

Junior Waka Ama Training Update Panui 2

Kia ora koutou

Training camp fee: \$50 per paddler

Amendment re-deposits:

Account name: Te Urunga o Te Ra Regional waka ama

Bank: Westpac

Branch: Gisborne

Account no#: 03-0638-0440056-00

Reference no#: 86846 1st 5 digits of ph no#

Reference name: Change to Reference no# use the first 5 digits of your phone no#. Apologies for any inconvenience re-last panui. Please email your reference no# for treasurers records or bring your receipt.

Registrations:

The training camp has been capped at 150 participants. We have fulfilled that number therefore further registrations will no longer be accepted.

ID:

Participants are required to provide a clear photocopy of signature ID e.g.

- Birth certificate
- Passport
- Drivers licence
- Community services card
- Marriage certificate (for women to show change of name)
- Anything that has your full name and signature on it

Attendance:

Paddlers unable to attend training camps for selection must advise the Coaches of this fact and the reasons prior to the commencement of the training camp.

- In the case of illness or injury, paddlers may be required to provide a doctor's certificate.
- In the case of bereavement, equipment failure, travel delays or other extenuating circumstances, the coaches will make a decision on a case by case basis

Training camp requirements: PLEASE NAME EVERYTHING YOU BRING

- Usual Marae gear
- Pillow, Sleeping bag/Duvet
- Towels, Toiletries
- Plenty thermals
- Track shoes
- Paddles
- Hot water bottle (optional)
- Aqua shoes (optional)
- Swimming togs/lycra or nylon shorts
- Warm clothing
- Shorts & t-shirts
- Sock's
- Life jacket (if you have got one)

W1's or W2's

Please inform the Programme co-coordinator or the Coach whether you are able to supply W1 or W2 canoes & life jackets.

Medical and other:

Please advise of special requirements for your child e.g.

- Dietary requirements i.e. vegetarian
- Illnesses
- Medication
- Or any other alerts.

Laundry:

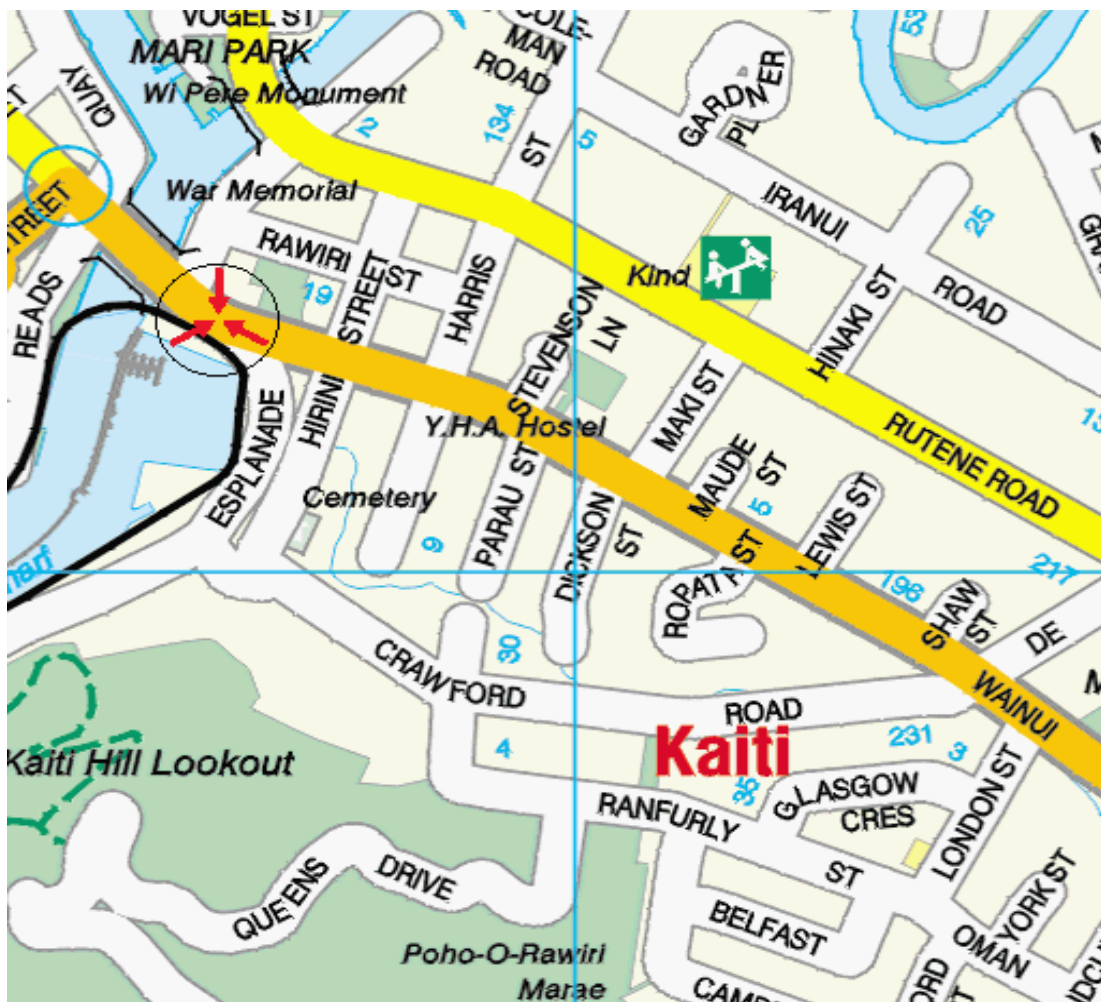
Will be done by a local launderette (Training gear only).

Accommodation:

Parents and supporters will be allowed to stay at the Marae at a cost of \$50 per adult. This fee will cover your meals as well. You will be responsible for your own travel and laundry needs. Please note that it is compulsory for all paddlers, Managers, Coaches and Team leaders to live in.

Location:

Te Poho o Rawiri Marae
Titirangi Drive
Kaiti
Gisborne
Phone: 06 867-2021 (dining room no#)



Marae Protocol :

Te Poho o Rawiri Marae is a Smoke Free, Drug Free & Alcohol Free Venue

Programme Details:

Day One: Wednesday 13th July	
PM	1pm - Powhiri
	Registrations
	Programme Overview
	Fitness Assessments

Day Two: Thursday 14th July	
AM	Early morning run
	Waka ama trials
PM	Takarotia - Sports smart activities
	Waipiro - Alcohol workshop
	Korikori tinana - Aerobic circuit
	Mirimiri

Day Three: Friday 15th July	
AM	Early morning run
	Waka ama trials
PM	Mahi takaro - Team games
	Tarukino - Pure amphetamine workshop
	Rangataua o Aotearoa - Martial arts workout
	Waiata & Waiata-a-ringa

Day Four: Saturday 16th July	
AM	Early morning run
	Waka ama trials
PM	Mahi takaro - Team games
	Tarukino - Cannabis workshop
	Korikori tinana - Aerobic circuit
	Mirimiri

Day Five: Sunday 17th July	
AM	Early morning run
	Waka ama trials
PM	Mahi takaro - Team games
	Tarukino - Other drugs workshop
	Rangataua o Aotearoa - Martial arts workout
	Waiata & Waiata-a-ringa

Day Six: Monday 18th July	
AM	Early morning run
	Waka ama trials
PM	Mahi takaro - Team games
	Waipiro - Foetal Alcohol Syndrome workshop
	Kanikani - Hip-hop & Jam workout
	Mirimiri

Day Seven: Tuesday 19th July	
AM	Early morning run
	Waka ama trials
PM	Mahi takaro - Team games
	Whakmomori - Suicide workshop
	Arataketia - Review session

Day Eight: Wednesday 20th July	
AM	Poroporoaki

Looking forward to seeing you all.

Naumai haere mai

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