

Junior 19 Wāhine World Elite Distance Team 2025

Selection Plan and Process Outline

Elite J19 Women Coach: Maori Tere

Elite J19 Women Manager: Agnes Tere

Campaign Goals:

To medal at the 2025 IVF World Distance Championship

Preparation is the key to making champions, these are the 5 steps to achieving a successful campaign:

1. **Respect.** Respect one another and the rules that are set.
2. **Commitment.** Full commitment to the training and fitness preparation given to each individual.
3. **Family.** Family is important, parent/caregiver help and support is a bonus.
4. **Trust.** Trust is the key from the beginning to the end of any campaign - Trust the process, trust the coach, trust your crew. There should always be boundaries as well.
5. **Communication.** This is a huge part of making a successful campaign work for all that are part of the process. It needs to be transparent and timely.

Intent Process:

Anyone who meets the eligibility criteria may trial.

Paddlers wishing to trial and be considered for the squad and ultimately the team must complete the online [intent form](#) by **24 January 2025**. Any pātai contact worlds@wakaama.co.nz

Please Note: The coach will invite the top 6 W1 finishers from the 2024 National Long Distance Champs to trial. They will also invite top 8 W1 paddlers from Sprint Nationals 2025. As long as all paddlers are still eligible to compete in the J19 age category in 2025.

Eligibility Criteria:

To be considered for the Elite Womans team athletes must:

- Be female
- Be a current 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 the competition
- Be endorsed by their club
- Be committed to the process, must attend all required trials to be selected
- Communicate with the Coach/Management team 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](#)

Selection Criteria:

The coach will be looking for a combination of physical, technical, and mental abilities/potential as well as commitment and attitude.

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

- Performance: W1 results, W6 results, physical fitness, experiences etc.
- Individual qualities and attributes e.g. leadership, commitment, enthusiasm, respect.
- Seat specific attributes e.g Steerer/seat 1, seat combinations, blend
- Habits; training submissions, trial attendance.

Along with Showing the following qualities:

- Commitment to all Camps/Trials
- Commitment to Strength, Cardio and Nutrition.
- Coachable, Leadership, works at high level within team environment and ability to adapt to any situation.

Key Dates and Timeframes

	Date	Location	Activity
Trial 1	1 & 2 Feb 2025 7am	Takapuna Auckland	Depending on conditions, 12 km time trial in V1 Meeting with paddlers and parents/caregivers. All paddlers will be expected to trial on a rudderless V1 canoe, a V1 canoe will be provided if you don't have one
Trial 2	1 & 2 March 2025. 7am	TBC	V1 12 km time trial W6 sessions Land based assessment
Trial 3	29 & 30 March 2025. 7am	Auckland	V1 12 km Time trial W6 sessions Gym session 5km run
	8 March	Heads to Harbour	Depending on race director allowing
Virtual training	8 - 12 April 2025	In own location	Daily timed 12 km paddle 5 km run Plus more details closer to the time.

17 April 2025 Team publicly named via Waka Ama NZ social media and website

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.

PADDLER DRAFT COSTINGS FOR IVF WORLD DISTANCE CHAMPIONSHIPS 2025

		Per Paddler (NZ Dollars)
Return airfare to Rio De Janiro, Brazil (Ex Auckland)		\$3200
Accommodation at event based on 11 nights (includes a breakfast)		\$1500
Food at event ???	(based on 11 days @ \$55NZD per day)	\$650
Public Transport at event		\$100
Travel Insurance	@ \$21.50 per day	\$280
Total		\$5730
<i>Waka Ama NZ Contribution per paddler</i>		<i>-\$1000</i>
Total Estimates cost per paddler		\$4730
<i>Entry Fee per paddler</i>	<i>Covered by Waka Ama</i>	<i>\$150USD (approx \$300NZD)</i>