



**COLLEGE
CONTACT.COM**

College Contact GmbH
Hanauer Landstraße 151-153, 60314 Frankfurt am Main
Telefon: 069 - 907 2007 30
E-Mail: beratung@college-contact.com
Web: <https://www.college-contact.com>



**MASSEY
UNIVERSITY**
TE KUNENGA KI PŪREHUROA

UNIVERSITY OF NEW ZEALAND

GLOBAL STUDENT-ATHLETE



FIND YOURSELF IN NEW ZEALAND
MASSEY.AC.NZ/GSA

OVERVIEW

A semester abroad doesn't have to keep you from training for your sport. Global Student-Athlete (GSA) helps male and female athletes from any sport boost their talents and capabilities while studying overseas.

GSA combines one or two semesters in New Zealand with high-performance coaching and conditioning. You will focus on specific fitness and skill development targets so you return to your team

- Faster, stronger, and with more stamina than when you left
- Having developed skills that will make you a better athlete for your sport
- Being equipped by international professionals in their fields
- Experienced in your sport from within an entirely different context

NEW ZEALAND'S SPORTS UNIVERSITY

We understand the individualised needs of student-athletes because Massey University is the tertiary sports specialist in New Zealand.

- The first tertiary institution named "athlete friendly" by the New Zealand Academy of Sport
- A Centre for Excellence in Sports in New Zealand
- The first member of the Athlete Friendly Tertiary Network
- An extensive and research-driven Sports and Exercise Science programme
- Home of the Academy of Sport and the Sport and Rugby Institute



FULL SEMESTER AND INTENSIVE ENGLISH OPTIONS

Study abroad and exchange students take a full semester of courses while participating in GSA. The credits you earn transfer back to your degree.

Students wanting to improve their English language skills can also participate in GSA. You can earn a Certificate in Intensive English for successfully completing Massey's Intensive English programme.



I am very happy with my decision to take part in the GSA program at Massey University. As an athlete, it is difficult to study abroad, but I was able to fully live the study abroad experience through the GSA program, as well as get into great shape with my personalized workout plan from my trainer. I am excited to return to the Elmhurst College Men's Soccer team in top form for next season.

LUCAS WETHERBY JONSSON
ELMHURST COLLEGE

STUDYING AT MASSEY UNIVERSITY

Spending one or two semesters studying at Massey will give you the international experience future employers want to see on your resume. We offer a wide range of courses that can credit back to your major and minor. All GSA tracks are available on our Palmerston North campus.

Find courses, learn about life at Massey, and see what other students have to say about studying with us at [MASSEY.AC.NZ/STUDYABROAD](https://www.massey.ac.nz/studyabroad)

SCHOLARSHIPS AND ENROLLING

Massey University offers Accelerator Scholarships for all our GSA tracks.

Details about how to apply, fees, and scholarships are available at [MASSEY.AC.NZ/GSA](https://www.massey.ac.nz/gsa)





STRENGTH AND CONDITIONING

Male and female athletes from any sport receive twenty-four individual sessions with a high-performance trainer, as well as memberships to the Sport and Rugby Institute's award-winning facility and Massey University's Sport and Recreation Centre.

Our accredited trainer works with athletes representing New Zealand in the Olympics,

RUGBY

Come train with a squad of players who have been signed by the Manawatu Rugby Union to play for the men's and women's regional teams. The Manawatu Turbos play in the New Zealand Premiership Provincial Union Competition. The Manawatu Cyclones play in the New Zealand Provincial Union Competition.

Your training will focus on technical and tactical development and you will play in weekly competitions throughout the semester. Additional benefits are:

- 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



Commonwealth Games, and other international competitions. You will receive:

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



EQUESTRIAN

Train with the same horse throughout the semester as you learn from New Zealand riding instructors who are experts in their specialisations. You will attend three riding sessions each week and can opt to have one of your sessions as a private training session focusing on a specific area of interest.

You can bring all your own personal riding equipment and work with horses that are competitive in Dressage or Showjumping. Other services include:

- Training at one of the largest equestrian facilities on New Zealand's North Island
- All necessary equipment for your horse, including saddle, bridle, and covers
- Transportation between Massey University and Tielcey Park Stables and Event Centre
- Tielcey Park manages the care, feeding, stabling, and grazing for your horse
- The Outdoor Jumping, Outdoor Dressage, and Indoor Arenas serve a range of riding specialisations





ELITE SPORT SERVICES

You will become a member of Massey University's Sport and Recreation Centre and get access to seminars and events run by the Academy of Sport's internationally recognised experts.

These will provide you with a complete range of group exercise and fitness classes, a battery of performance tracking services, and comprehensive workshops for high-performance athletes.

GOLF

Experienced student-athletes work with golf professionals to develop their skills and improve their games while studying abroad.

The Manawatu Golf Club has been Palmerston North's premier club since its founding in 1895. It is the only course in New Zealand to foster and develop three players through to playing on the United States PGA Tour.

You will need to bring your clubs with you to New Zealand. GSA Golf provides:

- Full membership at the Manawatu Golf Club for 18 holes, seven days a week
- Unlimited driving range and practice fairway membership
- Individual lessons with a club golf pro
- Full games with a club golf pro
- Storage space for your clubs
- Reciprocal rights at thirteen other golf courses across New Zealand
- Free transportation between Massey University and the Manawatu Golf Club



Examples include:

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



CRICKET

Serious cricket players have the opportunity to join the Massey Cricket School. Your training will take place in the world's first and New Zealand's only indoor grass cricket-specific training facility.

You will receive coaching and mentoring from former international cricket players, access to presentations for high-performance athletes, weekly sessions at the Manawatu Centre of Cricket Excellence training centres, and a gym membership. Additional benefits include:

- A detailed training programme complete with workouts, checkpoints, and an end of programme review
- Two cricket training sessions per week
- Placement into a local Palmerston North club cricket team
- Match practice through the Massey Cricket or Manawatu Cricket Association clubs
- Enrolment into GSA Elite Sports Services and all the benefits it provides
- Membership to the Massey Sport and Recreation Centre



WORLD-CLASS COACHES AND TRAINERS

Our Strength and Conditioning trainer is an example of the high-calibre professionals leading each GSA track. James Amon's career honing elite athletes spans more than a decade. He has degrees in Human Performance and Health Science, is an accredited Strength and Conditioning Coach for High Performance Sport New Zealand, and is the Head Strength Coach for the Massey Academy of Sport.

James prepares athletes for national and international events across a range of sports, coaches the University Tertiary Sport New Zealand athletes on Massey's Palmerston North campus, and is a High Performance Strength and Conditioning Manager and Lead Trainer at the Sport and Rugby Institute.



FOR MORE INFORMATION

[MASSEY.AC.NZ/GSA](https://www.massey.ac.nz/gsa)

STUDYABROAD@MASSEY.AC.NZ



Find us on Facebook

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The Strength and Conditioning services provided by Global Student-Athlete at Massey University are unprecedented. Athletes receive one-on-one sport-specific training and programming, delivered by an experienced and highly qualified strength coach dedicated to improving each athlete's physical capabilities.

This individualised training approach enables each athlete to be diligently monitored throughout the semester with all information documented and shared with coaches at his or her home University.

GSA Strength and Conditioning is a great opportunity for any athletes that are serious about improving their athletic potential and seeing more of the world at the same time.

JAMES AMON
FITNESS CENTRE MANAGER AND LEAD TRAINER
SPORT AND RUGBY INSTITUTE