

Kawerau Training Camps '11/'12



Beginner, Intermediate & Advanced
Tarawera River, Kawerau
December 14/15/16
January 17/18/19



WHAT!?

An action packed three day camp which provides people of all paddling abilities the opportunity to up skill.

For **beginners** the camp will cover kayaking fundamentals such as forward paddling, railing, ferry gliding, and catching eddies. You'll see your white water confidence and skill level improve greatly over the full-on three days. Beginners will also get the chance to learn about river safety and gear!

A technical slalom programme will be tailored for **development squad athletes and advanced paddlers**. Best efforts will be made to group paddlers by ability and suitable learning objectives will be set for each group.

Specialised C boat coaching for both male and female can be built into the camp if demand is sufficient.

The training camp will include:

- Two coached white water sessions per day;
- Some video review;
- Discussion on training programmes and nutrition;
- A swim at the local hot pools one evening;
- Fabulous, hearty, home cooked meals included from lunch on Wednesday until lunch on Friday. (No need to bring any extra food, all snacks included.)
- Accommodation for 2 nights. Marae style- bring a blow up bed or similar, sleeping bag & pillow.
- Ridiculously fun games of *Jungle Jam*, *Pool*, and *May I?* A great social atmosphere.

WHO!?

Anyone! From beginners to veterans who have an interest in white water adventure and canoe slalom. Coaches will be finalised depending on numbers, but will include Andy Fuller (HP Coach) Aaron Osborne (NZ Development Squad Coach), Dave Jaggs (Sport BOP Coachforce Officer), Nathalie Siegrist (Swiss Head Coach), Medhi Deguil (French coach and C1 specialist), and NZ team members.

WHEN and WHERE!?

- ➔ 9.00am on Wednesday 14th December at the Rugby Clubrooms, Firmin field, next to the river in Kawerau. The clubrooms will be our base for the duration of the camp.
- ➔ The camp will finish on Friday 16th at about 4.30pm.

HOW MUCH!?

Full camp with 24 hour care will cost \$230. (\$280 for non-CSNZ members)

A coaching only option is available for \$150 pp (\$200- non members) which includes lunch and snacks.

Equipment can be provided for a small fee- please let us know if you would like this option.

NB It is a pre requisite that you are members of CSNZ for insurance purposes. If you are not a member for 2011 you can join now for 2012 and your membership will be current from 1st December 2011.

Membership Form can be found at www.slalomnz.org.nz under documents.

Numbers will be strictly limited so...

- Please **pre register by email** to olivia_rose20@hotmail.com
- Payment must follow with registration form by 1st December or 1st January (as appropriate) (Late registrations will incur a \$20 penalty fee).
- Please include cheque made to Canoe Slalom BOP.
- ‘Waiver’ and ‘health and information form’ must accompany the cheque.

Please note:

1. A camp Mum or two and senior coaches will be responsible for participants’ care whilst they are on camp. We welcome any visiting parents and extra accommodation can be provided at a small cost, plus a contribution to the food kitty.
2. Participants will need warm clothes and a jacket for after paddling in case of inclement weather. Several changes of polyprops or paddling tops are essential. Sunscreen and insect repellent also suggested.
3. Participants are not to get on the water until a coach is present and requests you to do so or gives permission to do so. This includes swimming in the river during lunch breaks unless a parent/caregiver is closely supervising; as this is a break for coaches too.



Thanks for supporting North Island Training Camps

Please complete the following:

Registration Form

Name.....

DOB.....

Circle Class: K1 C1 C2 (not applicable to beginners.)

Circle gear needed: Kayak Buoyancy Vest Helmet Paddle Spray deck

Please tick

- I have enclosed a cheque
- I have paid by direct credit (reference details.....)
- Full camp \$230/ \$280 December January (circle)
- Coaching only \$150/\$ 200 December January (circle)

Cheques to: Canoe Slalom BOP- PO Box 16-292 TAURANGA or Direct credit Bank Account

Health and Information Form

Full Name

Address..... Home phone number

E-mail.....Cell phone(paddler).....

DOBAge College

Current Tetanus Yes/No Date.....

Hepatitis...A...B...C..... Date..... Blood test Carrier Yes/No

Medical Allergies.....

Medical Conditions e.g. asthma, epilepsy.....

Recent dislocations or broken bones

Emergency contact person while at training camp

Name Relationship to paddler

Address

Phone Number.....After hours.....Cell phone.....

Email

Please Circle Competency Levels – Swimming, Kayaking & Rolling

Swim confidently: 50m 100m 500m 1000m

Paddled before Paddled on white water before Advanced white water paddler

Can't roll Can roll sometimes Have a bomb proof roll

As a participant in the training camp I agree to adhere to the standard rules of being drug and alcohol free and I agree to abide by the rules set by the camp coordinator and recognise that breaching these rules could result in disciplinary action or being sent home.

Signed participant Date

Parent/Caregiver..... Date

Official Waiver Form

Warning

White water slalom is inherently dangerous and serious accidents can and often do happen which may result in me being injured. I declare that I have read and understand this Warning and accept the inherent risk of danger in white water slalom.

Exclusion of Liability

I agree that it is a term of entry to any Canoe Slalom New Zealand (CSNZ) event that:

- a) CSNZ, its committee members, officers, contractors, volunteers or agents, officers (collectively called CSNZ);
- b) The sponsors and suppliers to the CSNZ events including their directors, officers, employees, contractors or agents (collectively called the Sponsors);
- c) The Race Director are all absolved from all liability however arising from injury or damage however caused (whether fatal or otherwise) arising out of my participation in this event or in any way due to any negligent act, breach of duty, default and/or omission on the part of CSNZ, Sponsors or the Race Director.

Release and Indemnity

In consideration of CSNZ allowing me to enter this event hereby:

- a) Release and forever discharge CSNZ from all actions, suits, proceedings, claims, demands, losses, damages, costs, expenses however arising that I may have, or may have had, but for this release arising from or in connection with my participation or entry in this event;
- b) Indemnify CSNZ in respect of any actions, suits, proceedings, claims, demands, losses, damages, costs, expenses and penalties however arising as a result of or in connection with the event and my participation in the event whether caused or contributed to directly or indirectly by any act or omission on the part of CSNZ.

Insurance

I acknowledge that I have been advised to take steps to insure myself against any loss, damage or injury to myself and my property or equipment.

Photos and Image

I agree to being photographed, filmed, videoed or to have my image recorded in any way in the period from the commencement of registration. I agree to CSNZ using any such imagery in connection with the future promotion of the event or other events. I understand that I am entitled to request access to such images and to have copies of them at my cost.

Privacy

By completing any of the respective CSNZ event entry forms I am providing the organizers with personal information about me. This information will be collected and held by CSNZ and may be used by its sponsors, contractors and agents associated with the event for the purposes of

- a) Administering my entry in the events;
- b) Providing me with medical treatment if I am injured;
- c) Promoting the events, including informing the media of the names and details of the competitors.

By signing any of the enclosed entry forms I consent to the above use and disclosure of my personal information under the Privacy Act 1993.

I,, have **read and understand** all of the above conditions.

Signed..... Date.....

Competition Category- **Training Camp**

Address.....

Email Address.....

Signed as Witnessed by a Parent if the competitor is presently under 18 years

..... Date.....