

Junior 19 Wāhine World Elite Team

Selection Plan and Process Outline

World Sprint Elite Championship 2026, Singapore

Elite J19 Wāhine Coach: Gabby Wainohu

Elite J19 Wāhine 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 must complete the [online intent](#) form by **Sunday 16 November** Any pātai contact worlds@wakaama.co.nz

***Please Note:** The coach may invite paddlers at any point during the trials to trial.*

Eligibility Criteria:

To be considered for the Elite selected J19 Wāhine 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 endorsed by their club
- Be at least 14 in the year of the competition
- 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.

To be eligible for selection, paddlers **must demonstrate commitment in the following key areas:**

- **Commitment to Camps/Trials**
- **Commitment to Strength, Cardio, Recovery and Nutrition**

Selection Criteria

Each paddler will be evaluated across the following five equally weighted categories:

Criteria	Description
1. Coachability & Adaptability	Ability to receive and apply feedback, adapt to changing situations, demonstrate leadership, and contribute positively to team dynamics. Coachable paddlers listen deeply—not just to words, but intent—and apply changes constructively.
2. Team Player & Cultural Values	Demonstrates strong values of whanaungatanga , manaakitanga , and Tū Tangata . Respects others, collaborates well, is accountable and shows work ethic. Encourages and contributes to a positive team culture and unity.
3. Communication Skills	Thoughtful and timely responses, clear communicator in team settings, responsive to calls/instructions, and provides constructive whakaaro (thinking/input) when appropriate.
4. Skill Set & Seat-Specific Attributes	Technical paddling skills, experience and ability in specific seats (e.g. Steerer/Seat 1), awareness of blend/compatibility with other paddlers. Includes W1 & W6 results and trial performances.
5. Hauora: Habits, Fitness & Commitment	Physical fitness (cardio, strength), training logs, nutritional discipline, & recovery. Shows resilience and focus. Has consistency in attendance at training/trials, and overall professionalism.

Important Information – Drug Testing Eligibility

As part of the squad trialling for the selected team, you will be included in the athlete pool eligible for random drug testing by the Integrity Sport Commission at national Waka Ama NZ events. This eligibility remains in effect until the final team selection is announced.

If you are named in the final team, you will continue to be part of the drug testing pool overseen by the Integrity Sport Commission for the duration of your team membership, until a new squad is formed.

Important Information – Potential filming of campaign

Please be aware that the J19 team's journey to the World event may be filmed. If the filming goes ahead you will be properly informed and asked for consent.

Important Information – Potential inclusion in the Open W12 team

If you are selected in the J19 Wāhine team, this makes you eligible to be selected by the Open Wāhine coach for the W12 team.

Timeframes and Key Dates:

Trials:

	Date	Location	Activity
Trial 1	13th - 14th December 2025	Auckland	W1 time trials, W6 combination blending, strength, aerobic and anaerobic testing
Trial 2	18th January 2026	Lake Karapiro	W6 combination blending and time trials
Trial 3	31st January - 1st February 2026	Auckland/Rotorua TBC	Combined trials with Open Wāhine W1 time trials, W6 combination blending, strength, aerobic and anaerobic testing
Team named	By 7 February		

Camp dates for selected team

Camp	Date	Location
Camp # 1	7th - 8th March	TBC
Camp # 2	4th - 6th April	Gisborne
Camp # 3	2nd - 3rd May	TBC
Camp # 4	30th May - 1st June COMBINED KINGS BDAY	Karapiro
Camp # 5	20th - 21st June	TBC
Camp # 6	10th - 12th July MATARIKI WEEKEND - Combined with Open Wāhine	TBC
Camp # 7	1st - 2nd August	Gisborne
World Sprint Elite Championship	17 August - 31 August 2026	Marina Bay in downtown Singapore

COSTS:

In an effort to provide you with as much financial information as possible. We will in the next few weeks send out a best estimate breakdown of the cost per paddler.

PER PADDLER COSTINGS FOR IVF WORLD SPRINT CHAMPIONSHIP 2026

		Per Paddler (NZ Dollars)
Return airfare to Singapore (Ex Auckland)		\$
Accommodation at event <i>Based on 7 nights</i>		\$
Food at event		\$
Transport at event		\$
Travel Insurance (<i>Estimate awaiting group quote</i>)		\$
Total		\$
Waka Ama NZ Contribution per paddler		-\$1000
Total Estimated cost per paddler		\$
<i>Entry fee per paddler</i>	<i>Covered by Waka Ama</i>	<i>\$150 US (\$300NZ 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.

The Waka Ama NZ Performance Advisory Committee along with the CEO of WANZ will oversee this campaign including selections and planning.