



IVF World Long Distance

Championship 2017



### Selection Process for the NZ Open Men's Teams.

Welcome to all those that are interested in participating in this selection process and in competing in Tahiti in 2017. Everyone in the coaching team are looking forward to working with each of you high performance athletes. Remember, anyone can be high performance through high performance effort. We hope the following information is useful.

#### **WANZ Campaign Goal:**

- ❖ *To be ranked in the top 3 countries overall at the conclusion of the event.*

#### **Team Goals:**

- ❖ *To represent WANZ whānau to best of their ability, on and off the water (linking to WANZ Campaign goal).*
- ❖ *Create a high performance athlete culture (that complements the waka ama culture).*
- ❖ *Establish a high performance program for future development.*

Athletes participating in the NZ Open Men's campaign need to consider, agree and commit to the following:

- ❖ To respect all involved in the campaign.
- ❖ To communicate with the coaching team in a timely fashion.
- ❖ To meet all financial obligations.
- ❖ To participate fully in the trialling process and all trainings.
- ❖ To complete training diary each week.
- ❖ Athletes will train as high performance athletes.
  - Paddling at least 5 days per week.  
E.g. 2 x 1hr, 2 x 2hrs, 1 x over 3hrs.
  - Gym sessions to address strength and conditioning limitations.  
At least 3 sessions per week.
  - Obtain equipment necessary.
- ❖ Athletes will strive for high performance nutrition, hydration and recovery.

*Note: Athletes can improve their chances greatly by gradually increasing their paddling kilometres to 100km per week. This will not hinder sprint performance, it will only prove it.*

## Process.

### **Selection Goals:**

- ❖ *To determine the best seven athletes for the open men's team.*
- ❖ *To be resolute to the process for the good of the campaign, while remaining vigilant at all stages.*
- ❖ *To minimise costs and maximise limited time.*
- ❖ *To be fair, transparent and inclusive.*

In order to accomplish these goals, we need to work smarter and harder.

The coaching team will remain open to discussions on any issues that may arise. However, they will be governed by being fair, transparent and inclusive.

### **Intent Process:**

Athletes wishing to trial and ultimately be considered for the NZ team should complete the Intent Form posted online. Once completed, return it to [admin@wakaama.co.nz](mailto:admin@wakaama.co.nz) no later than 21st December 2016. There is a \$20 fee also.

Please note: The coaching team is entitled to invite athletes to be part of the trial process. Should an athlete be contacted directly, the athlete is required to confirm their acceptance of the invitation and attendance the trials. Such athletes may also be able to bypass the first stage below.

### **Stage #1.**

- Time trial at Lake Karapiro, 9am on Sunday the 22nd January 2017.
- The course of approximately 15-20km will consist of a series of circuits.
- No drafting unless overtaking.
- All athletes need to organise their own OC1/W1 for this trial. You have over two months to arrange.  
*\*It could be advantageous to have one of each, allowing you to choose the best for the day.*
- The shortlist of athletes will be available before 12pm on the day of trial #1.

### **Stage #2.**

- Time trial at Mauao/Maketu on Saturday the 4th February 2017 (Bhutti Memorial Cup).
- Normal WANZ race rules apply to this event and will be followed by trialists.
- All athletes need to organise a RUDDERED OC1 for this trial. No rudder, no trial!
- The shortlist of nine athletes (max) will be available before prize giving on the day of trial #2.
- *The coach team reserve the right to select outside of the top finishing trialists if specialist roles are lacking.*

### **Stage #3**

- W6 trial in Tauranga on Sunday the 5th February 2017.
- For the shortlisted athletes only.
- Starting at 8am and finishing at 12pm, including a 2hr session trialling combinations (low intensity) and a shorter sessions trialling combinations again (high intensity).

### **Stage #4**

- 18th – 19th March 2017 in Napier.
- Final seven athletes named for each team.
- More information on trial content to be given prior, at Tauranga trial.

### **Post Selection (in brief).**

#### **Training #1**

- 8<sup>th</sup> - 9<sup>th</sup> April 2017 in Wellington.
- Saturday, Mana Super 6 Ocean Challenge, 35km iron race.
- Sunday, training until 12pm.

#### **Training #2, #3, #4**

- May will consist of two training camps.
- June will consist of one training camp.
- Venues and dates will be determined in consultation with final teams' athletes in April.

#### **Pre-event Training**

- Travel to Tahiti to prepare for event.
- More information closer to the date.



***IVF Va'a***  
***WORLD DISTANCE***  
***CHAMPIONSHIPS***  

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***TAHITI 2017***

### COSTS.

In an effort to provide you with as much financial information as possible we have provided below a breakdown of the estimated costs per athlete.

#### **Per Athlete Costings for IVF World Distance Championship 2017**

Return airfare Air Tahiti Nui	\$880 +\$120 taxes \$1000 per athlete. Travel on 22 June. Return on 3 July.	\$1000
Accommodation 21 to 3 July (Based on 10 nights)	60euros per athlete per night. Includes: Accommodation, 3 meals at the official village, transport from airport - village - airport and a welcome bag per athlete.	\$910
Insurance (Estimate awaiting group quote)		\$90
Trials and training camps (Estimate maximum)	All efforts will be made to assist in keeping costs associated to a minimum.	\$500
Sub Total		\$2500
Waka Ama NZ Contribution per athlete		-\$500
<b>Total Estimated cost per athlete</b>		<b>\$2000</b>

*\*Please note that WANZ will cover each athlete's entry fee.*

#### **Timeframe for payments:**

*Note: trials and training camp fees will be due by those events.*

March 30 Athlete payment due – \$500  
April 30 Athlete payment due – \$500  
May 30 Athlete payment due - \$500  
June 15 Athlete Payment due - \$500

*Payments can be made by credit card.*

*Please feel free to contact me if you have any questions.*

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