

## **TPOTI Worlds Programme Pānui 3**

### **Training Camps**

- December 15/16 for all Junior Men and all Senior Men
- December 22/23 for all Junior Women and all Senior Women

All paddlers are expected to attend camps. We will start at 7.30am so be there before that time.

Please let us know now if you trialled with us but are not intending to come to our training camps (i.e you will be attending another region's programme).

For both camps the itinerary will be:

**Venue:** Lake Okareka, Rotorua

**Start times:** 7.30am, Saturday. 8.00am Sunday

**Finish time:** 5.00pm, Saturday. 3.00pm Sunday

There will also be sessions watching recordings of paddlers techniques:

**Golden Master Women:** 1.00 - 2.00pm Saturday

**Master Men:** 1.00 - 2.00pm Saturday

**J19 Men:** 1.00 - 2.00pm Saturday

**J16 Men:** 1.00 - 2.00pm Sunday

**J19 Women:** 4.00 - 5.00pm Saturday

**J16 Women:** 4.00 - 5.00pm Saturday

Saturday will start with a briefing and sorting into crews for that day. You will then go through the following arenas:

| <b>ARENA</b>                                | <b>8.30-10.30</b> | <b>11.00-1.00</b> | <b>2.00-4.00</b> |
|---|-------------------|-------------------|------------------|
| <b>1 - Technique and crew communication</b> | <b>Seniors</b>    | <b>J19</b>        | <b>J16</b>       |
| <b>2 - Rates and starts</b>                 | <b>J19</b>        | <b>J16</b>        | <b>Seniors</b>   |
| <b>3 - Turns</b>                            | <b>J16</b>        | <b>Seniors</b>    | <b>J19</b>       |

On Sunday, we will trial crews in a variety of combinations during the racing practice.

Also, a reminder that you need to bring food and drink to the lake. We have a morning tea and lunch break but you may also be required for talk sessions with your coach during these breaks. **So, you will not have time to leave the lake once you're there.**

If you have any queries please call us:

Coaches:

Howard Hyland (J19 women) – 07 308 8490

Roly Puke (J16 women) – 07 824 3685

George Thomas (J19 men) – 07 362 4797 (home) or 021 145 1857

Fred Whata (J16 men) - 021 348 618

Corrina Gage (All Seniors)

**Direct any general Worlds Programme or training camp inquiries to Corrina:**

Ph. 021 494 050 or [corrina@corrinagage.com](mailto:corrina@corrinagage.com)