager and Turbos coach



# GSA - CRICKET

Serious cricket players have the opportunity to join the Massey Cricket School. You will receive coaching and mentoring from Jacob Oram and other former international players, access to high-performance presentations, weekly sessions at the Manawatu Centre of Cricket Excellence training centres, a gym membership, and more.

- A detailed training programme complete with workouts, checkpoints, and an end of programme review
- 2 cricket sessions/week (approximately 4 hours of cricket training/week)
- Training sessions with other domestic and international cricketers
- Placement into a local Palmerston North club cricket team
- Match practice through Massey Cricket or Manawatu club cricket
- Membership into GSA - Elite Sports Services and all of those additional benefits



**Study Abroad in New Zealand**  
**Train with professional coaches**

[massey.ac.nz/gsa](https://massey.ac.nz/gsa)