



**IVF VA'A
WORLD DISTANCE
CHAMPIONSHIPS
TAHITI 2017**



J19 Women 2017 IVF World Distance Championship Selection Process Outline:

Coach: Maori Tere

Manager: Agnes Tere

Campaign Goal (Common Goal across all New Zealand teams): *To be ranked in the top 3 countries overall at the conclusion of the event.*

Desired Outcome: *To medal at the 2017 IVF World Distance Championship*

Preparation is the key to making champions, these are the 5 steps that we believe are important to achieving a successful campaign.

1. **Respect.** Respect one another and the rules that are set
2. **Commitment.** Full commitment to the trainings and fitness preps given to each individual
3. **Family.** Family is important, parent help and support is a bonus
4. **Trust.** Trust is the key from the beginning to the end of any campaign and should be stipulated right the start, there should always be boundaries as well
5. **Communication.** Is a huge part of making a successful campaign work for all that are
A part of the process

Intent Process:

The first trial is open for anyone to take part.

Paddlers wishing to trial and be considered for the squad and ultimately the team should complete the attached Intent form and return it to Waka Ama NZ admin@wakaama.co.nz no later than **10th January 2016**.

We would encourage anyone who would like to be considered or feels they have what it takes, to put their intent form in.

Intents should be submitted along with \$20 intent fee

Invitations: Coaches of the campaign are entitled to invite paddlers to be part of the trial process, should you be contacted by the coaches directly they will inform you of your invitation to take part and will require that you confirm your acceptance of the invitation and attendance to trial.

All invitees will be asked to complete the Intent form so that we have all the required information and the cost of the first trial is \$20.

Invitations will be extended to:

- Top 6 place getters of the J19 W1 race at the Long Distance Nationals (those who will still be eligible to race J19 in 2017)
- Top 3 place getters of the J16 w1 Race at the 2016 Long Distance Nationals
- The 7 members of the J19 World Sprints team (those who will still be eligible to race J19 in 2017)
- The top 8 J19 W1 paddlers at Sprint Nationals 2017 will be invited

Eligibility Criteria:

To be considered for Junior 19 Girls Squad athletes must:

- Be a current an affiliated Waka Ama New Zealand member
- Be New Zealand Citizen or have resided in New Zealand for 6 months or longer at the time of the event.
- Be eligible to compete as a J19 paddler in 2017
- Be endorsed by their club, Intent form must be signed by Club Rep.
- Be committed to the process and attend all required trainings.
- Communicate with the Coaching/Management in a timely fashion
- Meet all financial obligations
- Be expected to take part in fundraising activities to help to reduce costs.
- Be the best you can be and train for performance.

Selection Criteria:

The coach will be looking for a combination of physical, technical and mental abilities/potential as well as athlete commitment and attitude.

Paddler selections must fit into at least one of the following categories:

- Outstanding Individual performance e.g. V1/OC1 results, individual fitness etc
- Individual/s qualities and attributes e.g. leadership, seat combination
- Seat specific attributes e.g. Steerer/Seat 1
- Value added by individual to crew combination.

Note: At any time throughout the pre selection period, paddlers can be bought into the squad until final teams are named.

V1 Representation at the IVF World Distance Championship

V1 paddlers will be selected from the Aotearoa Aito event.

The first Junior 19, Open and Master Man and Women across the line will earn the right to represent New Zealand in the V1 at the IVF World Distance Championships.

Training Programme

At the first trial paddlers will be provided with a training programme and will be expected to complete regular training diaries.

It will be expected in the initial phase that paddlers will be completing a a 10km time trial in your single at least twice per week, with results being recorded in your training diary and emailed weekly to the coach.

A GPS watch would be very helpful for all paddlers to be able to accurately monitor their performance.

There will also be the expectation of land based fitness and coaches will provide detail around any assessment of land based fitness.

Time frames and Key Dates

18 November	Intent Process open	
20 December	Last date for intents to be received	
Pre Selection		
22 nd January (Sunday following the completion of Nationals)	1 st Trial 10km Paddlers will be expected to complete a 10km time trial in a V1 All paddlers will be expected to trial on a V1 rudderless canoe.	Lake Karapiro Further details of the time trial will follow once trialling numbers are known.

	Meeting with be held with paddlers and Parents	
3 rd to 5 th February	<p><u>Training Camp & 2nd Trial</u>: Venue TBA</p> <p>All paddlers will be expected to attend a 3 x day training camp from Friday evening to Sunday afternoon.</p> <p>V1, V6 and fitness testing will be carried out at this camp.</p> <p>A shortlist will take place a Squad named (The Squad is not the final team) <i>At any time throughout the pre selection period, paddlers can be bought into the squad until final teams are named.</i></p>	<p>Below is an indication of assessment to be carried out.</p> <p>5k formation run 2 to 3 ladies at a time .1x 10 push ups .1x 10 burpees .1x 2 metre bear crawls .1x50 dips .1x100 dips Repeat .1x 10 push ups .1x 10 burpees .1x 2 metre bear crawls .1x 50 dips .1x 100 dips</p> <p>Further info will follow closer to the camp,</p>
19 th February	Details regarding the Squad Training will be available closer to the time.	Auckland
4 th March	Aito V1 All squad paddlers are expected to take part in the Aotearoa Aito V1 event. 12km	Auckland
5 th March	W6 Squad Training Paddlers will be expected to take part in W6 training session. Details will be available closer to the time.	Auckland
13 March	Selection : Teams named via Waka Ama NZ Website	
<p>Please note: During the Pre Selection phase, any accommodation should be co-ordinated directly by individuals. Post selection this will be done via management. Athletes are expected to arrange their own travel to all camps. Individuals are expected to bring their own V1 for trials with 6man being arranged by the management team.</p>		
Post Selection training camp dates from March to June will be confirmed once teams have been named.		
22 June	New Zealand Teams depart for Tahiti	
23 rd & 24 June	Te Aito	
25 th June	Canoe Blessing	
27 June	Opening Ceremony	
28 & 30 th June	IVF World Distance Championship	

COSTS:

In an effort to provide you with as much financial information as possible we have attached below a breakdown of the cost per paddler.

Estimated Per Paddler Costings for IVF World Distance Championship 2017

		Per paddler (NZ Dollars)
Return airfare Air Tahiti Nui	\$880 +\$120 taxes \$1000 per person Travel on 22 June Return 3 July	\$1000
Accommodation 21 to 3 July <i>Based on 10 nights</i>	60euros per person per night Includes: Accommodation, 3 meals at the Official Village, Transport airport-Village - airport. Welcome bag per participant to the competition	\$910
Training camps (Estimated maximum) Includes all training camps (those who don't make the Squad or final teams will only pay a portion of this)	All efforts will be made to assist in keeping costs associated to a minimum.	\$500
Insurance (<i>Estimate awaiting group quote</i>)		\$90
		\$2500
Waka Ama NZ Contribution per paddler		-\$500
Total Estimated cost per paddler		\$2000
<i>Entry fee per paddler</i>	<i>Covered by Waka Ama</i>	<i>\$100 US (\$137NZ approx.)</i>

Timeframe for payments:

Note (*training camp fees may be required before these dates*)

Teams named March 2017

March 30 – Paddler payment due – \$500

April 30 – Paddler payment Due – \$500

May 30 – Paddler payment Due - \$500

June 15 – Final Payment due - \$500

Payments can be made by credit card.



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