



2015 USA Wildwater Junior/U23 Team Bulletin #2

2015 Junior/U23 World Championship will be held at the Nantahala Outdoor Center August 2-7, 2015. We are very excited to have the World Championships here in the US for the first time in many years. You can find detailed race information at <http://nantahala2015.com/>

Junior/ U23 Team Participation

Half of the Junior team has been selected at Western Junior Trails in Colorado. The remainder of the Junior team and the entire U23 team will be selected at Eastern Team Trials on August 1 & 2 at NOC. The following spots are open for the Junior team: 2 K1M, 3 K1W, 3 C1M, 3 C1W, 3 C2M. **You must register by June 15!!** You will not be able to race at Worlds if you don't register for the trials by the deadline (unless you have already qualified). You can find details on <http://www.usawildwater.com>

There will be mandatory team meeting on Sunday August 2nd, following the team trials. Exact time and location are TBD.

Costs:

We are estimating the total cost to be \$150 - \$200 per person. We are trying to keep costs as low as possible. The fee will include the cost for uniforms, registration, and other incidentals. The \$75 deposit qualified team members have already paid is deductible from the total sum. (Thank you to the team members who sent in the deposit!). The entire fee will be due at the mandatory team meeting on Sunday, Aug. 2.

Official Training

We will have official team training starting on July 29. Anyone who is racing in Eastern Trials with the intention of qualifying for the team can participate and, of course, people who have already qualified. This is a great opportunity to paddle with your peers from across the country, so please participate if you can. Since we will have limited time, please prepare yourself so we can make the best use of our training time.

Please do a 2K flat water time trial and send the results to marin.millar@outlook.com by July 15. This will help me group people of similar speeds for training runs. The time trial should be done on flat water (a lake or body of water with no current), with no wind if possible. You can do it on a marked course or

use a GPS if you have one. If you have a turn on the course, please indicate that on your results. Try not to make more than one 180 degree turn in your course if possible.

For training, please bring the following: your boat, your paddling kit (obviously you need all required safety equipment), a stopwatch that can record laps or a GPS device, a means of attaching the watch to your boat (I use Gorilla or duck tape). Note the ICF rules require you to wear shoes during the race, so make sure you have shoes for the race!

We will need all parents for juniors & U23 team members to sign a waiver before participating in training. We will send out the waiver in July, and needs to be returned before official training.

Registration:

USA Wildwater will handle the registration for the Junior and U23 teams. As long as you are qualified for the team or have registered for Eastern Trials, you don't have to worry registering for Worlds.

Lodging

We will not have group housing for the USA Junior/U23 Team this year. Since we are holding the team trials just before the race, it is too difficult to plan on how many people will be there, and many parents may attend so participants may stay with their family members. There is group housing at the Nantahala Outdoor Center cabins, however, this is filling up quickly so please book your room if you want to stay there as soon as possible. Please see <http://nantahala2015.com/lodging/> for details. If you are planning on staying with parents, please see the dedicated lodging handout for other suggestions on lodging. If you are a junior or U23 who is planning on attending without parents or your regional team and need help with housing, please contact your team leaders.

Boats

All team members need to provide their own boats for the competition. As a general rule, there will not be boats available to rent or borrow at the competition. There may be a few local people who might be willing to rent or loan a boat out, but this must be arranged in advance. Do not show up and expect a boat to be available to race in without pre-arrangement. If you have a hardship regarding a boat, please contact us as soon as possible.

Questions?

Contact your team leaders - feel free to ask questions at any time! We're looking forward to meeting you and having a great World Championships! I (Marin) will be in Europe from June 8 – 29, but I will be available on e-mail. You can also contact Tom Popp or USA Wildwater President, Tom Wier.

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