Te Waka Taiohi o Tahu 2018-19

TE WAKA POUNAMU
OUTRIGGER CANOE CLUB • OTAUTAHI • AOTEAROA

KEY DATES
Sun 9 Sept 18 - T1: Intros/Safety/Technique (Naval Point)
Sun 16 Sept 18 - T2: Technique/Safety (Naval Point)
Sun 23 Sept 18 - T3: Timing/Turning (Naval Point)
Sun 30 Sept 18 - T4: 250/500m Process (Naval Point)
Sun 7 Oct 18 - T5: 500/1000m Turns (Naval Point)
Wed 10 Oct 18 – MidWeek V1 Training begins (Naval Point)
Sun 14 & Wed 17 Oct 18 - T6: Race Prep/Flip&Right (Naval Point)
Sun 21 Oct 18 - **Pioke Pursuit Race** (Rāpaki) / No Sunday Training
Wed 21 Oct 18 - MidWeek V1 Training (Naval Point)
Sun 28 Oct 18 - T7: Starts & Turns (Naval Point)
Wed 31 Oct 18 - MidWeek V1 Training (Naval Point)
Sun 4 Nov 18 -T8: Straight Race Starts/Sets/Finish (Naval Point)
Wed 7 Nov 18 - MidWeek V1 Training (Naval Point)
Sun 11 Nov 18 - T9: Turn Race Starts/Turns/Finish (Naval Point)
Fri-Sun 16-18 Nov - **Waka Te Tasman** (Kaiteretere) / No Training
Sun 25 & Wed 28 Nov 18– TWoA Sprints Prep (Naval Point)
Sat 2 Dec 18 - **TWoA Sprints** (Lake Pegasus) / No Sunday Training
Dec 18 – Potential Nationals Training (Nationals Crews Only)
Xmas Break
14-19 Jan 19: **WakaAmaNZ Nationals** (Karapiro, Hamilton)
1-6 Feb 19: **Kawatea Waka Noho** (Okains Bay)
Mid-Late Feb: Trainings resume (Naval Point) tbc
Early Mach: **TWoA Sec Schools** (Pegasus) tbc
26-29 Mar 19: **NZ Sec School Nationals** (Rotorua)
End March: **TWP Whakaraupō Challenge** (Naval Point) tbc

WHAT TO BRING
❖ Polyprop/skin pants and tops or a wetsuit
❖ Booties or old sneakers
❖ Shorts and a t-shirt for over top (optional)
❖ A beanie and/or suncap (weather dependent)
❖ Some spare clothes for afterwards
❖ A towel and toiletries (showers available)
❖ Drink bottle filled with water
❖ Some snacks / kai for afterwards
❖ Any medicines, sunscreen etc
❖ A jacket, hoody and/or warm jersey for when we are standing around / at the start and end

THINGS TO NOTE
➢ Fees are $40 per child ($70 x 2 & $100 x 3), with additional costs for races and regattas
➢ Lifejackets and paddles etc are provided
➢ Parent support and help is required, especially on the water, so please avoid the 'drop and run'
➢ Kai/Sausages can be available if parents can assist with a roster (tbc)
➢ Trainings can be cancelled due to poor weather, especially South West winds of over 10km/hr (therefore please check our facebook page, metservice or LPC weather before coming over)
➢ Wednesday evening V1 (singles) trainings may be held later in the season (5.30-7.30pm) – tbc
➢ Special trainings may take place in December for those going to Nationals in January 2019
➢ Trainings will resume in February 2019 tbc

Grade	Ages	Age/Grade Checker: Child must be born in the following years depending on the year of the event		
		Event Year: 2018	Event Year: 2019	Event Year: 2020
Midget	6-10	2008-12	2009-13	2010-14
Intermediate	11-13	2005-08	2006-09	2007-10
J16	14-16	2002-05	2003-06	2004-07
J19	16-19	1999-02	2000-03	2001-04
U23	20-23	1995-99	1996-00	1997-01

Normal trainings: Sunday mornings, 10.30am-12.30pm @ Naval Point Club (http://www.navalpoint.co.nz/contact-us)

Key websites:

Te Waka Pounamu Outrigger Canoe Club http://twp.net.nz/

Lyttelton Port Weather http://www.lpc.co.nz/lpc/weather-forecast/

Christchurch Metservice http://www.metservice.com/towns-cities/christchurch/christchurch-city

Facebook page: Te Waka Taiohi o Tahu https://www.facebook.com/groups/288065581399181/