

AROCA Regional Development Squads

For any queries regarding the nomination form or coaches/committee please advise AROCA Secretary/Treasurer in the first instance:

ALL NOMINATION FORMS ARE TO BE SENT TO AROCA SEC/TREA

- Fax , email or post nomination forms to AROCA Secretary/Treasurer:
- **Email:** ELIZABETH.PORTAS@NZDF.mil.nz
- **Fax:** (09) 417-7821 (Attn: Liz Portas)
- **Ph: (09) 417-7000 Ext 7307 or email me for queries.**
- **Mail nominaton form to:**
Elizabeth Portas,
EDC,
DACAK
RNZAF Base Auckland,
Private Bag
Whenuapai,
AUCKLAND

AROCA Regional Development Committee:

Irene Allen (President AROCA)
Liz Portas (Administrator - AROCA Secretary/Treasurer)
Peter Wainui (Event Management)
Donna Tamaariki (Administrator)

AROCA Regional Development Coaches:

- Bo Herbert Regional Head Coach
- Nikki Beddoes Open Women
- Bernice Murch Open Women
- Jean Tetohu Open Men
- Gavin Clark Master Men
- Rei Rudolph SM Women
- Tony Rudolph SM Men
- Ben Finau J19 Girls
- Grant Bliss J16 Boys and Girls
- Ray Tonkin Premiere Development Squad
- Brent Whitcombe Premiere Development Squad

Master Women and J19 Boys to be confirmed in March.

Please do not contact the above coaches unless otherwise advised.

Kia pai to ra

Liz Portas

Sec/Trea

AROCA

Timelines:

- 21st February Secretary to send Generic Panui out to clubs, with nomination form and notes.
- 29th February Cut-Off date for nominations (Club or Self nominations).
- 5th March Coaches Meeting
- 11 March Selections Notification to paddlers.
- 6th April - Trials: Lake Pupuke for Seniors (Tentative only)
- Juniors Trials after NZ Secondary Schools

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NOMINATION FORM

Category: (What category are applying for)? (eg Open, Master, J19)	
Name:	
D.O.B:	
Contact Details: <ul style="list-style-type: none"> ➤ Work Phone ➤ Home Phone ➤ Mobile ➤ Email address ➤ Fax ➤ Other 	
Affiliated to: (Club)	
W1 Results: List the following: <ul style="list-style-type: none"> ➤ Results from W1 Races ➤ International ➤ National ➤ Regional ➤ How long you have done W1's ➤ Titles/Placing (Int, Nat, Reg) ➤ Medals 	
W6 Paddling Experience: List the following: <ul style="list-style-type: none"> ➤ How long you have paddled ➤ International Paddling ➤ National Paddling ➤ Regional Paddling ➤ Club's you have paddled with ➤ All Categories you have paddled ➤ Titles/Placing (Int, Nat, Reg) ➤ Medals 	
Seat: (Specify your seating position and preferences in order)	1. 2. 3.
Other Sport (Detail other sports you also participate in.)	
Fitness: <ul style="list-style-type: none"> ➤ Are you currently on a fitness program? Yes/No ➤ Do you keep your fitness levels up? Yes/No ➤ Do you do both land and water training? Yes/No ➤ Annotate hours spent training (weekly) 	a): Water..... b): Land.....
Commitment: Are you able to commit yourself to all the training camps, programs given by your coach. NB: The programs and camps will not interfere with your club commitments.	

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OTHER:

Any other information you think may be relevant to the coach please annotate in the space below: