



āhei: Coaching Made Easier

Athletics NZ has partnered with āhei to support clubs, ease the load on volunteers, and help new parents feel confident stepping in.



What is āhei?

āhei is a **free digital planning platform for affiliated clubs**. It helps coaches and volunteers deliver sessions where every tamaiti can join in, feel included, and succeed.

We know the magic of athletics happens in moments of connection – a coach's encouragement, a skill breakthrough, a child's "I can't wait to come back" smile. āhei protects those moments by removing admin stress so you can focus on people.

Inside the Club Version

- **Run Jump Throw & Get Set Go** activities
- Full video library & skill progressions
- Printable activity cards & session plans
- Progress tracking & planning tools
- Sharing tools for aligned coaching teams

Adaptable for Every Athlete

The **Full Adaptations System** makes every activity inclusive, with simple ways to adjust for different needs and abilities—so every tamaiti feels they belong.

Built for Coaches, Volunteers & Tamariki

Coaches are the heart of our sport, but planning and juggling needs can be tough. Athletics NZ has partnered with āhei to bring this exciting new platform free to all affiliated clubs. āhei is designed with coaches and athletics experts, and works on phone, tablet, or computer to:

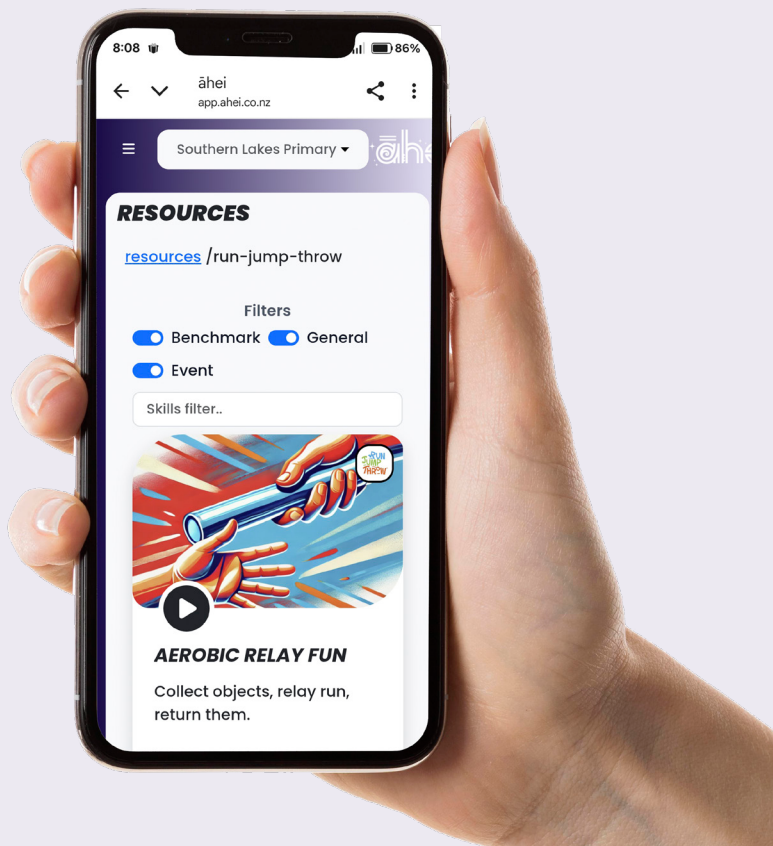
- **Save time** with ready-to-go programmes and activities
- **Deliver with confidence** using clear instructions, videos, and skill steps
- **Stay flexible** with printable sessions
- **Work as a team** with synced calendars and shared plans

Smarter Coaching

āhei combines AI with a fully integrated coaching system, designed to be simple, intuitive, and effective. It provides quick prompts, variations, and good practice that make sessions fun, challenging, and skill-focused—while also supporting teamwork, resilience, and a lifelong love of movement.

Getting Started

1. Go to www.ahei.co.nz
2. Click Try āhei and find your club
3. Watch the introduction videos
4. Add your coaches & members
5. Start planning with ready-made or customised sessions



Why Clubs Love āhei

- Less admin, more coaching
- Activities for mixed ages & abilities
- Confidence for new volunteers
- Stronger club culture & engaged tamariki

We're Just Getting Started

āhei is new, and we're refining it with your feedback.

Our goal: tools that truly support coaches, volunteers, and tamariki across Aotearoa.

www.ahei.co.nz

What Clubs Say:

"āhei feels like professional knowledge made tangible. It's a huge support for building confidence."

Anne (Palmerston North)

"The language is strength-based and empowering. It aligns with para sport values—breaking down barriers and celebrating potential."

Josh (Dunedin)



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