

Junior National Selection Update

Kia ora Koutou,

This is an update of where we are at for the junior world selection process.

There will be two training camps as well as the sprint trials happening this year.

Event	Date	Venue
1 st Camp	17 th -23 rd July	Gisborne
2 nd Camp	25 th Sep- 1 st October	Gisborne
Sprint Trials	22 nd - 24 th October	Karapiro, Hamilton

A list of invited paddlers to the first camp is at the end of this panui.

This first training camp is highly recommended for any invited paddler who wishes to compete at the 2006 Worlds (only exceptional circumstances will be accepted for non-attendance).

There will be a cost to attend all training camps, which is yet to be confirmed. We will try to keep costs as low as possible.

You need to register for the first camp. If your name is on the list and you intend to come please advise Kiwi (contact below)

What are we looking for?

- Positive Attitude
- Work in with others
- Never say die attitude
- Potential
- Natural Ability
- Endurance
- Strength
- High Fitness

If you are currently not on a training programme Matahi Brightwell has developed a maintenance programme for everyone which is attached to this panui. It would be a good idea to start on that programme now.

Junior Women Head Coach

Kiwi Takao

kiwi@tairawhiti.ac.nz

Junior Men Head Coach

Grant Bliss (Grunter)

Grunterbliss@xtra.co.nz

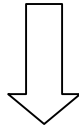
Assistant coaches

Dave King

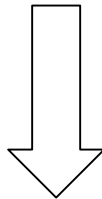
Matahi Brightwell

Selection Process

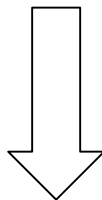
**16-23 July Training Camp, Gisborne
7 Day**



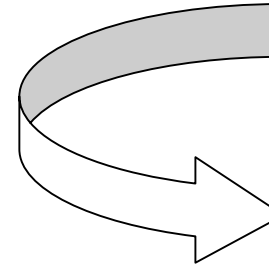
September Invitational Training Camp, Gisborne



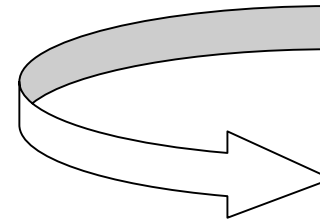
22-24 October World Qualifying Event, Lake Karapiro



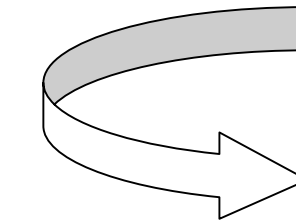
**End of November Intense In-House Training Camp Begins with
top team/s in each division.
Our Campaign for GOLD**



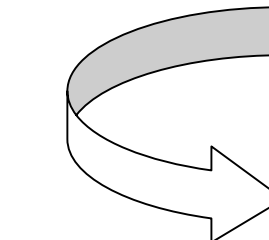
This training camp is highly recommended to all on the list.



Coaches will identify a core of paddlers (the number of core paddlers will depend on the quality of paddlers that attend the first training camp and taken on their paddling history from the last 2 years.)



14 November: Paddlers to attend the Worlds will be selected



Paddlers will be required to attend a 5 month training camp - our build up to the Worlds

World Sprints 2006 Junior Women/Men's Training Programme

Maintenance Training Programme

The focus of this training programme is to increase cardio fitness/strength maintenance/Improve paddling technique

Example of weekly training programme

Mon	Tues	Weds	Thurs	Fri	Sat	Sun
40min Jog	W1 Bungy	40min Jog	W1Bungy	Rest	AM Gym/Run/Swim PM W1 Recovery	AM Gym/Run/Swim PM W1 Recovery

Road Running

- Flat road run, carrying weights. 20mins one-way, and return to base. Use 1.5 litre milk bottles filled with water for weights.

W1 Bungy Training

- Start with warm up no bungy.
- 6X1000m with bungy at 80% strength. Do 1000m at high intensity 1min recovery in between each 1000m.

Bungy training is resistance training on your W1. The bungy slows the glide of the canoe allowing you train your muscles to pull harder, and also to refine your technique. Bungy training is similar to training at the gym working on light weights. The advantage with a bungy on the canoe is that you are able to utilise the exact muscles needed for paddling.

You can make your own bungy by cutting a length of garden hose threading a rope through, and tying the whole thing up around your taumanu in the front of your canoe (where the kiato are connected to waka).

W1 10km

Paddle at 70-80% strength continuously. Think about your technique:

- Square blade on entry
- Clean return
- Fast change overs

Technique will be reinforced during the training camp.

Run

Hill or step run at 60% jog down, repeat 5x 10 press-ups after each set

Swim (Use 25m pool length)

X5 lengths freestyle warm up
X10 lengths flutter board kick (front)
X10 lengths flutter board kick (back)
X10 lengths freestyle, arms only (with flutter board or buoy between legs)
X10 lengths backstroke, arms only (with flutter or buoy between legs)
X5 lengths freestyle warm down

Gym Workout

Warm up 5min jog
Bicep curls 3 sets x10 reps
Shoulder Press 3 sets x10 reps
20 press-ups
One-arm pulley row 3x10 reps each arm
50 sit-ups
Fly extensions 3x10 reps
1min skipping rope
Warm down 5 min jog or other form of warm down exercise

You can also make your own weights by using 20-liter containers half filled with water or use PVC plastic tube and rubber lash sandbags on each end (5kg each). 10kgs is what you will use for all exercises at this stage.

Other Options

- Bicycle replaces W1 or running if needed
- Rowing machine replaces some of the W1 sessions if practical. Use time instead of distance except for 10km.

This is an introductory preparation to your world sprint-training programme and is more of a maintenance programme. This will be reviewed at the July training camp. You may already be on a training plan but the idea is to bring everyone up to the same level. The choice of the do it yourself equipment has been chosen to reduce personal costs, i.e. Gym equipment

Am delighted to have the opportunity to coach you. Train hard.

Hoe Ana

Matahi Brightwell

Invited Paddlers to First Training Camp

2006 Junior Womens World Sprints – Squad List

(please advise Kiwi if you are on this list and intend to come to the first training camp).

	First Names	Last Name
1.	Akinihi	Cooper
2.	Albie	Raihania
3.	Amiria	Mita
4.	Ann	Brown
5.	Aroha	Tamihaere
6.	Aroha	Munro
7.	Aroha	Johnson
8.	Aroha	Savage
9.	Ashleigh	Thomas
10.	Ashley	Stowers
11.	Bayleigh	Harrison
12.	Chakakahn	Edmonds
13.	Chantel	McClellan
14.	Charm	Walters
15.	Christina	Cameron
16.	Christina	Brebner
17.	Courtney	Waikari
18.	Courtney	McClutchie
19.	Courtney	Palmer
20.	Crystal	Eklone
21.	Delanie	Parangi
22.	Dale	Thomas
23.	Danielle	Destounis
24.	Emma	Pere
25.	Eden	Monteth
26.	Eraina	Hewittson
27.	Grace	Hodge
28.	Hannah	King
29.	Haraina	Morris
30.	Hemowai	Pirini
31.	Ihipera	Happy
32.	Ihipera	Heke Sweet
33.	Inia	Sutherland
34.	Jacklyn	Wilkie
35.	Jade	Tangere
36.	Jamie	Berham
37.	Jamie Lee	Rahiri
38.	Jamie Lee	Walker
39.	Jannaleigh	Komene
40.	Jemah	Ryan- Thomas

41.	Jessica	Soloman
42.	Joan	Corbett
43.	Jocelyn	Arahanga
44.	Kahurangi	Selkirk
45.	Kararaina	Bedggood-Noa
46.	Kataraina	Waitoa
47.	Kate	Reyner
48.	Katrina	Bell
49.	Kelsi	Hohepa
50.	Kiritana	Munse
51.	Latini	Monga
52.	Laura	Wetere
53.	Leonie	Murray
54.	Lisa	Haberfeild
55.	Louise	Whareheinga
56.	Mairihi	Mason
57.	Mani	McClutchie
58.	Maraea	Mullane- Rona
59.	Marama	Kainamu
60.	Marama	Anderson
61.	McKenzie	Tuala Pine
62.	Merepeka	TeUa
63.	Moerai	Teamoki
64.	Molly	Anderson
65.	Morgan	Borell
66.	Nadine	Toki
67.	Natasha	Bell
68.	Ngaere	Warren
69.	Nicole	Haberfeild
70.	Nikole	Waenga
71.	Olivette	Tetohu
72.	Olwyn	Morgan
73.	Paekahurangi	Monk
74.	Phillipa	Mathews
75.	Phillis	Meti
76.	Pine	Hakaraia
77.	Poto	Mati
78.	Rachael	Honore
79.	Rangatahi	Kawe
80.	Rangipare	Delamare
81.	Roimata	Ahuriri
82.	Rose	King
83.	Ruby	Hay
84.	Ruihana	Clark
85.	Samantha	Ware
86.	Sheikinah	Edmonds
87.	Shontelle	McLean
88.	Sieda	Tureia
89.	Sileesha	Hepi
90.	Stacey	Misiepo
91.	Taku Ann	Jones
92.	Tamara	Panapa

93.	Tania	Hill
94.	Tanisha	Watts
95.	Tara	Warren
96.	Taryn	Sweeny
97.	Tata	Mati
98.	Te Amohaere	Hauiti Parapara
99.	Te Aomihia	Walker
100.	TeAtatu	Magner
101.	Te Aumihi	Woodhead
102.	Te Huia	Kapa Clark
103.	Te Huinga	Harrison
104.	Te Irirangi	Moses
105.	Te Whairangi	Smallman
106.	Terewai	Hippolite
107.	Teri	Wihare
108.	Teria	Grant
109.	Tuira	Stowers
110.	Tui –Tuia	Sakey
111.	Tupea	Sifa
112.	Tureti	Rudolph
113.	Tyler	Gray
114.	Virginia	Waikari
115.	Waimarie	Halkyard
116.	Wainga	Roberts
117.	Maraea	Koia
118.	Le Sandra	Pohatu
119.	Justine	Matete
120.	Stacee	Fraider
121.	Pareaukawa	Pearless
122.	Kim	Tupara
123.	Makere	Beale
124.	Te Aorangi	Cherrington-Hiha
125.	Angel	Wanoa
126.	Oriwia	Soutar
127.	Te Rina	Magee
128.	Ashley	Tarawa
129.	Hinemihia	Lardelli
130.	Tiani	Raupita
131.	Amber	McClutchie
132.	Jamie lee	Woodhead
133.	Alex	Booth-Puketapu
134.	Atareta	Tangaere
135.	Bonnie	Moon
136.	Chantel	Haturini
137.	Hinemoa	Tahitahi
138.	Hinga	Loretz
139.	Joanna	Cathew-Skyme
140.	Karen	Te Ruki Pasene
141.	Leana	Hawkins
142.	Orini-	Lee O'Brie
143.	Luarell	King

144.	Lucy	Skyrme
145.	Megan	Skyrme
146.	Meretuahiahi	Horopapera
147.	Monika	Freider
148.	Puatata	Savage
149.	Puawai	Munron - Halkyard
150.	Kitimira	Tairea
151.	Shirley	Mullane
152.	Taki	Borrell
153.	Siobhan	Houkamau
154.	Materoa	Waitoa
155.	Nicole	Watene
156.	Atawhai	Moana
157.	Te Ani	Raupati

2006 Junior Mens World Sprints – Squad List

(please advise Kiwi if you are on this list and intend to come to the first training camp).

	Last Name	First Name
158.	Albert	Mahaki Jack
159.	Arahanga	Kane
160.	Baker	Sam
161.	Bedggood-Noa	Kereama
162.	Biddle	Raymond
163.	Blair	Kenny
164.	Bliss	Liam
165.	Brightwell	Taupuru
166.	Brown	Haimona
167.	Caffery	Mitchell
168.	Davis	Hemi
169.	Ekehone	Napoleon
170.	Elkington	Ngatai
171.	Fidow	Theo
172.	Gabel	Rutene
173.	Gabel	Robert
174.	Glozier	Reece
175.	Happy	Tukutahi
176.	Harvey	Wayne
177.	Hauiti-Parapara	Tuhiwai
178.	Haturini	Michael
179.	Heke	Teina
180.	Henry	Maru
181.	Hepi	Brody
182.	Herbert	Sean
183.	Jobe	Dane
184.	Katene	Arthur

185.	Kay	Wiremu
186.	Kemp	Layton
187.	Kemp	Mangu
188.	Kenny	Alymer
189.	Kenny	Arana
190.	Kerekere	Logan
191.	Kingi	Hemi
192.	Kino	Tony
193.	Komene	Cameron
194.	Lafaele	John
195.	Lagaluga	Tamatakutai
196.	Leach	Patrick
197.	Makiha	Hemara
198.	Marshall	Rawiri
199.	Matekitatahi	Leslie hata
200.	Mikaere	Maharanui
201.	Monk	Paora
202.	Moon	Shannon
203.	Noa	Whiti
204.	Nuku	Te Moananui
205.	Olsen	Charles
206.	Papa`illi	Jessie
207.	Pene	Tama
208.	Portas	Nathan
209.	Puhara	Hori
210.	Puke	Te Aukaha
211.	Rangiahua	James
212.	Ratana	Wiremu
213.	Ratana	Anaru
214.	Rawiri	Pat
215.	Reihana	Kane
216.	Roughan	Josh
217.	Ruka	Phoenix
218.	Samupo	Albert Pomare
219.	Sutherland	Robert
220.	Stowers	Beau
221.	Tamati	Hone
222.	Taylor	Elijah
223.	Taylor	Gabriel
224.	TeMoananui	Nuku
225.	TeRangi	Matanuku Parata
226.	Tetohu	Teheiura
227.	Townsend	Aaron
228.	Tovey	Dwayne
229.	Vela	Thomas
230.	Walker	Cruz
231.	Walters	Paora
232.	Waru	George
233.	West	Caleb
234.	Wharakura	Ricki
235.	Wilcox	Shelford
236.	Wilkie	Jensen

237.	Dewes	Mahue
238.	Watene	Grant
239.	Wilkie	Tamati
240.	Williams	Dean
241.	Rogers	Hamuera
242.	Henderson	Jason