



CANOE'S NEWS

CANOE RACING NZ INC. – Issue 1/2010

Happy New Year

Happy New Year to you all. In the build-up to Nationals we've spent some time planning for the rest of the year, and our calendar is attached for clubs to comment. We've planned for Sport Development Camps at three levels – community, development and competitive as per the whole-of-sport plan presented at our conference late last year.

We're also planning on sending teams to World Cups, World Champs, Junior Worlds, World Marathon Champs and, Olympic Test Event, *funding dependent*.

We are holding Surf Ski champs in Auckland, Marathon Champs in Wellington, and Sprint Champs in Rotorua. We will also be encouraging regional events throughout the country. Watch this space.



Anne Cairns
Palmerston North
Kayak Club
at Blue Lake
2010

Oceania Canoe Sprint Championships in conjunction with NZ Canoe Sprint Championships

All information is available on the website www.canoeracing.org.nz under "events". There you will find the programme, entry forms, DQ info and much more. Please note, entry forms include separate tabs for members and non-members, male and female, and entries close 31 January 2011. NO late entries will be accepted. Age groups work on age as at 31 December in the year you are competing. So if an athlete turns 19 any time this year they will have to compete in U23 and/or Open. U23 is a new age group for us and we are trialling it with a few events at Nationals. If it proves popular we will

incorporate it into all of our sprint regattas. U23 athletes are also able to compete in Open events, but please be aware that you are always charged for the higher age group you enter into (although you are only charged one fee). i.e. if you enter U23 and Open you will be charged as an Open competitor.

We welcome Oceania competitors from Australia, Samoa, Tahiti and other Pacific nations. Medals will be awarded for Oceania Champs to any winning competitors but only NZ competitors will be eligible to win NZ titles.

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Upcoming Events

February-April 2011

- 18-20 Feb: Oceania/CRNZ Canoe Sprint Champs
- 30 Jan: Slalom Secondary Champs, Kawerau
- 5 Feb: Bhutty Moore-morial Cup, Mt Maunganui
- 13 Feb: Akl Surf Ski Interclub, Royal Akarama Yacht Club
- 4 Mar: Summer Sprint Series Mairangi Bay, Akl
- 5 Mar: Bo Herbert Memorial, Tutakaka
- 19 Mar: Trans Taupo, Lake Taupo
- 27 Mar: Pocock Paddling Teams Challenge, Mairangai Bay, Akl
- 1-2 April: King of the Harbour CRNZ Surf Ski Champs, Akl Viaduct Harbour
- 16 Apr: CRNZ Marathon Champs, Mana

*It isn't hard to be good
from time to time in
sports.*

*What is tough
is being good every day.*

-- Willie Mays



Development Camp 2009

Development Camps

CRNZ will be holding three development camps throughout the second half of the year. We would like to stress the 'inclusive' nature of these camps, purely seeking to advance our athletes' development without trials or selections. These camps will look at exploring all three disciplines (Sprint, Marathon and Ocean Racing), although the 'Competitive' and 'Performance' camps will provide the depth of development Marathon and Ocean Racing paddlers seek. While CRNZ encompasses only three disciplines, these camps are open to multisport, surf lifesaving and any other recreational paddlers interested.

The three camps are very briefly explained below.

10th – 11th September - Lake Karapiro, Cambridge

'Community' Athlete Development Camp

This camp is intended for "Learn to Race" or "Development" athletes. The U15 and U17 age groups are an indication of the level of ability this camp is targeting to build upon. However, it is very important to note that these age groups are not restrictions upon participation, it is merely an indication of the level of ability being targeted. The camp does not incorporate any discipline specialization.

29th – 30th September - Blue Lakes, Rotorua

'Performance' Athlete Development Camp

This camp is intended for "Learn to Win" or "Performance" athletes. The U23, Open and Masters age groups are again an indication of the level of ability this camp is targeting to build upon, yet are not restricted to those. This camp will also explore all three disciplines of Canoe Sprint, Marathon and Ocean Ski Racing. The timing of the Performance Camp is in part due to CRNZ ensuring the New Zealand Marathon Team gain valuable racing experience and knowledge prior to departing for the Marathon World Championships. The camp will be held during the two days prior to the Blue Lakes 1 Regatta.

1st – 2nd December - Blue Lakes, Rotorua

'Competitive' Athlete Development Camp

This camp is intended for "Learn to Compete" or "Competition" athletes. The U19 and U21 age groups are again an indication of the level of ability this camp is targeting to build upon, yet are not restricted to those. The camp incorporates discipline specific development, focuses upon Canoe Sprint, Canoe Marathon and Ocean Ski Racing. The camp has also been linked with the Blue Lakes 2 Regatta and will be held the two days prior to the competition.

Further details will be released closer to the time.

A 2011 Athlete Development Camp may also be held in the South Island. The Sport Development Manager is in the process of communicating with South Island representatives on the details of this camp and a decision will be released shortly on the timing of the event or if it will be held.

Please feel free to contact Scott Bicknell, Sport Development Assistant, at scott.bicknell@canoeracing.org.nz if you have any queries.

GP2 Team heads to Australia

GOOD LUCK to our team of 33 U19, U23 and Open competitors heading off to Australia to compete in the Grand Prix 2 event this week. We will have updates of their performance on the website so make sure you tune in.

It will be exciting to follow these races as they line up against the best in Australia. Some new team boat combinations will be put through their paces and we look forward to seeing good results in all divisions.



Jordan Pearse, U23 GP2 paddler
Hawkes Bay

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I've missed over 9,000 shots in my career. I've lost almost 300 games. 26 times I've been trusted to take the game-winning shot . . . and missed. I've failed over and over and over again in my life. And that is why I succeed.

- Michael Jordan

2011 Coach Development Workshop

26th – 27th March, North Shore, Auckland

This workshop will be the first to be held on an annual basis, ensuring CRNZ coaches are continually provided with opportunities to improve their coaching abilities. It will be an extremely valuable opportunity to gain extensive experience and knowledge.

The workshop aims to increase the number and quality of coaches by:

- Providing an array of educational seminars covering the core aspects of coaching from beginners to high performance athletes. This includes seminars on nutrition, sport science, strength and conditioning, and physiotherapy.
- Providing practical coaching sessions that place coaches within an athlete's position, observing a high performance training session, and a Junior and U23 Trial.
- Providing an alternative recruitment avenue to engage potential coaches.
- Highlighting the potential of Canoe Racing disciplines to interact with other sports, Surf Lifesaving and Multisport in particular.
- Generating networking opportunities and encouraging solution based discussion.
- Raising coach awareness of potential and future ongoing development opportunities offered by Canoe Racing New Zealand (CRNZ) and other sporting organisations.

CRNZ is currently in the process of seeking funding to cover the costs of the camp, accommodation and the airfares of CRNZ Coaches outside of the Auckland Region. However, this workshop is open to all coaches of varying abilities and from any sport. Yet, a specific emphasis will be placed upon encouraging the participation of Surf Life Saving and Multisport coaches to promote greater cooperation between the sports.

If you would like to attend the course, please contact Scott Bicknell, Sport Development Assistant, at scott.bicknell@canoeracing.org.nz by the 27th February.

2011 CRNZ Calendar

The 2011 CRNZ Calendar is available on the website for club review and comment. Refer to the "Announcements" panel on the front page. Any questions or comments please contact Karen.simpson@canoeracing.org.nz.