

***Let's Get Together for some
Fun and Learning***



2013 KAYAK TRAINING CAMP

**30 November & 1 December 2013
Clubrooms and Greg's Place**

VISIT WWW.MANAKAYAKRACING.ORG.NZ FOR MORE DETAILS

Including:

- **Technique instruction**
- **Video Analysis**
- **Technique discussion**
- **Training Sessions**
- **Team Boat instruction**
- **Team Boat Races**
- **Dry land games**

**Mana Kayak Racing Club
Getting you up to Speed**

TRAINING CAMP

Clubrooms and Greg's Place—November 30 & December 1

Training, analysis, video , fun activities, more training, more analysis. A day and half dedicated to helping you go faster in your boat, and having fun doing it. The camp is fully catered, just bring some snacks.

Cost:
\$50 MKRC Member
\$90 Non MKRC Member

Programme of Events

Saturday 30 November

8am—On water training session

11:30am—Video presentation

1pm—Lunch

2pm—On water training session

5:30—Dinner, BBQ (parents invited)

7:30pm—Fun activities, Tennis Challenge and table tennis challenge

Sunday 1 December

6:30am—Breakfast and athlete presentation

8am—On water training session

11:00am—Closing discussion

How do I register:

Visit the Mana Kayak Racing Club Website and register online.

www.manakayakracing.org.nz

“Your future is created by what you do today, not tomorrow”