

Auckland Dragon Boat Association

2023 – 2024 Regional Representative Program

Kia ora koutou katoa,

We hope this message finds you all happy and well and looking forward to the end of what has been a pretty busy 12 months on the Dragon Boating calendar:

- Crews from the Auckland region attended the Pan Pacific Masters Games in Australia and came home with a haul of medals!
- We finally managed to have both the Regional and National Championships in the same season after 3 years of disruption!!
- 25 of our region's athletes, represented Aotearoa – NZ as members of the multiple medal winning Black Dragons NZ National Dragon Boat team at the 2023 IDBF World Dragon Boat Racing Championships in Thailand.
- And last, but not least, the Auckland Regional Representative squad retained the National Representative Dragon Boat shield for the 2nd season running and the title of the “best dragon boating region in the country!”

So, about that Auckland Regional Representative program, we realise that things have been a bit quiet on that front recently but after the year outlined above the awesome volunteers who make the program run like a well-oiled paddling machine needed a bit of a break and some time to review the program, its structure and objectives. We also recognised that you were all going to be getting a lot of information from your club teams and from the ADBA as the 2024 Season finally kicked off in late October after a bit of a crappy start (cue sinkhole) so we decided to hold off sending out further comms regarding the Rep Program until now.

Firstly, there will definitely be a 2024 Auckland Rep Program as we have a shield to defend!! This is the first of our comms related to the program so if you're interested in trying out or just interested in finding out what it's all about then READ ON...

What's is the Auckland Regional Representative Program all about?

For detailed information about the Auckland Representative program check out this link on the Auckland Dragon Boat Association website.

<https://www.adba.co.nz/about/auckland-reps/>

Call out for a new squad Manager and assistant Coaches!

The Rep program isn't just about developing paddlers, it's also about developing our region and this includes coaches and managers. We're looking for a wonderful person to manage our 2024 Rep Squad as our previous manager has moved on. We'd like to acknowledge Kerrin Brown for her hard work and awesome management of the squad over the past few seasons.

We're also looking for assistant coaches. If you're a current coach or if you have aspirations to be a coach, then now is your opportunity to step up and be part of the 2024 Rep squad coaching group. The current Rep squad coaches have coached our regional squad for a number of years and have both been Black Dragons coaches on multiple occasions. The program offers mentoring, sharing of experience and technical insights to coaches who are keen to develop their coaching skillset.



So, if you're ready to have a worthy goal to aim as a manager or a coach and be part of something awesome then go to the link below and register to be part of the Auckland Regional Representative Program. <https://www.adba.co.nz/events/174598/>

When and where will the Squad be training?

Off-the-water training, technique and testing sessions will be held at our new "ADBA High Performance Training Centre (HPTC)". Details our new centre will be provided soon. These sessions will take place during weeknights and dates and times will be advised in due course.

On-the-water training will start in **January 2024** on Sundays at **Lake Pupuke, Takapuna**. We are just finalising resources and access to the Lake to confirm this.

There will also be a training session held at the annual ADBA Summer training camp at Kai Iwi Lakes, just north of Dargaville, on **Saturday 10/02/24 from 9:30am**. Come for the whole weekend and be part of this annual camp, which has been going for almost 10 years now or just come up for the day's training sessions.

Costs

There is a one-off registration fee of **\$80** for paddlers. This is your fee to be part of the program, it covers the cost of an Auckland Regional Representative Squad racing top and entry fee to race at Nationals in the Representative division. This fee is non-refundable and is payable at time of registration.

There may also be other one-off costs (eg. \$20 Kai Iwi training camp fee) that athletes will need to pay. These will be advised ahead of time.

Registration for the program and a chance to be selected for a Rep crew.

To those of you who were part of last year's 2023 Auckland Representative Squad, congratulations once again on retaining the NZ Dragon Boat – National Provincial Shield. The racing was epic and our wins were hard fought for, some coming down to a literal dragon's whisker!! But they were well deserved and the experience was truly inspiring and rewarding.

To those of you who weren't part of last season's squad here's your opportunity to join up and be part of that experience. So, if you're ready to have a worthy goal to aim for and to be part of something awesome then go to the link below and register to be part of the Auckland Regional Representative Program.

Registration gets you into the program, your performance and other selection criteria (see the ADBA Reps link on our website for more information) **may** get you selected for a Representative Crew. So, what are you waiting for?

Register for the program here now: <https://www.adba.co.nz/events/174598/>

If you are not quite ready at this stage, then that's all good. We hope to see you in the Representative Program in the future.

Nga mihi nui kia koutou – Best wishes to you all.
Your Auckland Representative Program Management team.