



North Island vs South Island Under 18 Regatta 2019

Athlete Information Kit

Eligibility - Athletes U18 as at 31/12/2019

i.e. Athletes need to be 17 or under for all of 2019

Aims of the North Island vs South Island Under 18 Regatta 2019:

- Give the best Under 18 athletes from throughout New Zealand the opportunity to train and race together.
- Give these athletes the opportunity to view the New Zealand Junior Trials, enabling them to understand the process and the requirements in preparation for subsequent Junior Trials.
- Allow the Junior Selection Panel the opportunity to view the athletes likely to be in contention for National Junior selection in future years.

Training Camp and Regatta Dates:

- Training Camp - Tuesday 16 April to Thursday 18 April 2018
- Regatta Dates - Friday 19 April to Saturday 20 April 2018

Regatta Location:

- Rowing New Zealand High Performance Centre, Lake Karapiro, Cambridge

Regatta Racing Programme:

- Athletes selected in sweep boats will potentially race in: eights, coxed fours, coxless pairs
- Athletes selected in sculling boats will potentially race in: quad sculls, double sculls, single sculls
- All racing will be over 2000m weather permitting

Transport to and from Lake Karapiro:

- South Island Team - Flights have been booked arriving into Hamilton and departing out of Auckland Airport. Transport will be provided for the South Island Team to Auckland Airport on Saturday 20th April.
- North Island Team - Please make your own transport arrangements. Those athletes in the lower North Island will have flights booked on their behalf. Athletes are permitted to drive to and from the Regatta if permission is granted by parents or guardians and confirmed to the Trials Manager. Upon arrival, the keys of the vehicle are to be handed to the Trials Manager and will be returned at the conclusion of the regatta.

Accommodation and Meals:

- The Accommodation for the North and South Island Under 18 teams will be in the dorms at St Peters School, Cambridge. All meals for Under 18 team members will be arranged by Rowing New Zealand, and will be on site at Lake Karapiro.
- All athletes are required to stay in the accommodation provided even if they are residents within the local area.
- Suitable supervision will be provided throughout the course of the regatta.
- The cost of the accommodation and meals is to be covered in the regatta costs.
- It is recommended that athletes come prepared with suitable snacks and drinks including drink bottles for performance and recovery (sport bar, baked bar, lollies, gels, sports hydrate e.g. Powerade or Horleys Replace).

Cost of the camp and regatta:

- All athletes are required to contribute \$800 including GST towards the cost of the camp and Regatta.

This will cover:

- Flights and transport for South Island and Lower North Island athletes
- All accommodation and meals
- Cost of boat hire throughout the Regatta
- Under 18 Team 2019 rowsuit
- **Please note:** Invoices will be issued and all athletes are required to pay the full amount prior to the commencement of the Regatta either by posting a cheque to Rowing New Zealand, PO Box 765, Cambridge or via internet banking - NZ Rowing Association, Account No. 020536-0160264-00. Please include your name as the reference.

Standard of behaviour:

- A high standard of behaviour is required from all athletes.
- The regatta is an alcohol, drug and smoke free environment.
- All athletes are required to take full direction from the Trials Manager who is Rowing New Zealand's High Performance Athlete Development Manager Judith Hamilton.
- Any athlete failing to adhere to the above expectation may be removed from the regatta at the discretion of the Trials Manager.

Athletes to bring:

- Considerable training clothing including thermal undergarments
- Sleeping bag
- Pillow
- Towel
- Running shoes
- Drink bottle
- Sunscreen
- Small first aid kit including antiseptic cream, plasters and tape for blisters
- Fluid replacement mix
- Healthy snacks

Management of the Regatta:

The overall regatta is to be managed by Michele Munro and Michele can be contacted on mobile 021 801 077 or via email michelemunro@rowingnz.kiwi