

Olympic head opens AUT's new sport labs

Dr Jacques Rogge, president of the International Olympic Committee was at the AUT Millennium Campus on Friday 21 October to open the National Training Centre for high performance sport.

The opening of the centre is part of the first stage expansion in what will be the home of high performance sport in New Zealand. The AUT Millennium Campus in Antares Place, Mairangi Bay will be a centre of sporting excellence on par with other sport centres of excellence around the world says Mike Stanley, CEO of the AUT Millennium Trust.

The National Training Centre component of the campus comprises the Sport Performance Research Institute New Zealand (SPRINZ) laboratories, High Performance Sport New Zealand (HPSNZ) athlete training and recovery areas for carded athletes, sports hall, and a range of medical facilities.

The \$29 million first stage expansion of the AUT Millennium Campus is on schedule and is expected to be completed by May next year.

The AUT Millennium Campus is a successful partnership between AUT University and the Millennium Institute of Sport and Health. The collaboration has come to fruition with funding support from SPARC, High Performance Sport New Zealand, Owen Glenn, Sir David Levene, the ASB Community Trust and a commitment from Auckland Council and the Lion Foundation for the next stage.

That next stage entails the National Aquatic Centre which is planned for the site currently occupied by car parking



Professor Patria Hume, SPRINZ laboratory clinic manager explains to IOC president Dr Jacques Rogge how some of the strength and conditioning equipment works

space at the campus' entrance.

SPRINZ is AUT's sport research institute and has internationally renowned experts in the areas of physical conditioning, performance analysis, biomechanics, exercise physiology, injury prevention and anthropometry.

To assist academics with that research is \$2.4 million of brand new equipment and facilities, some of which will be a New Zealand first.

The Sports Kinesiology, Injury Prevention and Performance Laboratory has a running and cycling, mechanics clinic.

The Sports Physiology Laboratory

consists of the Sports Immunology and Biochemistry Laboratory – a first of its kind in New Zealand - and the Endurance Performance Clinic which also includes an environmental chamber.

The Sports Strength and Conditioning Laboratory and Clinic is also an important component of the new SPRINZ laboratory.

And while elite athletes training for national and international events will benefit from the redevelopment, much of the medical services and facilities at AUT Millennium Campus are open to the public.

Pro Vice-Chancellor's Perspective

The Rugby World Cup placed rugby centre stage, not just in New Zealand, but in countries where rugby ranks below other team sports. It was great that the All Blacks emerged on top, albeit by a close margin in the final. Throughout New Zealand people came together in a special way, openly expressing national identity and pride. The question is 'what now?' The challenge is to find ways to build on this positive spirit and channel it into other sporting codes and the wider spheres of economic and community development. While somewhat obscured by the media buildup to the cup final, the opening of the National Training Centre for High Performance Sport was a recent highlight. This centre, based at the University's AUT Millennium Campus, will serve as the major catalyst to develop and sustain outstanding sports performance. Dr Jacques Rogge, president of the International Olympic Committee, referred to it at the opening as one of the top three facilities of its type in the world. It will help generate the success and pride this country requires to thrive in an increasingly competitive world. The University's Sports Performance Research Institute New Zealand (SPRINZ) is a critical component of the new centre. It brings leading researchers to the team, applying cutting edge findings from various scientific

disciplines to enhance human performance. Dr Nic Gill, a SPRINZ academic, developed and managed the All Black strength and fitness programme. While the new centre brings together the best of sports research, coaching and management to drive the development of high performance sport, the Campus will also expand the wide range of sports facilities and activities that it currently provides for the general public. In addition, researchers and practitioners will focus on other aspects of human potential and on community health and education. This will in part be facilitated by moving some staff and PhD students of the University's Centre for Physical Activity and Nutrition (CPAN) to the Campus next year. CPAN staff are currently investigating health impacts of nutrition, physical activity and exercise, obesity and lifestyle related diseases across the lifespan. It is expected that they will link with researchers in other areas of public and community health to identify and promote new ways to enhance health and wellbeing.



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