

# Aotearoa Combined Camp Pānui 2

## IVF Va'a World Distance Championship 2025 - Brazil

### Date

Saturday 12th and Sunday 13th July 2025

### Venue

Hyundai Marine Sports Centre - 10 Tamaki Drive, Orakei, Auckland 1071

Based in the Joyce Fisher Room (next to the cafe) during the day and Level 2 Te Kawau Room for Haka Practice and Presentations

### Purpose

The purpose of this camp is:

- For all teams representing Aotearoa in Brazil to come together and train
- For all paddlers representing Aotearoa NZ to meet each other and build team whakawhanaungatanga
- Practice Waka Ama Haka and Waiata
- Sport Integrity Commission Drug free sport workshop kōrero
- Information session for managers about Brazil, the venue and the event

### Safety, equipment and facilities

Waka Ama will provide W6 canoes (2 x Matahina and 4 x Mahi Mahi). Please bring your own PFDs.

WANZ will not be providing W1s for the weekend. Paddlers are more than welcome to bring their own - please note they cannot be stored onsite overnight.

WANZ will provide a support boat while crews are on the water. Please note this needs to be shared with all crews on the water.

There are bathrooms and showers available onsite. There is a cafe onsite and instant tea and coffee will be provided throughout the weekend.

If you have any questions please do not hesitate to contact us at [worlds@wakaama.co.nz](mailto:worlds@wakaama.co.nz)

WANZ staff will be based out of the Joyce Fisher Room (next to the cafe) during the day.

### Uniform Presentation

We will have the uniform presentation for all paddlers/crews on the Saturday evening of the camp.

The presentation ceremony will begin at 5.45 pm. The uniform presentation will take place on Level 2 of the Hyundai Marine Sports Centre in the Te Kawau Room.

*Please note the whānau are welcome to attend the presentation ceremony to support paddlers and crews, but please keep in mind that there is limited capacity so please don't invite the whole whānau!*

### **Haka and Waiata Practice**

We will have a Haka and Waiata practice on Saturday at 4.45 pm. Haka practice will take place on Level 2 of the Hyundai Marine Sports Centre in the Te Kawau Room. Please ensure paddlers bring their paddles for Haka practice.

We will send information about the Waiata for us to practice before the camp. Below are links to assist you in practicing the Waka Ama NZ haka.

Haka Kupu <https://youtu.be/u-vAHwjDaqc?feature=shared>

Waka Ama NZ Haka [https://youtu.be/6qeCD\\_V6ajU?feature=shared](https://youtu.be/6qeCD_V6ajU?feature=shared)

And <https://youtu.be/Mcb33EkLIKE?feature=shared>

### **Managers Meeting**

Saturday 13th July onsite at the Hyundai Marine Sports Centre there will be a Managers meeting from 2:00 pm - 3:00 pm in the Joyce Fisher room (next to the cafe)

### **Sport Integrity Commission Drug-free workshops**

We have 2 x 1 hour sessions running, to ensure everyone can attend.

**Session 1: 1:00 pm - 2:00 PM**

**Session 2: 3:00 Pm - 4:00 PM**

The purpose of this session is to ensure you understand your responsibilities as an athlete, what to expect and the process if you are randomly chosen to be drug tested in Brazil. Please note anyone over 18 years of age is in the testing pool at the IVF World Distance event.

If you would like to know more about your responsibility, what to expect if you are randomly selected for testing, or why you should be cautious with supplements, you can do the [online learning](#)

### **Want to ease worked muscles or a niggle?**

On Saturday 12 July, we have the amazing Conny Huaki on site, offering Emmett Technique/ Ortho - Bionomy sessions. This technique uses gentle, soft touch, safe and simple to apply muscle release therapy. Check this [link](#) and this [link](#) to find out more.

These sessions are being offered at a reduced rate of \$30 for 30 minutes and \$60 for 60 minutes.

To book, fill in the [booking form](#) which gives time options and payment details. Enjoy your training and leave your muscles feeling amazing afterwards.

## Waka Schedule

If the session allocated does not work for you, feel free to approach another team and see if they will swap, let us know via email if you do this, so we can keep the schedule up to date. If you want one of the free sessions please email: [worlds@wakaama.co.nz](mailto:worlds@wakaama.co.nz)

Please note the start and finish times of each session - to ensure the day runs smoothly please ensure your crew is off the water by the end of the session.

W6 Waka Schedule						
Saturday	Matahina 1	Matahina 2	Canoe 1	Canoe 2	Canoe 3	Canoe 4
8:00 AM	Tea and Coffee					
9:00 - 10:00 AM	J19 Women	J19 Men	Open Women	J16 Men	J16 Women	Open Men
10:15 - 11:00 AM	J19 Women	J19 Men	Open Women	J16 Men	J16 Women	Open Men
11:15 - 12:20 PM	M50 Women	M50 Men	M60 Men	M60 Women	M40 Women	
12:35 - 1:45 PM	J16 Women	J16 Men	M60 Men	M60 Women	M40 Women	
2:00 - 3:00 PM	Open Women	Open Men	M50 Women	M50 Men	J19 Women	
3.15 - 4:00 PM	Open Women	Open Men	M50 Women	M50 Men	J19 Women	
Level 2 Hyundai Marine Sports Centre (Te Kawau Room)						
4:45 pm - Haka Practice						
5:45 pm - Uniform Presentation						
Sunday	Matahina 1	Matahina 2	Canoe 1	Canoe 2	Canoe 3	Canoe 4
7:45 - 8:45 AM	M40 Women	M50 Women	M50 Men	J16 Women	J16 Men	J19 Men
9:00 - 10:00 AM	M60 Men	M60 Women	Open Women	Open Men	J19 Women	J19 Men
10:15 - 11:15 AM			Open Women	Open Men	J19 Women	
11:30 - 12:30 PM						

If you have any pātai please don't hesitate to contact the WANZ team (through your team manager) at [worlds@wakaama.co.nz](mailto:worlds@wakaama.co.nz)

## Weekend Schedule

<b>SATURDAY</b>	
8.00am	Cup a tea - Joyce Fisher Room
9.00am	First training starts
1:00pm - 2:00pm	Sport Integrity Drug free sport Workshop 1
2:00pm - 3.00pm	Managers Meeting - Joyce Fisher Room
3:00pm - 4:00pm	Sport Integrity Drug free sport Workshop 2
4.45 - 5:45 pm	Haka Practice
5:45 PM	Uniform presentations
<b>SUNDAY</b>	
7:45 AM	First training slots