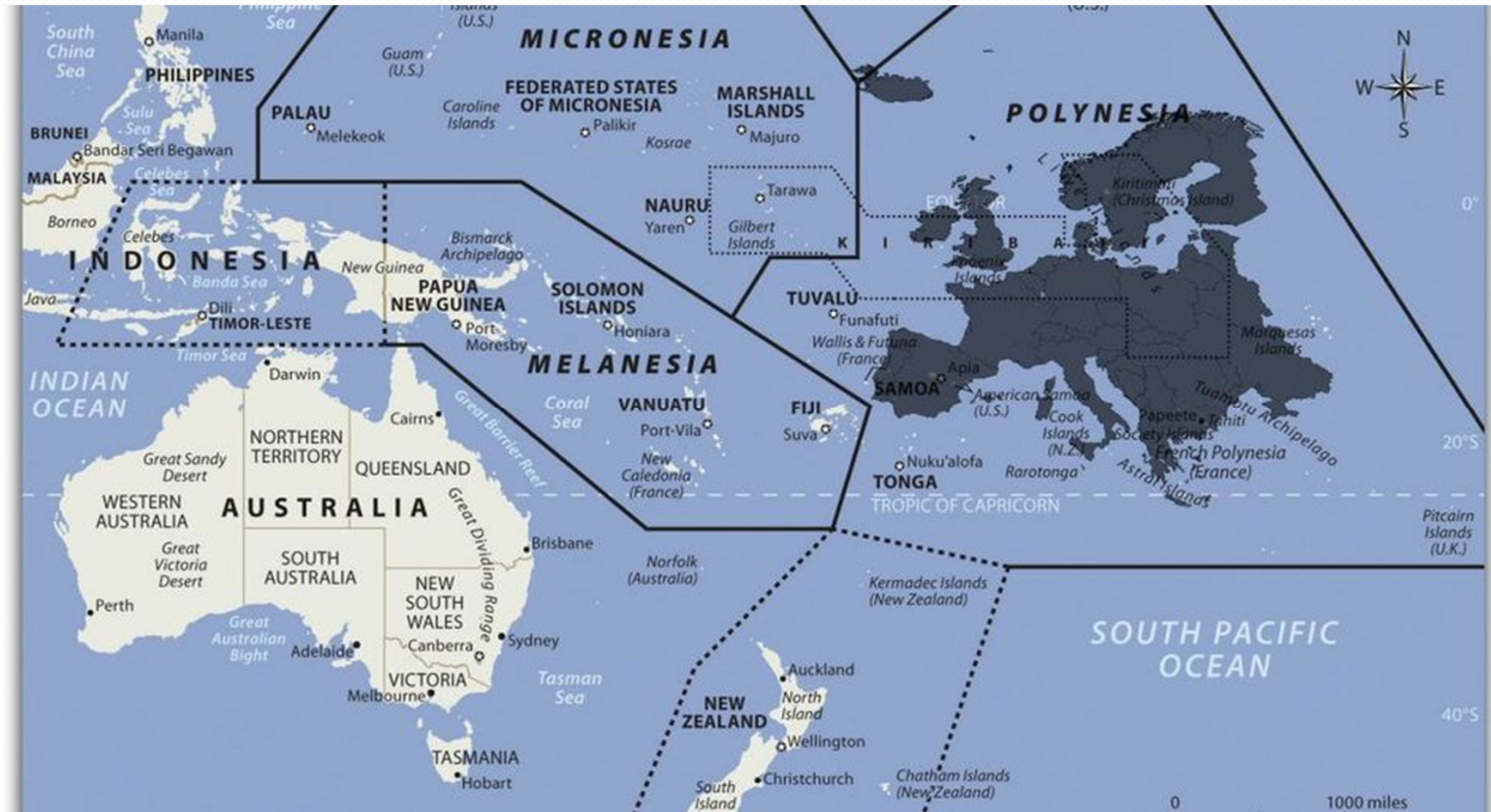


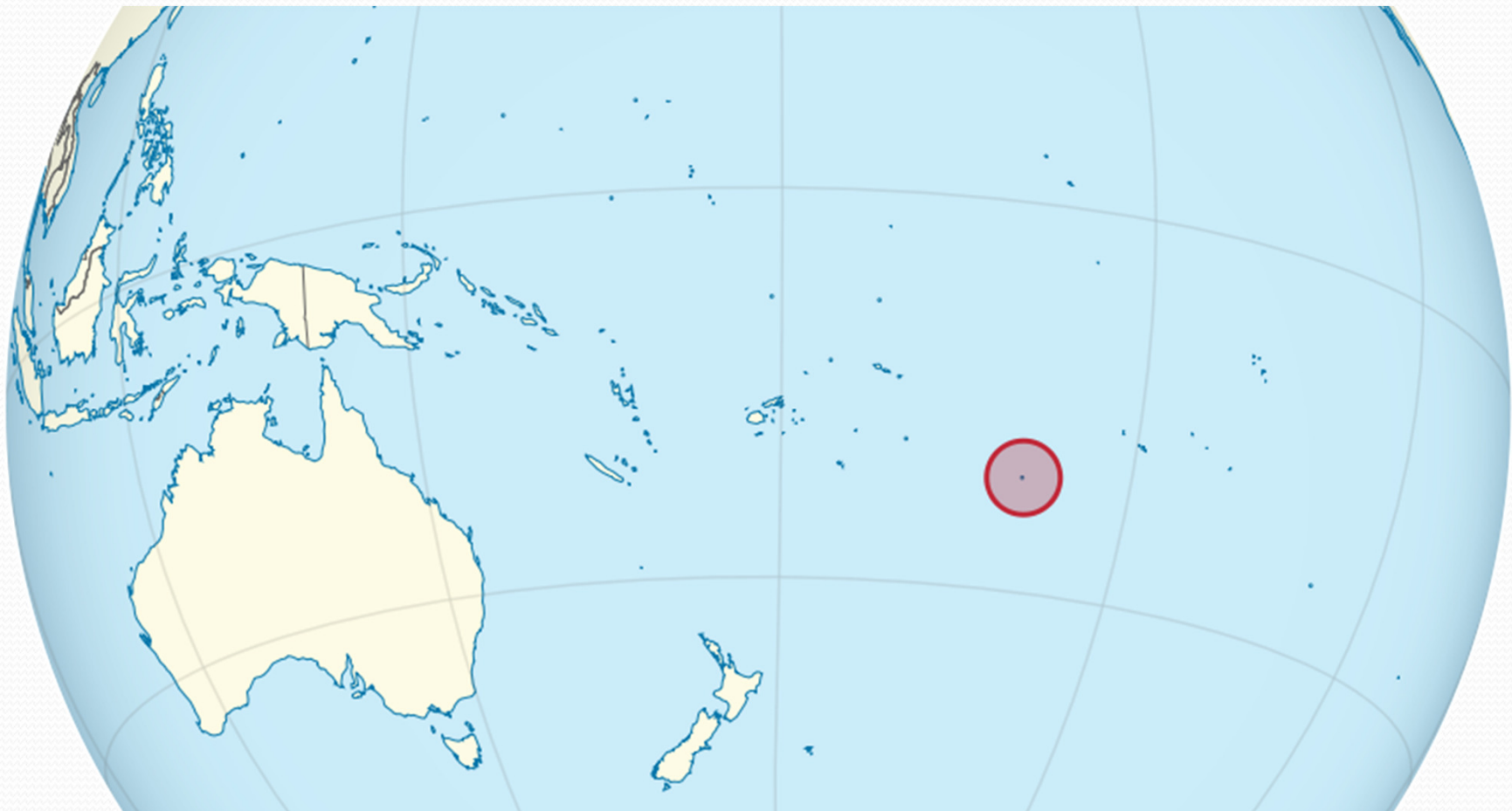
COOK ISLANDS National Development Programs

ISAF 2015 Development Symposium

Pacific Ocean....



COOK ISLANDS – PACIFIC OCEAN



COOK ISLANDS

- 15 ISLANDS
- TOTAL LAND MASS 240SQ KM
- OCEAN 2.2M SQ KM
- POPULATION : 17000
- Situated in the cradle of Polynesia, the Cook Islands were settled by Polynesian voyagers who traveled widely through the Pacific populating islands as they went, returning and voyaging further as the islands became chain of immigration to NZ in the south.

OUR DEVELOPMENT VISION

Modern day voyagers of the Cook islands are heroes to our sailors.....our development program includes experiences with the canoe and crew, and I guess it would be fair to say that its both an inspiration and a goal for most of our sailors to be part of an ocean voyage at some time in their life!

MARUMARU ATUA



SAILING COOK ISLANDS

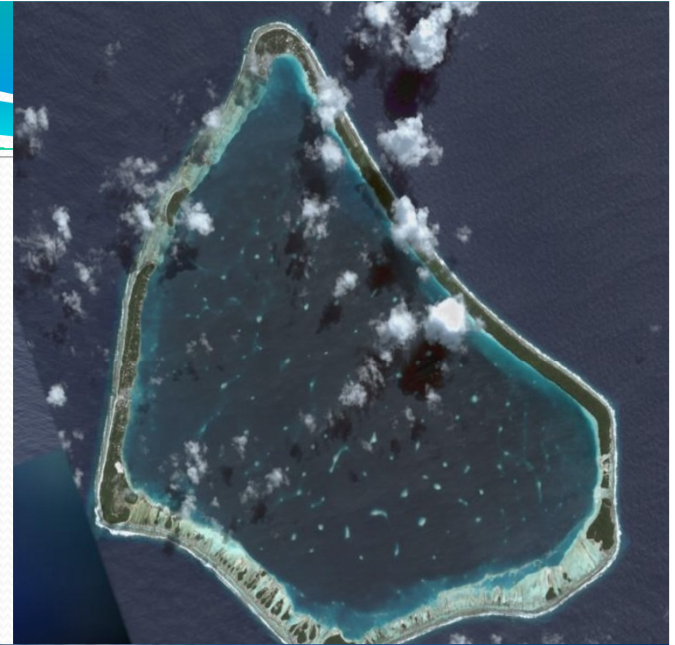
AN INCLUSIVE STRATEGY FOR CLUBS ...

- Aitutaki
- Palmerston
- Mitiaro – new club 2015
- Pukapuka – new club 2015
 - Rarotonga
 - Manihiki
 - Rakahanga

Southern Group Islands of
Aitutaki (ight),
Mitiaro (left and Rarotonga
(bottom right)



Northern Group atolls of
Manihiki (Top right) Pukapuka
and Rakahanga (Lower)





National Classes

1. Optimist (7)
2. Bic (1)
3. Laser 4.7, Laser Radial & Laser Standard(3)
4. Kite Board (3)
5. Boardsailing (2)
6. Double Handed (sunburst)(2)
7. Catamaran Hobie 16 (1)
8. Tangaroa & Vaka Voyaging (1)
9. Radio Controlled – Electron (1)



National Development aims

- **To develop integrated youth pathways through:**
 - Introductory “ Open Days” – to introduce and enjoy Water activities
 - Learn to Sail Courses – structured manuals 1 – 4,





- To harness and educate parents & volunteers as learner coaches, and on shore helpers
- To progress through Club Optimist/Bic Green, Silver & Gold fleets, Youth and open classes, in dinghies, Board sailing and Kite racing.



- Toward becoming National Youth Squad sailors and coaches.
- Toward becoming International Representatives of the Cook Islands – sailors, coaches and Race Officials!

And continuing to sail as a lifetime sport.....



First win ever in two different classes!

SCHOOLS PROGRAMS

SAILING IN SCHOOLS PROGRAM



AIMED AT STUDENTS 9 – 13y
SESSIONS HELD AT CLUBS.....
LTS MANUALS 1, 2.
2014 AITUTAKI, RAROTONGA AND
MANIHIKI



HIGH SCHOOL CERTIFICATES WITH SAILING



NCEA NZ QUALIFICATION WITH UNIT CREDITS.

FIRST YEAR 2014 IN TWO COLLEGES. Araura
College Aitutaki, and Titkaveka College
Rarotonga





SAILING FOR ADULTS.....

- 18FT TANGAROA CLASS: Designed and built by Thomas Koteka. Rarotonga Sailing Club, Fleet of 10 , raced passionately every Saturday!
- Often crewed with kids



Sunbursts, Hobiecat, Kiteboarding



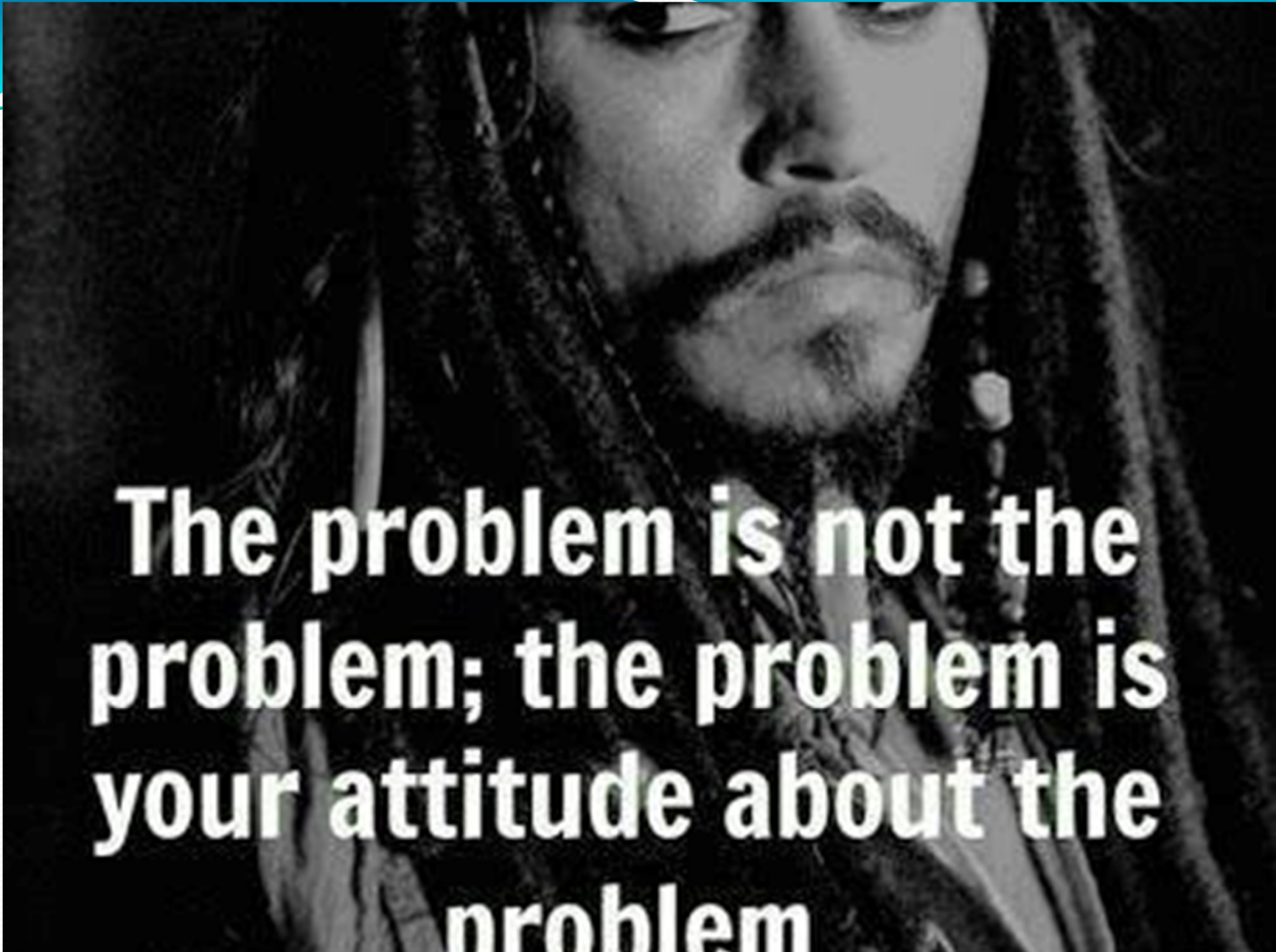
Rarotonga Sunbursts.. Fleet racing and Teams racing. Hi Lite each year the South Pacific Teams Racing Championships for college students. NZ and CI.

Kite boarding hi-lite each year - The ManuReva Festival in Aitutaki

A new initiative where Aitutaki Watersports Festival integrates annually with sailing, paddling and kiting.....







**The problem is not the
problem; the problem is
your attitude about the
problem**



A local solution! Coaches..

- We always have a problem with adequate number and expertise of coaches, our solution was a moment of clarity when we realised we have an unused resource in our teenage sailors!
- **Enter SCI Youth Coaching Program.**
- These young coaches have structured coaching lessons in their own clubs in Aitutaki and Rarotonga and we bring them together with clinics from time to time each year.. usually when we are at an interclub Regatta!
- (Each is accompanied by an adult boat driver)



Trainee Youth Coaches at work with Opti Fleet sailors and Introductory to Laser 4.7



Visiting coaches
have helped with
improved
coaching skills



Small resources mean improvisation! Breifing sessions for sailing off shore Rarotonga.....we use a primo classroom-Pacific Style.....



Taking advantage of every opportunity - in 2014 Coaches complete Levels 1 and 2 YNZ with top Teams Racing Coach Derry Godbert





Race Officials.....

- In answer to the challenge for Committee Boat officials, Andre Raoult proposed that we should try certifying positions in the Committee boat for example. So now we have people as Timer, Recorder, Visual Signals now with certificates who see it as their role to be that one task! It seems to work really well and we have enough volunteers to run our Regatta rosters every time.
- From PRO down, other positions on the Race Course seem to work well at the moment.
- We are working on a safety Plan for our Regattas

SCI ACADEMY AITUTAKI

National Sailing Development

Taua Elisa Henry

- NATIONAL LASER FLEET 22 LASERS.
- 3 HOBIECATS



- Holds coaching Clinics for National Squads and selected sailors for Regional and International events.
- Hosts Coaching Clinics with visiting sailors, coaches
- Hold coaching clinic for coaches.
- Holds Race officials Course usually prior to Interclub and National events.

Our flash Sailing Centre in Aitutaki!



- Laser Clinic with Scott Leith and Sarah Winter 2013
- Laser Clinic Rachel Basevi (NZ) 2013
- Introductory Laser 4.7 Clinic 2014
- Prepared Vanic Teina and Joshua Ioane for qualification for Youth Olympic Games.
- Prepared Joshua Ioane after selection in final run up to Youth Olympic Games.
- Taua runs the Sailing in Schools and NCEA Programs for schools in Rarotonga and Aitutaki.
- Works in Club development in Aitutaki and Rarotonga.
- Plans Clinics eg Manihiki /Rakahanga Coaching and Race Officiating Course 2014 (delivered by Helema Williams)
- Trains and Travels as Coach for RSC Junior Development team.



Hosting Regional Development opportunities.....Oceania Regional Coaches Course in 2013, Aitutaki with Tim Cross and the Santander Team



Local Community - Hidden resources?



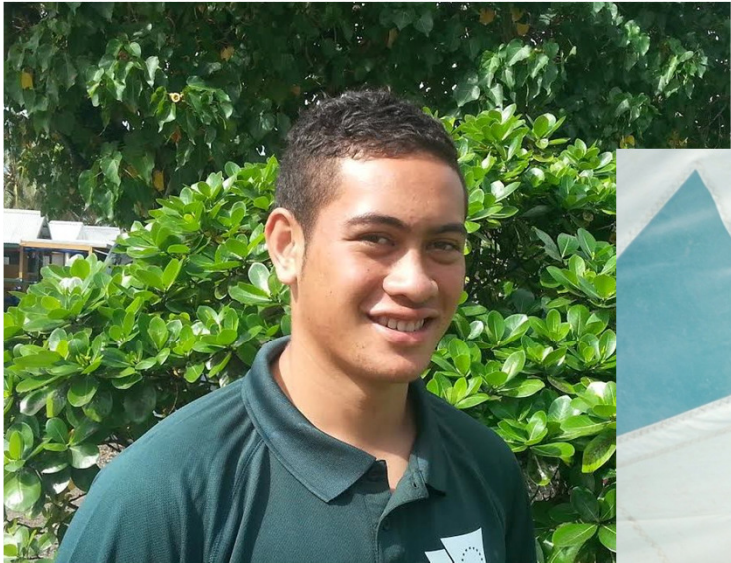
Celebration time c'mon!!! National Sports Awards 2014



Junior Team Cook islands to O'pen Bic Championships and Auckland Opti Championships 2013/2014/2015



YOG preparation - Joshua Ioane – Oceania Laser Championships 2014. NC, YOG Qualifier Brisbane



Youth Olympic Games 2014

Joshua Ioane



Pacific Games and Oceania Championships 2013



**Emerging Nations Program
and World Laser Radial
Championships, Santander, 2014.
Teau McKenzie.**





**Helema Williams
Olympic
Representative
COK
London 2012.**

Success brings our own role models and mentors.....



While very enthusiastic, our structure is fragile!

- We have managed to achieve some successful outcomes relative to our size... we worry that the whole structure is based on volunteers with one full time employee and that this is not sufficient in the modern world! We would value administrative support, and support for our development team. Fundraising is at its limit.....
- Distance between islands is a real financial wall for us. With islands serviced by boat or plane and the distances, even to get a coach to say Manihiki return costs NZD 2700!
- Even in Oceania a straight line is no indication of how MNA's can travel to each other, as often we must zigzag our way using available flight paths!
- Distance for international competition and venues with sizable fleets mean costly airfares.




Our Challenges.....

- **To develop and maintain a broad base of development...** plenty of sailors for fun and excellence: Learn to sail for all ages, school programs....
- To achieve a wide spread of interest in sailing from parents, prospective coaches and Race Officials – **the perception that its a great lifetime sport for all**
- **To deliver a solid development program** that repeats each year to harness new interest in coaching and officiating.
- **To maintain a dynamic PR image** that it's a happening sport for all. Realistic, achieving, well organised, fun – though Facebook pages, newspapers, TV.....

To strengthen the ties of traditional and cultural mana linking ocean voyaging and modern sailing.

- To continue to celebrate our special occasions in our own unique Cook Islands way.....



- 
- It's a privilege to have this time with you in the 50th year of self government of the Cook Islands..... our oldest club, Rarotonga Sailing Club is 75 years old this year!
 - The sailing history of the Cook Islands is a long and dramatic story which is still being written today..... by sailors from Optimists to Ocean Voyaging
 - From Club championships to Olympic sailing
 - Thankyou
 - Kiaorana e Kia Manuia!