

# J19 Women World Elite Sprint Championship 2024

## Selection Plan and Process Outline

**Elite J19 Women Sprint Coach:** Gabby Wainohu

**Manager:** Florrie Brooking

### **INTENT PROCESS:**

Anyone who meets the Eligibility Criteria may trial.

Paddlers wishing to trial and be considered for the squad and ultimately the team should complete the attached Intent form and return it to Waka Ama NZ [worlds@wakaama.co.nz](mailto:worlds@wakaama.co.nz) no later than **10<sup>th</sup> January 2024**.

**Please note:** the coaches of the campaign are entitled to invite paddlers to be part of the trial process, should you be contacted by the coaches directly they will inform you of your invitation to take part and will require that you confirm your acceptance of the invitation and attendance at the trial.

### **ELIGIBILITY CRITERIA:**

To be considered for the J19 Women's team, athletes must:

- Be female
- Be a current or affiliated Waka Ama New Zealand member
- Be a New Zealand Citizen or have resided in New Zealand for 6 months or longer at the time of the event.
- Be at least 14 in the year of competition
- Be endorsed by their club, Intent form must be signed by Club Rep.
- Be committed to the process and attend all required trainings.
- Communicate with the Coaching/Management in a timely fashion
- Meet all financial obligations
- Be the best you can be and train for performance.
- Adhere to the Waka Ama New Zealand Code of Conduct  
<https://www.wakaama.co.nz/pages/read/1004720>

### **SELECTION CRITERIA:**

The coach will be looking for physical, technical and leadership abilities in combination with athlete commitment and attitude. The Waka Ama NZ Performance Advisory Committee along with the CEO of WANZ will oversee this campaign including selections and planning.

Paddler selections must fit into at least two of the following categories:

- Outstanding Individual performance e.g. OC1 results, individual fitness etc
- Individual/s qualities and attributes e.g. leadership, seat combination
- Seat specific attributes e.g. Steerer/Seat 1
- Value added by individual to crew combination.
- part of the selection criteria for trials will also include V1 or OC1 and W6 water testing skills and techniques and land base consisting of aerobic testing eg running, strength testing

*Note: At any time throughout the selection period, paddlers can be brought into the squad until final team is named.*

**Note:** Races listed below are not all compulsory but highly recommended in order to collect a range of data.

**TIME FRAMES AND KEY DATES**

<b>Dates</b>	<b>Description</b>	<b>Location</b>
10 January 2024	J19 Women Intents Close	
14-20 January 2024	National Sprint Championships 2024 If you have submitted your intent the coaching staff will be observing you at Nationals but also utilise this to see if there is any other potential trialist who didn't submit intentions.	Karāpiro
3-4 February 2024	<b>Trial 1</b> Day 1: <ul style="list-style-type: none"> <li>● W1 Trials</li> <li>● Baseline setting (Components of fitness: Cardio, muscle endurance, balance, co-ordination and flexibility)</li> </ul> Day 2: <ul style="list-style-type: none"> <li>● W6 seat selection and suitability</li> </ul>	Tūranganui-a-Kiwa Gisborne
8-9 March	Trial 2	TBC (confirmed when intents close)
16-20 April 2024*	Training Camp	Tūranganui-a-Kiwa Gisborne
<b>23 April 2024</b>	<b>J19 Women's team named</b>	<b>Social Media</b>
10 May 2024	Training Camp Individualised programmes put together.	TBC
1-3 June 2024	World Sprint Camp	Karāpiro
7-14 July 2024	Training Camp	TBC
2-4 August 2024	Final Training Camp	TBC
<b>13-24 August 2024</b>	<b>IVF World Sprint Championship</b>	<b>Hilo</b>
<p><b>*Possibility to be shifted – confirmed once intents close</b>  <b>Please note:</b> During the Pre-Selection phase, any accommodation, travel and kai should be co-ordinated directly by individuals. Post selection this will be done via management. Until the announcement of the squad there will be some individuals that won't progress, you will be advised if not in person via phone with clear explanations given.</p>		

**COSTS:**

In an effort to provide you with as much financial information as possible we have attached below a best estimate breakdown of the cost per paddler.

**PER PADDLER COSTINGS FOR IVF WORLD SPRINT CHAMPIONSHIP 2024**

		<b>Per paddler (NZ Dollars)</b>
Return airfare to Hawaii (Ex Auckland)		\$2100
Accommodation at event <i>Based on 7 nights</i>		\$1500
Food at event		\$500
Transport at event		\$290
Travel Insurance ( <i>Estimate awaiting group quote</i> )		\$300
<b>Total</b>		<b>\$4690</b>
Waka Ama NZ Contribution per paddler		-\$500
<b>Total Estimated cost per paddler</b>		<b>\$4190</b>
<i>Entry fee per paddler</i>	<i>Covered by Waka Ama</i>	<i>\$150 US (\$250NZ approx.)</i>

**Note: There may be additional costs for training camps.**

**Please Note:**

- Airfares will be booked by Waka Ama New Zealand
- Accommodation will be booked by Waka Ama New Zealand
- Airfares are all ex-Auckland (paddlers will need to arrange connecting flights or transport to and from Auckland)
- Paddlers who withdraw from the team after airfares have been confirmed will not receive a refund for the airfare cost.
- *Payments can be made by credit card.*