



CONTACT DETAILS

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HIKOIKOI WAKA AMA

24D Marine Parade
Petone
hikoikoiwakaama@gmail.com
www.sportsground.co.nz/hikokoiwakaama

REGISTER YOUR INTEREST EARLY TO SECURE YOUR PLACE IN OUR PROGRAMME

Hikoikoi Waka ama Club is well resourced to train up to 4 teams per session and it will be necessary to allocate training days to Secondary Schools who have expressed an interest in taking part (places may be limited due to demand).

All requests must come from the Sports Director (Coordinator) or appointed staff liaison from the School concerned.

Register your interest by contacting chris@tekau.maori.nz by **16 September 2013** so training days can be rostered.



Hikoikoi Waka ama & **KiwiSport**



**Hutt Secondary Schools
Waka Ama Programme
Junior Competition (Y9 & 10)
30 September – 2 November 2013**



PROGRAMME CHECKLIST

- 4 WEEK PROGRAMME
- STARTS SCHOOL HOLIDAYS (OCT)
- \$20 TOTAL COST PER STUDENT
- Y9 & 10 STUDENTS ONLY (T4)
- ALL EQUIPMENT PROVIDED
- INCLUDES JUNIOR REGATTA
- NO PREVIOUS EXPERIENCE REQUIRED
- STRONG FOCUS ON WATER SAFETY
- OWN TRANSPORT NECESSARY



ABILITY TO SWIM – NO WAKA AMA EXPERIENCE REQUIRED

Water safety is a priority in Waka ama and facilitators of this programme. Waka ama has guidelines around safety developed in collaboration with Maritime Safety.

Students must demonstrate the ability to keep calm under pressure, have a reasonable level of confidence in the water and be comfortable in this environment.

Instruction by way of demonstration off and on water will be provided to students during programme to ensure they are able to handle a capsize situation if the waka overturns.

All students MUST wear lifejackets provided during our programme (training & regatta). Students will be encouraged to reach the standards (listed below), during the course of our programme. Water training will take place on Petone foreshore and prepare students for 250m sprint races.

Week 1 -will include a visit to local pools to assess individual levels of confidence in the water using the following guidelines:

- ✓ Tread water (5 mins)
- ✓ Swim 50 meters
- ✓ Pool entry fee provided



PROGRAMMEFORMAT

Students will receive a four week programme that will conclude with a competition. This programme is run at Hikoikoi Waka ama located at Wellington Tenth Trust, 24D Marine Parade, Petone. Begins on Monday 30 September and concludes 2 November 2013 with competition.

- **Week 1** – Orientation day (10am – 2pm)
Day will include introductions, swimming assessment, water safety, capsize drill and water training. Students will need to be available for 1 full day and be prepared for land and water based activities.
- **Week 2** – 10am -2pm (4 hours) 2nd week of the holidays – Students need to attend once during this week and be prepared for land and water based activities
- **Week 2 - Friday Fun Day - 250m sprints**
- **Week 3 – 4** Training will be held from 4-6pm (2 hours)
- **Final week** - Hutt Secondary Schools Junior Regatta – 2 November (Petone)
- Students need to commit to attend once a week for 4 weeks

COMPETITION 2 NOVEMBER

- 250 meter sprints
- Categories Y9 & 10
 - Boys
 - Girls
 - Mixed (co-ed schools only)
- Experienced steerers' provided
- BBQ, Chant Competition, Fun races

Further information can be found on:
www.collegesport.org.nz/college-sport-wellington/waka-ama/
www.wakaama.co.nz
www.hoetonga.co.nz

COST \$20.00 per student

Includes:

- ✓ 4 week programme
- ✓ Junior regatta
- ✓ Pool entry fee
- ✓ All equipment
- ✓ Experienced instructors

This programme is subsidised and provided with support from *KiwiSport* and Hikoikoi Waka ama Club, Petone.

KiwiSport

WAKA AMA PROMOTES

- ✓ Fun
- ✓ Teamwork
- ✓ Leadership
- ✓ Individual growth
- ✓ Self confidence
- ✓ Whanau oriented activity
- ✓ Hauora – health & wellbeing
- ✓ Water safety

OPPORTUNITIES 2014

- ✓ National Waka ama Sprint Championships (January) Karapiro
- ✓ Regional Secondary School Wakaama Sprints (March – Onepoto)
- ✓ National Secondary School Waka ama Sprint Competition