

REGATTA ,NTS SELECTION DEVELOPMENT DAY

Time	Event	Notes
Saturday		
6:30	Gates Open	Paddle NSW Regatta with NTS Selection
8:30	Morning Racing Starts	500m Heats / Semi's/Finals
12:20	Presentations Break for Lunch	
13:00	Afternoon Racing Starts	1000m Heats/Semi's/Finals
4:00	Racing Finish/ Presentations	
		Collation of results - NTS Squad & Team members to AC for ratification
Sunday		
8am	Intro from Shelley and Team Boats Session	NTS & Pathway info/ AC info - Video and NTS coaches.
11:00	Video Analysis/ Talk from Guy	Guy - video, cords/ other world videos
11:30	Ergo - Technique Talk from Guy and Shelley	Guy Wilding National and International Coach- K1 Men's and K1 Women's National Champions 2009
12:00	Lunch and Presentation by Chantal Meek Introduction of NTS Staff Squad and Team to everyone.	Olympic Medallist and multiple World Champion Rep Chantal and Announcement of NTS and Touring Team
1:00	Teamboat Session	Opportunity to work with other paddlers in same age groups.
2:45	Rap up for Development Day	Purpose and next regatta/ state events and contacts.
3:00	Touring Team Meeting	Newsletter and Travel Information Uniform Sizing Race allocation
4:00	Depart	