

## **New Year Coaching Update:**

Club Training has kicked off full time since Christmas with at least two trainings every day at Whangamata. The training schedule is attached and on the notice board in the club. There is a training session available for every ability and discipline. If you have any questions about what training you should be attending please contact Dan either by email [dangrant@ihug.co.nz](mailto:dangrant@ihug.co.nz) or pop into the office Saturday to Thursday.

### **Upcoming carnivals:**

#### Club Carnival:

Sunday the 10<sup>th</sup> of January at Whangamata. This carnival is a fun carnival to give people some racing experience before NRCs. The program and start time will be posted on the club notice board.

#### BOP Canoe Champs:

Saturday 23<sup>rd</sup> January @ Wahi Beach.  
Entries close Monday the 11<sup>th</sup> of January.

#### Northern Regional Champs (NRCS):

Saturday 30<sup>th</sup> January/Sunday 31<sup>st</sup> January.  
Entries close Sunday 17<sup>th</sup> January.

#### BOP Champs:

Saturday 20<sup>th</sup> February @ Ohope Beach.  
Entries close Thursday 27<sup>th</sup> January.

All these carnivals except the club carnival require people to be entered beforehand. The entry sheets are up on the notice board, it is your responsibility to fill these out before the cut-off dates. You must be training in order to race at these events. The coach will make up teams for the team events based upon those who enter.

If you have any questions about training or competitions please contact the Dan.

Email: [dangrant@ihug.co.nz](mailto:dangrant@ihug.co.nz)

Cell: 027 525 7101

Or pop into the office at the club anytime Saturday to Thursday.

## Club Coaching 28<sup>th</sup> December till 31<sup>st</sup> of January:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim Whangamata Pool 7am	Board/Ski 7am Competition Squad	Swim Whangamata Pool 7am	Swim Whangamata Pool 7am	REST	Run/Beach Swim 8:15am @ Club	
Beach Events 8:30am	Beach Swim 8:15am @ Club	Beach Events 8:30am	Board/Ski 8:30am Competition Squad	REST	Changeovers 12pm	
Ski Development Squad 4:30pm	Board Development Squad 4:30pm	Ski Development Squad 4:30pm	Board Development Squad 4:30pm	REST	Board/Ski Development Squad 3pm	Ironman 12pm
Ski Competition Squad 6:30pm	Board Competition Squad 6:30pm	Ski Competition Squad 6:30pm	Board Competition Squad 6:30pm	REST	Board/Ski Competition Squad 4:15pm	Beach 4:15pm

	ALL
	Competition Squad
	Development Squad

### Squads:

**Development: Never paddled craft before or lack confidence on craft**

**Competition: Paddled craft before and can stay on in flat conditions**