



Kia ora koutou

This is an update on the NKOA men's selection process for the 2006 Worlds.

The men's coach/ selectors have decided on a calendar from here until the October trials.

Paddler Rankings

The Men's Programme is using a ranking system to monitor paddler's progress up to the October trials. The ranking system is based entirely on results in 2005, starting with results from the January Nationals, the W2 time trials, and all other performances since the nationals, where results can be relied on. These rankings are being continually revised. The NKOA W1 time trials are an important part of this process (see more information on this below).

Paddlers currently ranked in the top 40 in each division appear at the end of this panui. If you are not on the list, and you think you should be, then your challenge is to consistently get better results than someone who already is on the list. And those who are on the list have the challenge of staying there by continuing to get good results against ranked paddlers.

Training Programme Until August

Your training programme will vary according to whether you train on your own or as part of a team, or a combination. Such things as your work commitments and local weather patterns can also be factors. Most importantly, your individual strengths and weaknesses will determine what is the best programme for you.

It is therefore not possible to have a training programme which will be suitable for everyone. The ideal approach is for you to get advice from a good coach who knows you. You can also contact one of the NKOA men's coaches who are all happy to talk to you about your individual training programme. Those coaches are:-

Brian Wilson bwilson@paradise.net.nz ph 06 867 1600

Lance Roozendaal lancesjunglerun@hotmail.com ph

Brett Annan Brett.Annan@telecom.co.nz ph 0272 221198

Jean Tetohu jtetohu@hotmail.com ph 09 834 3845



In the meantime, here are some general tips from the coaches for the next few months:-

- Your focus until the end of August should be on building strength. This generally means longer paddles (1hr + at least 3 times a week) but at a good intensity (80% of max heartrate).
- Concentrate on your weaknesses rather than your strengths, e.g. do you need to improve your training plan (or do you have one at all?), your technique, your off-water work, your diet?
- The normal racing programme over the winter months is an ideal part of this build-up stage - enter as many races as you can.

From September you will start focussing on a sprint programme up to the October trials - we will contact you again about that later.

Monitoring Progress

Paddler's progress will be monitored over the period up to the beginning of September. We will be keeping an eye on race results. There will also be regular time trials over a measured distance on fresh water, reducing from 3km (now until June), 2km (June), 1km (July) and 500m (August). Where these are not otherwise organised by your regional body they will be organised by your closest NKOA coach/selector.

Past trials have been in a W2. From this point on all trials will be in a W1 (Surfrigger with rudder, to be arranged by you), at a date and venue to be advised by your region or local coach.

It is important that you take advantage of these race and time trial opportunities in order to maintain, and even improve, your ranking.

The rankings list will be revised at the beginning of September and will form the basis of the invitations to the September training camp.

Men's Training Camp

Up to 40 paddlers in each men's age division will be invited to a training camp, to be held on the weekend of September 17 & 18, at Lake Rotoiti.

The training camp will be used as the only opportunity before the trials, at a national level, for paddlers to show what they can do and for coaches to gain information on existing team combinations, whether there will be difficulties in bring paddlers together for future training, etc. The camp will also prepare paddlers and organise teams for the October trials. The September 17 & 18



weekend is critical in trying out team combinations, testing those combinations against current teams, etc.

Attendance at this camp is highly recommended for those who are invited. Non-attenders run the real risk of not being selected for the Worlds, so you should start planning to make that weekend available now.

Further Information

For further information or questions, please contact Peter, or one of the selector/ coaches listed above.

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 Selection Convenor
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 0274 479 248

Men's Paddlers Ranked in the Top 40 - May 2005 (Alphabetical)

Open Men

Surname	First Name
Anderson	Brad
Asi	Fred
Bryden	Robert
Campbell	Bruce
Campbell	James
Chynoweth	Robert
Clark	Danger
Clutterbuck	Matthew
Collison	Leon
Dewes (Mitchell)	Johnny
Dolan	Cherokee
Dolman	Troy
Firth	Dan
Haughin	David
Helu	Aminiasi
Herbert	Conan
Herbert	Chase

Master Men

Surname	First Name
Barriball	Grant
Boyd	Stephen
Brewster	Filipo
Brown	Simon
Campbell	James
Cawlins	William
Clark	Danger
Emery	Pikiahua
Fa'alogo	George
Field	David
Finch	John
Fox	Samuel
Gemmill	Scott
Grbic	Anthony
Happy	Andrew
Hawkins	Dean
Helleur	Martin

Senior Master Men

Surname	First Name
Atkins	Laurence
Baxter	Jonathan
Bradcock	Lee
Brightwell	Gregory
Butler	Maxwell
Clark	Noel
Clark	Doug
Clutterbuck	Anthony
De Vries	Eduard
Dolan	Michael
Finch	Graham
Gilbert	Kenneth
Hibbert	Rodney
Hickson	Mike
Johnston	Peter
Kapa	Babe
King	David

Malaki Williams	Mark
Mausio	Mario
McKenzie	Jed
Meihana	Matthew
Moon	Shannon
Morrison	Kane
Nuku	Michael
O'Brien	Neil
Papalii	Ioane
Phillips	Guy
Pickering	Tim
Raihania	Charles
Roozendaal	Lance
Roozendaal	Paul
Sheehan	Carl
Smallman	Anthony
Smith	Lance
Sommer	Bernd
Takao	Rawiri
Thomas	Tyrin
Timihou	Raymond
Titov	Nickolai
Warbrick	Paul
Waterson	Eric
Wharepapa	Caleb
Whitcombe	Brent
White	Tonga
Wi Neera	Hayden
Winiata	Vance

Hill	Steven
Hunter	Geoff
Kaiawe	Danny
Leonard	Paul
McDonald	Barry
O'Brien	Neil
Paki	Mike
Perkins	Byron
Petitt-Smith	Shaye
Ryde	Dave
Smallman	Anthony
Smith	Rob
Smith	Albert
Soutar	Alex
Taggart	Robert
Tane	Tame
Tapp	Anthony
Te Mete	Sidney
Thomas	Rob
Tonkin	Ray
Tua'a	Mike
Warren	Darren
Warren	Daniel
Wharekura	Junior
Whitcombe	Brent
Williams	Merv
Winiata	Vance

Leonard	John
MacKenzie	Rob
McFarland	David
Murray	Waitai
Nathan	Tom
Noel	Tony
Nuku	Tamihana
O'Brien	Thomas
Palmer	Bunny
Palmer	Richard
Raukete	Maki
Rudolph	Anthony
Strickland	Edward
Symons	Charles
Te Ahuru	Rocky
Ujdur	Russell
Wainui	Peter
Waldegrave	Richard
Watene	Pakewa
Wharekura	Junior
Williams	Barney
Wilson	Brian
Woods	Paul

**Golden
Master Men**

SURNAME	FIRST NAME
Grant	Sonny
Kjeldsen	Kris
Nuku	Tamihana
Reedy	Anaru
Saul	Richard
Reedy	Anaru



Saul

Richard