

## Millennium Institute of Sport & Health

### **Vision:**

New Zealand's world class centre of excellence in high performance sport and community health and well-being

Owned by a charitable trust and opened in 2002 and the Millennium Institute of Sport & Health is a NZ\$35m high performance sports training and community sports and health facility founded by two of New Zealand's leading philanthropists Graeme Avery and Stephen Tindall.

Located on Auckland's North Shore, the Institute was based on the concept of the Australian Institute of Sport, with faculties for training, coaching, sports science and medicine and accommodation on one site, but receives no government funding.

The Institute's facilities include an indoor heated 50m Olympic sized swimming pool, fully commercial gym, swim school, international athletics stadium, indoor sports hall, medical practice, accommodation, conferencing and more.

The Institute is home to many of New Zealand's leading athletes, including its most recent World Champion Moss Burmester (200m Butterfly 2008). Institute based sports clubs Bays Cougars Athletics, North Shore Swimming, North Harbour Water Polo and NorthSport Olympic Weightlifting, all national leaders in their code.

The Institute is also the "Centre of Excellence" for the New Zealand Academy of Sport North Island; the Auckland University of Technology's Institute of Sports Science and Recreation NZ and the HealthZone, a leading sports medicine practice are also based there.

Through its community programmes the Institute provides sport, physical education and recreation opportunities to over 40 schools and 50,000+ young people annually and has over 3,000 members

The Institute, which employs 30 full time staff (100+ people in total), is planning further facilities to keep pace with demand for its services and to ensure it continues to provide a world class environment for athletes to prepare for success in international competition.

The Millennium Institute has also become the base for a number of sports –

- Swimming NZ High Performance Centre
- International Athletics Association Oceania High Performance Training Centre (16 Pacific Island athletes live and train on site),
- Olympic Weightlifting NZ 's high performance centre
- Yachting New Zealand land-based training and simulation
- Rowing NZ's regional training programmes
- NZ Rugby, Football, Hockey, Triathlon, Softball, Netball, Basketball, League, Surf Lifesaving are also regular users of the Institute

For more on the Institute go to [www.mish.org.nz](http://www.mish.org.nz)

