

# NQ OUTRIGGERS



AUSTRALIAN OUTRIGGER CANOE RACING ASSOCIATION

North Queensland Zone Incorporated

ABN 64 460 160 637

E [nqzoneaocra@outlook.com](mailto:nqzoneaocra@outlook.com)

W [www.aocra.com.au/nqzone](http://www.aocra.com.au/nqzone)



## NORTH QUEENSLAND OUTRIGGERS Juniors

Airlie Beach Clinic **2024**



**Shingley Beach**  
Shingley Beach Drive  
Airlie Beach

to be held at  
**4<sup>th</sup> May 2024**

**8.00am – 1.00pm (arrive from 7.30am for registration)**

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The Queensland Government provide funding and assistance to increase Queenslanders participation in sport and recreation activities.





## JUNIOR CLINIC PROGRAM

### IMPORTANT NOTICE

- Don't forget to bring your paddle and a PFD if you own one, PFD is essential for Minnows.
- Bring a towel, change of clothing and appropriate footwear to walk to Lagoon Beach.
- Always be SunSmart – bring a hat and sunscreen.
- All canoes are required to carry one PFD per paddler and must be easily accessible and/or worn.
- Minnows must always wear a correctly fitted lifejacket/PFD for training and racing.
- It is the responsibility of the clinic team to ensure that the equipment is of a safe and suitable standard.
- Remember it is stinger season – you should wear appropriate clothing.
- Please be aware that crocodiles are present in NQ waters, so exercise caution.
- The junior clinic is a glass free event.

#### Queries to:

**NQ Zone JDO: Ingrid England**

**Email: [nqzonejuniordevelopment@gmail.com](mailto:nqzonejuniordevelopment@gmail.com)**

**Telephone: 0488 512 693**

**Lead Coach:**

**Mark Bell – 0407 126 168**

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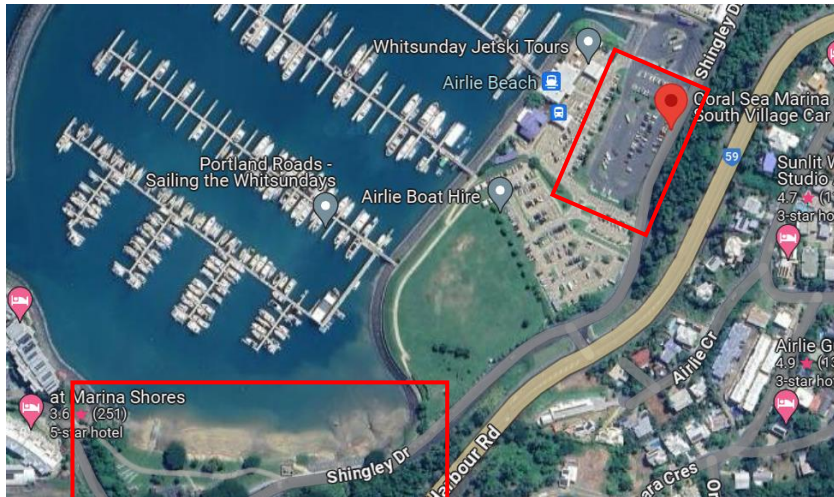




## THE VENUE

Shingley Beach, Shingley Drive, Airlie Beach.

Can be accessed by car or foot along the board walk from Cannonvale or Airlie Beach.



## PARKING

Parking is available at Shingley Beach in the carpark and on the roadside.

Alternative parking at the Coral Sea Marina South Village Car Park (paid parking) – walk Marina footpath to Shingley Beach.

## REFRESHMENTS

Water, fruit and lunch will be available. Please bring any additional snacks or dietary requirements plus a water bottle to fill up as required.

## EVENING GET TOGETHER

A group booking has been made at the Reef Gateway Tavern at 6.00pm – **please RSVP (text) Ingrid England on 0488 512 693 on numbers attending.**

## COURTESY BUS

The Reef Gateway has a courtesy bus, please book directly on **0473 333 066**



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## JUNIOR CLINIC PROGRAM

**Saturday Date: 4<sup>th</sup> May 2024**

Program subject to change with weather, coach and canoe availability, ability etc.

| Time                | Activity   |                   |                  |         |         |                   |                   |                   |                  |
|---------------------|--|-------------------|------------------|---------|---------|-------------------|-------------------|-------------------|------------------|
| 7.30 am - 8:00 am   | Arrive, Registration and Canoe Set-up  |                   |                  |         |         |                   |                   |                   |                  |
| 8:00 am - 8:20 am   | <b>Welcome and Introduction</b> <ul style="list-style-type: none"> <li>Blessing/Welcome</li> <li>Brief overview of the day's schedule and safety guidelines</li> <li>Allocate participants into smaller groups V1, OC1, OC2 and OC6</li> </ul>   |                   |                  |         |         |                   |                   |                   |                  |
| 8:20 am - 9:00 am   | <b>Technique, Drills &amp; On Water Practice - (Age appropriate - Minnows adjusted)</b> <table border="1"> <tr> <td>GROUP 1</td> <td>GROUP 2</td> <td>GROUP 3</td> <td>GROUP 4</td> </tr> <tr> <td>OC6 – Minnows/U12</td> <td>OC1 – U12</td> <td>OC2 – U14/16</td> <td>V1 - U16/19</td> </tr> </table> | GROUP 1           | GROUP 2          | GROUP 3 | GROUP 4 | OC6 – Minnows/U12 | OC1 – U12         | OC2 – U14/16      | V1 - U16/19      |
|                     | GROUP 1  | GROUP 2           | GROUP 3          | GROUP 4 |         |                   |                   |                   |                  |
| OC6 – Minnows/U12   | OC1 – U12  | OC2 – U14/16      | V1 - U16/19      |         |         |                   |                   |                   |                  |
| 9:00 am - 9:40 am   | <b>Technique, Drills &amp; On Water Practice - (Age appropriate - Minnows adjusted)</b> <table border="1"> <tr> <td>GROUP 1</td> <td>GROUP 2</td> <td>GROUP 3</td> <td>GROUP 4</td> </tr> <tr> <td>OC6 – U16/19</td> <td>OC1 – Minnows/U12</td> <td>OC2 – U12</td> <td>V1 - U14/16</td> </tr> </table> | GROUP 1           | GROUP 2          | GROUP 3 | GROUP 4 | OC6 – U16/19      | OC1 – Minnows/U12 | OC2 – U12         | V1 - U14/16      |
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| OC6 – U16/19        | OC1 – Minnows/U12  | OC2 – U12         | V1 - U14/16      |         |         |                   |                   |                   |                  |
| 9:40 am - 10:00 am  | Snack Break - Nutrition and Hydration  |                   |                  |         |         |                   |                   |                   |                  |
| 10:00 am - 10:30 pm | Fun Challenges and Games - TBC   |                   |                  |         |         |                   |                   |                   |                  |
| 10:30 am - 11:10 am | <b>Technique, Drills &amp; On Water Practice - (Age appropriate - Minnows adjusted)</b> <table border="1"> <tr> <td>GROUP 1</td> <td>GROUP 2</td> <td>GROUP 3</td> <td>GROUP 4</td> </tr> <tr> <td>OC6 – U14/16</td> <td>OC1 – U16/19</td> <td>OC2 – Minnows/U12</td> <td>V1 - U12</td> </tr> </table> | GROUP 1           | GROUP 2          | GROUP 3 | GROUP 4 | OC6 – U14/16      | OC1 – U16/19      | OC2 – Minnows/U12 | V1 - U12         |
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| OC6 – U14/16        | OC1 – U16/19   | OC2 – Minnows/U12 | V1 - U12         |         |         |                   |                   |                   |                  |
| 11:10 am – 11:50 pm | <b>Technique, Drills &amp; On Water Practice - (Age appropriate - Minnows adjusted)</b> <table border="1"> <tr> <td>GROUP 1</td> <td>GROUP 2</td> <td>GROUP 3</td> <td>GROUP 4</td> </tr> <tr> <td>OC6 – U12</td> <td>OC1 – U14/16</td> <td>OC2 – U16/19</td> <td>V1 - Minnows/U12</td> </tr> </table> | GROUP 1           | GROUP 2          | GROUP 3 | GROUP 4 | OC6 – U12         | OC1 – U14/16      | OC2 – U16/19      | V1 - Minnows/U12 |
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| OC6 – U12           | OC1 – U14/16   | OC2 – U16/19      | V1 - Minnows/U12 |         |         |                   |                   |                   |                  |
| 11:50 pm - 12:10 pm | Pack Up Canoes   |                   |                  |         |         |                   |                   |                   |                  |
| 12:10 pm - 12:30 pm | Cool Down and Debrief  |                   |                  |         |         |                   |                   |                   |                  |
| 12:30 pm - 12:45 pm | Walk/Canoe to Lagoon Beach   |                   |                  |         |         |                   |                   |                   |                  |
| 12:45 pm - 1.30 pm  | Lunch/Watch Shute Harbour Race return  |                   |                  |         |         |                   |                   |                   |                  |
| 6:00 pm             | Reef Gateway - Get Together – Parents, Juniors, Coaches, Friends   |                   |                  |         |         |                   |                   |                   |                  |

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A huge **THANK YOU** to all our sponsors and supporters for their invaluable contributions to the upcoming Airlie Beach Junior Outrigging Clinic!

Your generosity will help nurture young talent and foster a love for outriggering in our community and region.

We're eagerly looking forward to making this event a roaring success together!

**#NQZoneJuniors #FutureOfOutrigging  
#CommunitySupport #OutriggerFamily**

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Facebook: [Cruise.Whitsunday](#)  
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## BIG4 Adventure Whitsunday Resort

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## Design Lab 23

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## Stick'Em Up Hire

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## Whitsunday Segway Tours

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## Just Tuk'n Around

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