



HIGH PERFORMANCE PROGRAMME

New Zealand Junior Trials Information 2019

Aim of the New Zealand Junior Trials 2019

- The aim of the New Zealand Junior Trials 2019 is to select crews to represent New Zealand at the Junior World Rowing Championships in Tokyo, Japan, from 7 - 11 August 2019.

Trial Dates:

- Sunday 14 April - Saturday 20 April 2019 (approximate finish time 2pm)

Trial Location:

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

Cost of the Trial:

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

This will cover:

- Flights and transport for South Island and Lower North Island athletes
- All accommodation and meals
- Cost of boat hire throughout the trial
- Junior Trialist rowsuit
- **Please note:** Invoices will be issued and all athletes are required to pay the full amount prior to the commencement of the trial 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.

Transport to and from Lake Karapiro

- The cost of the trial includes flights for athletes from the South Island and lower North Island if required.

- Athletes are permitted to drive to and from the trial 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 Trial.

Accommodation and Meals:

- All accommodation and meals for trialists 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 resident in the local area.
- Suitable supervision will be provided throughout the course of the trial.
- The cost of the accommodation and meals is to be covered in the athlete trial contribution.
- It is recommended that athletes come prepared with suitable snacks and drinks for performance and recovery (sport bar, baked bar, lollies, gels, sports hydrate e.g. Powerade or Horleys Replace).

Standard of Behaviour:

- A high standard of behaviour is expected from all trialists.
- The trial is an alcohol, drug and smoke free environment.
- All athletes are required to take full direction from the Trials Manager.
- Any athlete failing to adhere to the above expectation may be removed from the trial at the discretion of the Trials Manager.

What Activities will athletes be required to do:

All trialists will be required to:

- Complete a 2000m maximum erg test (Monday 15 April)
- Be prepared to race and/or time trial in any of the following boats, singles, doubles, pairs, fours, quads or eights over distances from 500m through 2000m

Some selected athletes may be given the opportunity to trial specifically for selection in small boats (single sculls, double sculls, pairs) and these athletes may be required to do all of the above as well as be prepared to complete maximum effort time trials in their targeted boat over 2000m up to three times.

What to bring to Trials:

- 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 Trial (Trials Manager):

Rowing New Zealand's High Performance Coordinator Michele Munro is responsible for overseeing the overall trial, including any correspondence regarding the selection process. Michele can be contacted on mobile 021 801077 or via email michelemunro@rowingnz.kiwi

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