

# NZDBA Dragon Boat National Championships

## Lake Karapiro, Cambridge – 7/8 April 2017

### Selection Process for the Aoraki Dragons Regional Teams

Welcome to all paddlers interested in participating in this exciting new development in dragon boating in New Zealand; regional teams. For the first time, and co-ordinated with the other NZ regional associations, we're selecting and developing Open, Women's, Junior Open and Junior Women's teams to represent Aoraki Dragons at the 2017 Dragon Boat Nationals, racing against the best from the other NZ regions. This is your chance to take part and represent the Aoraki region. Longer-term, the intention is that these regional teams will be used as the basis from which national teams will be selected to represent New Zealand at international dragon boating regattas.

This document explains Aoraki's selection and development process for the 2017 National Championships Regatta, to be held at Lake Karapiro, over 7/8 April 2017.

Accompanying these details is the **Intent Form** for paddlers to register their intent to apply for one of the four Aoraki teams.

All of us in the Aoraki Dragons coaching team are looking forward to working with you; the athletes. We hope you find the following information useful.

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#### Overarching Development Goal:

The development of regional representative dragon boating teams has been a work in progress. The intention is to build a bridge between the junior and premier divisions, in taking dragon boat competition to higher levels. By giving paddlers the opportunity to represent their region, it allows junior and adult club paddlers to mix and mingle; creating a bond and encouraging paddlers to continue and grow in the sport.

#### Aoraki Dragons Campaign Goal:

- To put forward competitive crews across all divisions to represent the Aoraki region
- To build the regional system into a sustainable development route, encouraging the transition from junior to adult divisions
- To instigate a development system of high performance paddlers in the Aoraki Dragons region
- To foster teams capable of competing at international level.

#### Individual Team Goals:

- To represent Aoraki to the best of the team's collective ability on and off the water
- To demonstrate to the wider dragon boating community what a regional high performance culture within a team can achieve
- To aspire to, and achieve, regional and international representation in the sport
- To provide role models to which other paddlers can aspire.

## Divisions

We are looking to select paddlers for four divisions, as follows:

- **Premier Open** – open to any composition in terms of gender balance and to paddlers over the age of 12 years as at 1 January 2017
- **Premier Women** – women only, over the age of 12 years as at 1 January 2017
- **Junior Open** – open to any composition in terms of gender balance and to paddlers over the age of 12 years as at 1 January 2017 AND under the age of 19 as at 1 January 2017
- **Junior Women** – women only, over the age of 12 years as at 1 January 2017 AND under the age of 19 as at 1 January 2017.

As implied by the above groups, Junior-level paddlers of sufficient calibre will be eligible to paddle in Premier-level teams.

Note that the NZDBA has determined that racing will only be available in the Premier Division for the National Championships 2017. Nonetheless, in the Aoraki region, we still fully intend to develop Junior teams. Not only will it provide a goal for junior paddlers, but we wish to expose our juniors to a higher level of competition and challenge.

## The Selection Process

The selection process starts with individual athletes completing and submitting an Intent Form, along with a \$30 fee, registering their intent to apply for one of the four Aoraki teams (see details below).

Once submitted, the selection goal is to determine the best 24 paddlers for each of the Premier and Junior teams to best represent Aoraki Dragons. This will be achieved through a trialling process (see details below), whereby the initial pool of applicants will be progressively reduced to the competing squad number. The teams will be determined and announced at the prize-giving at the conclusion of the South Island Championships Regatta on 25 March 2017. The reason we have decided to run with a squad of 24 is that, if a team wins its division, it will be expected to represent New Zealand at the World Championships in 2017

Throughout, the selectors will aim to be fair, transparent and inclusive.

## The Selection and Coaching Panel

As this is the first season of the regional representation programme, and to make sure the team selection and development process is completed in time for the National Championships in early April 2017, the coaches for the teams have been pre-selected. This pre-selection has been undertaken with the support of the Board of the Aoraki Dragon Boat Association. The coaches and selectors for the 2017 Aoraki Dragons regional crews, all of whom are well known to the local dragon boating community and have considerable coaching experience, are:

Russell Stocks	–	Shirley Boys' High School / Ridge Riders Paddle Club
Evan Roper	–	Avonside Girls' High School
Izac Frunt	–	Ridge Riders Paddle Club

Caleb Te Kahu – Tu Meke Paddle Club

Note that, at the end of the 2016/17 season, the coaching and selection process will be reviewed. It is intended that in future seasons, coaches will be determined by a selection panel, which itself will be determined by the Aoraki Dragons Board.

### **The Intent Process**

Athletes wishing to trial to be included in one of the regional representative teams should complete the accompanying Intent Form. Once completed, please return it to [aoraki.dragons.development@gmail.com](mailto:aoraki.dragons.development@gmail.com) **no later than 21 January 2017**. The Intent Form must be accompanied by payment of a \$30 non-refundable application fee to the Aoraki Dragon Boat Association.

### **The Trialling Process**

Trials for all those athletes who have submitted an Intent Form will span full days, approximately monthly, from late January 2017 until the team squads have been finalised in time for the National Championships regatta over 7/8 April 2017.

All trialling athletes are expected to attend all trials. Failure to attend one or more of the individual trials is likely to jeopardise an athlete's final selection.

Athletes participating in the Aoraki Dragons regional crew campaign need to consider, agree and commit to the following:

- respecting all individuals involved in the development and training campaign
- communicating with the coaching team in a timely fashion
- participating fully in the trialling process and all training sessions.

Note: athletes can greatly improve their chances of final selection by gradually increasing their paddling and other fitness-building activities. No prior experience is needed for the fitness testing.

#### **Trial #1 – Saturday 28 January 2017**

- Fitness testing: Shirley Boys High School, 9:00am start
- Consisting of: multi-stage beep test, erg and strength testing
- Once fitness testing is finished, the trial will continue at Lake Rua for boat cohesion
- The applicants will be narrowed down to between 30 – 40 per crew following this session.

#### **Trial #2 – Saturday 25 February 2017**

- Boat work: Lake Rua
- The day will involve the crews working together and placing people in different seats and sides with the objective of optimising seating positions.

#### **Trial #3 – Sunday 26 February 2017 (Aoraki Open Regatta)**

- This is not strictly a trial; rather, it is an opportunity for the coaches to observe those trialling paddlers interacting with their club crews, in a regatta environment.

### **Trial #4 – Saturday 18 March 2017**

- Boat work: Lake Pegasus
- Race simulation over 500m
- Team-building exercises will be carried out to help blend the teams.

### **South Island Championships Regatta – Saturday 25 March 2017**

- Squads will be announced at both Junior and senior prize-giving ceremonies. Final squad members will be notified prior to the announcement.

### **Training #1**

- Race simulation: Pegasus on Saturday 1 April 2017.

### **Pre-Event**

- Before the start of racing on the first day of the National Championships, we will have a brief meeting, as the Aoraki Dragons squads, to let everyone know the timing and plan for the race.

### **Sweep and Caller Selection**

As this is a new system, the sweeps and callers for the representative teams will be selected and confirmed while the paddler selection process is underway. We want to secure the best sweeps and callers for each crew. Sweeps and callers from within Aoraki club crews will be encouraged to put their names forward for consideration. Note that **female** sweeps and callers will be required for the women's crews (including Junior Women).

*We look forward to embarking on this journey with all applying athletes. This is the start of something which has been a goal of mine for the past couple of years. Through this squad, I hope we create a culture here in the Aoraki region which proves that the sport is strong in the South Island.*

*Regards,*

*Caleb Te Kahu*  
Regional Development Director.

*And the rest of the coaching team: Russell Stocks, Evan Roper and Izac Frunt.*