

HTPWAA - Worlds 2008 - *Version 2*



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HPD Committee



Paddler Information - Version 2

Paddlers

Your expression of interest has been received welcome to the National Worlds programme which will be nationally coordinated, with final decision being made at National level.

- All paddlers are required to fill out a 'Paddler Commitment Form'

W1 Time Trial (Part of Worlds Qualifying process)

Q: After I fill the form out, what then?

A: Return it to the HPD either via email or post – details on Paddler form'.

Q: Do I really have to pay \$150 to do the time trial?

A: Yes, this money is non-refundable and required before you partake in the time trial. If this has not been received by us. Entry to time trial will be declined. cash accepted on the day.

Q: How will HTPWAA be able to track my deposit?

A: When making a deposit use your NKOA ID number as reference.

Q: What do I bring to the time trial?

A: Your receipt from the bank that the money has gone into the account.

Q: Why \$150 it's a lot of money and where is it going?

A: The money will be put into a worlds specific account administered by HTPWAA and will be used to fund NKOA Worlds programmes. Payment is an expression of your commitment to the Worlds process and non-refundable

Q: Will you keep us informed?

A: Yes, further information regarding time trials and the national process will be distributed to you as more information comes to hand.

Q: Will all the paddlers do the time trial on the same day?

A: No JNRS & SNRS will be separated on two different dates due to the high number of paddlers who have expressed interest in paddling at worlds.

Q: What are the dates for time trials?

A: **SNRS** – Sunday 9th December -
10am – Venue- Porirua Harbour, Onepoto

JNRS - Postponed UFN

Q: Is the time trial ruddered or rudderless?

A: Ruddered

Q: Can I time trial in any type of Canoe?

A: Yes but must be weighted to 16kgs

Q: What if I cant make the time trial?

A: You need to provide a medical certificate or evidence that you will be out of the country and advise HT HPD in writing.

Q: What are our distances for the time trial?

A: 300m & 500m sprints

Q: What should I be working on now?

A: Improving cardio fitness looking at conditioning programmes, nutrition, strength and ensuring you incorporate OC1 into your existing paddling programme

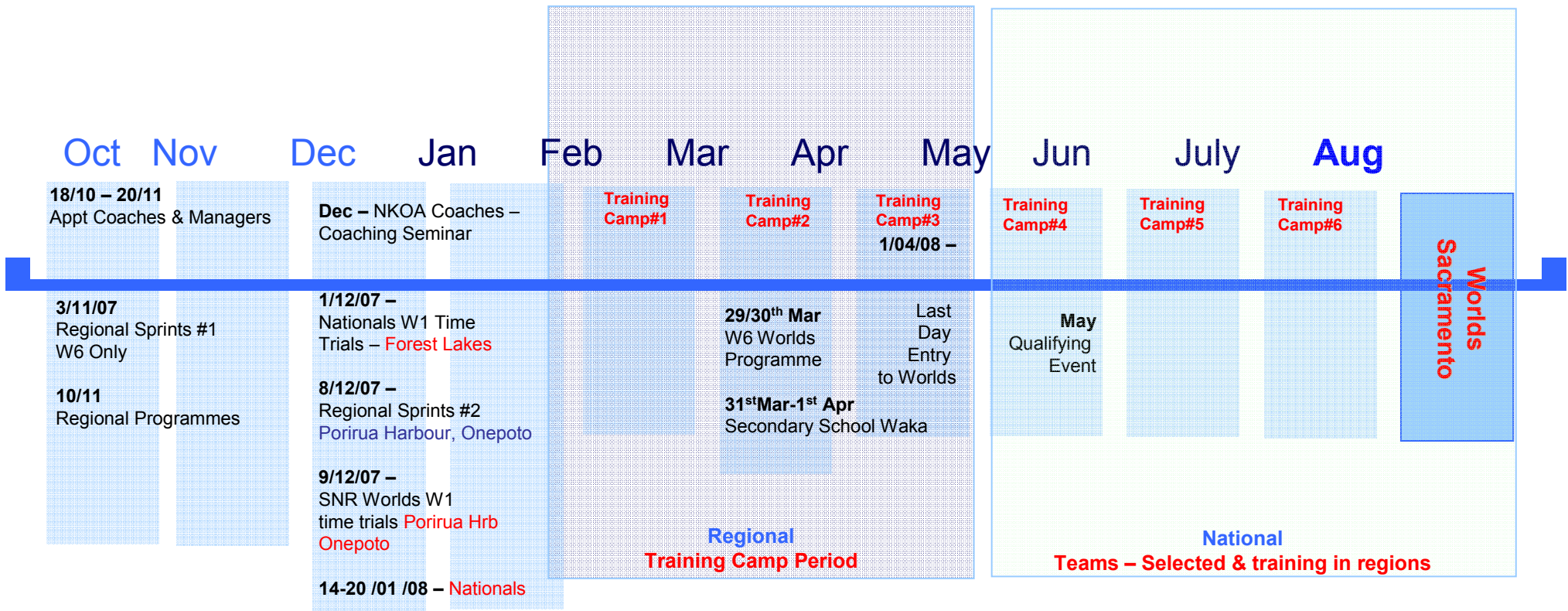
Q: I have a lot of questions who do I contact?

A: Please email the HPD Committee on the following email address;

HPDHoeTonga@gmail.com



Timeline - Version 2



HPD COMMITTEE CONTACTS & COACHES Version 2

RDO – (Interim)

Name: George Fa’alogo
Postal: Private Bag 50906
Phone: 021-215-3695
Email: Siaosi.Faalogo@police.govt.nz

LO – Liason Officer (National / Regional body)

Name: Samantha Tamanui
Postal: 5 Pritchard Street, Newlands
Email: samantha@ture.org.nz
Phone: 027- 497-7911

Name: Chris Fox
Postal: PO Box 12384, Thorndon
Email: chris.fox@vuw.ac.nz
Phone: 027-651-5379
04 463 6647

Name: Denise Hapeta
Email: denise.hapeta@twor-otaki.ac.nz
Home: 06 3645942
Phone: 021-723-155

Other members:

- Mandy Hatton
- Caleb Wharepapa
- Karen Skudder
- Karmen Wallace
- Raukawa Comerford

COACHES

Name: Brett Annan (MENS)
Email: brett.annan@clear.net.nz
Phone: 64 -21-707073

Name: Mareikura Brightwell (JUNIORS)
Email: mareikura69@hotmail.com
Phone: 027- 715 -4483

WOMENS COACH TO BE APPOINTED

MANAGERS

Expression of interest to be circulated and managers appointed.



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