

Aurora's - 2013/2014 Season Campaign

Preparations for 2014 Asian Championships

<u>Stage</u>	<u>Date</u>	<u>Location</u>	<u>Details</u>
Fitness Test - Stage 1 preliminary selection	Oct/start Nov 2014		5 tests: Beep test - complete level 11; Sit ups - 100 in 2'; One arm snatch 2' (1'+1') 24kg men and 16 kg women-120; Chin ups – women 10 and men 20; Bench press – 10 rep. men with 100% of their body weight and women with 75% of their body weight.
Selection Camp - Stage 2	End of December	Canberra or Sydney or Melbourne	Fitness test & single craft races. Goal is to select the Australian Team (30 female & 30 male paddlers + 2-3 drummers & 2-3 sweeps).
Training Camp #1	End of January	Canberra or Sydney or Melbourne	
Training Camp #2	As close as possible to the Asian Championships	Qld (Tallebudgera/Bris -YMCA) or Asia if any competitions are on at that time. To be decided after Camp #2.	
Asian Championships	May 29th 2014 (TBC)		
Possible races after Asian Championships	TBC		