

## 2019 IVF World Distance Championships



### Selection Process for the NZ Para Va'a (Waka) Team.

Welcome to all those that are interested in participating in this selection process and in competing in Australia August 2019. The coaching team are looking forward to working with each of you high performance athletes. Remember, anyone can be high performance through high performance effort. We hope the following information is useful.

#### **WANZ Campaign Goal:**

- ❖ *To be ranked in the top 3 countries overall at the conclusion of the event.*

#### **Team Goals:**

- ❖ *To represent WANZ whānau to best of their ability, on and off the water (linking to WANZ Campaign goal).*
- ❖ *Create a high performance athlete culture (that complements the waka ama culture).*
- ❖ *Establish a high performance program for future development.*

Athletes participating in the NZ Para Waka Ama campaign need to consider, agree and commit to the following:

- ❖ To respect all involved in the campaign.
- ❖ To communicate with the coaching team in a timely fashion.
- ❖ To meet all financial obligations.
- ❖ To declare any health issues as they arise.
- ❖ To participate fully in the trialling process and all trainings.
- ❖ To be able to demonstrate water confidence including:
  - ability to swim 50 meters or (with or without a PFD)
  - ability to get back into a waka if waka flips/ capsizes.
- ❖ To be responsible for the set up/ maintenance of adaptive equipment.
- ❖ To complete training diary each week.
- ❖ Athletes will train as high performance athletes.
  - Training at least 3 days per week.
  - Gym sessions to address strength and conditioning limitations.
  - Obtain equipment necessary.
- ❖ Athletes will strive for high performance nutrition, hydration and recovery.

*Note: Athletes can improve their chances greatly by gradually increasing their paddling kilometres to 50km per week.*

#### **Para Waka Coaching Team:**

Coach: Richard Pehi

Manager: Honoria Ropiha

## **Process.**

### **Selection Goals:**

- ❖ *To determine the best Eight (Maximum) athletes for the Para Waka Ama team.*
- ❖ *To be resolute to the process for the good of the campaign, while remaining vigilant at all stages.*
- ❖ *To minimise costs and maximise limited time.*
- ❖ *To be fair, transparent and inclusive.*

In order to accomplish these goals, we need to work smarter and harder.

The coaching team will remain open to discussions on any issues that may arise. However, they will be governed by being fair, transparent and inclusive.

### **Expression of Intent Process:**

The Expression of Intent Process will open on 3 May 2019, and close on 12 May 2019. The trial date and process will be confirmed by 12 May 2019

Athletes wishing to trial and ultimately be considered for the NZ team should complete the Intent Form posted online. Once completed, return it to [admin@wakaama.co.nz](mailto:admin@wakaama.co.nz) no later than 5 pm 12 May 2019 .

Please note: The coaching team is entitled to invite athletes to be part of the trial process. Should an athlete be contacted directly, the athlete is required to confirm their acceptance of the invitation and attendance to the trials.

### **Special note:**

The Para Team must meet the IVF Rules and Classification requirements. There must be 2 Females in the crew and the team (6 paddlers) cannot exceed a total classification number of 18 . (18 is determined by the sum of the VL1, VL2, VL3, VL4a classified paddlers)

Note: Teams must have no more than Three (3) VL4a paddlers

Paddlers who do not meet the ICF Classification system as a VL3 will classify as a VL4a (including those with vision impairment) will be classified by the IVF as VL4a. They will receive 4 points

Paddlers who do not meet any of the ICF Classification (VL1, 2, 3) and who the ICF Classifiers determine to have high level of functional impairment shall be classified as VL4b. They will receive 1 point.

### **Trial #1**

- Indoor-machine time trial. Date and location will be confirmed once the expression of intent closes. This is to minimize travel for participants.
- The distance of approximately 10 - 15km.

### **Training #1 and Trial #2**

- June 8 & June 9<sup>th</sup> Location Auckland venue TBC
- W6 Ocean Trial (coaching team will invite specific athletes to participate in Training #1 /Trial #2)
- Final athletes named for team following this stage.

### **Training#2**

- 22 & 23 June 2019 Location Auckland venue TBC

**Training #3,**

- 20 & 21 July 2019 location and venue TBC

**Training #4**

- 3 & 4 August 2019 location and venue TBC
- Venues and dates will be determined in consultation with final team athletes by early June.

**Pre-event Training**

- Travel to Australia to prepare for event.
- More information closer to the date.

**Para V6 Race is scheduled for August 13<sup>th</sup> 16km**

**Para V1 Races are scheduled for August 15<sup>th</sup>**

**COSTS.**

In an effort to provide you with as much financial information as possible we have provided below a breakdown of the estimated costs per athlete.

**Per Athlete DRAFT Costings for IVF World Distance Championship 2019**

Return Airfare to Australia (Ex Auckland)		\$600
Accommodation (Based on 6 nights)		\$400
Food at Event (Based on 6 nights)		\$300
Transport		\$200
Insurance (Estimate awaiting group quote)		\$80
Trials and training camps (Estimate maximum)	All efforts will be made to assist in keeping costs associated to a minimum.	\$500
Sub Total		\$2080
Waka Ama NZ Contribution per athlete		-\$1000
<b>Total Estimated cost per athlete</b>		<b>\$1080</b>

*\*Please note that WANZ will cover each athlete's entry fee.*

**Timeframe for payments:**

*Note: trials and training camp fees will be due by those events.*

Athlete payment due – \$270  
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*Please feel free to contact if you have any questions.*

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