



902-798-4632
pisiquidcanoecub.ca



Parent Handbook

A Parent's Guide to the Sport of Canoe/Kayak and Pisiquid Canoe Club

2017

#pisiquidpride



TABLE OF CONTENTS

Coach`s Message

Commodore`s Message

1.0 Contact Information

- 1.1 2017 PCC Staff**
- 1.2 2017 PCC Board of Directors**
- 1.3 Daily Summer Schedule**
- 1.4 Off-Season Schedule**

2.0 Paddling Programs

- 2.1 Full Summer Program**
- 2.2 CanoeKids 2-Week Summer Camps**
- 2.3 Kiddie Canoe**
- 2.4 Adult Paddling**
- 2.5 KickStart Spring Training**
- 2.6 Fall & Winter Training**

3.0 Age Classifications

- 3.1 U11 Athlete Model (previously Atom)**
- 3.2 U13 Athlete Model (previously Peewee)**
- 3.3 U15 Athlete Model (previously Bantam)**

4.0 PCC Rules

- 4.1 General Club Rules**
- 4.2 Safe Arrival & Departure Program**
- 4.3 Incident Reporting**
- 4.4 Disciplinary Policy**
- 4.5 Registration & Payment of Fees**

5.0 2017 Schedule of Events (Tentative)

6.0 Long-Term Athlete Development (LTAD)

- 6.1 FUNdamentals (U11/U13)**
- 6.2 Train to Train (U13/U15)**
- 6.3 Learn to Compete (U15/U17)**
- 6.4 Train to Compete (Junior)**
- 6.5 Training to Win (Senior)**
- 6.6 Active for Life (Masters)**

7.0 Parent`s Guide to Paddling

- 7.1 Clothing**
- 7.2 Equipment**
- 7.3 Regattas**
- 7.4 Volunteer Committee**
- 7.5 Paddling Terms (so that you know what your kids are talking about)**



COACH'S MESSAGE

April 1, 2017

My name is Christian Hall and I am excited to begin my first season as Head Coach of Pisiquid Canoe Club!

Since 2012, I have worked as Assistant Head Coach at Senobe Aquatic Club where I was responsible for the high performance and development kayak program and many of the U13 and older war canoe crews. During this time, I have coached athletes and crews to national and divisional championships and several of my athletes have been named to the National Junior Academy Team and represented Canada internationally. Before working at Senobe I worked at Abenaki and Cheema, where I finished my paddling career. I have worked with athletes of all ages and I am looking forward to helping all Pisiquid athletes work towards their goals for 2017 and beyond.

I recently completed the training for my competition development coaching certification and completed my ELCC certification in 2011. I have a B.A. from Mount Saint Vincent University and a law degree from the University of New Brunswick; while at UNB I competed for the rowing team and served as president of the rowing club – becoming involved in a different sport was an interesting experience and gave me many new ideas to bring back to canoe/kayak!

I believe that there is something in the sport of canoe/kayak for everyone; whether competing at the national or international level or simply hanging out on the water with friends, this is a sport that can be a lifelong positive for all. My goals for the club include increasing summer program enrolment, carrying these increased numbers into expanded fall, winter, and spring programs, and building a culture of war canoe effort and success. I am always willing to meet with current or potential parents and athletes to see what the club can do for you; I can be reached at hall.christian@outlook.com.

I am looking forward to getting started with the spring paddling program in April – I encourage anyone possibly interested to get in touch with me to discuss it. One thing I have learned from experience is that participation – even just two or three times a week – in offseason programs is the surest path to success at the U11, U13, and U15 levels. Whether this spring or in the summer I can't wait to get to know the club members and start building a large and successful club providing first-class programs to Windsor and the surrounding area.

Christian Hall

Head Coach, Pisiquid Canoe Club



COMMODORE'S MESSAGE

April 1, 2017

I would like to welcome all our new and returning paddlers and their families to the Pisiquid Canoe Club. Our new board of directors are very excited for this upcoming season, and hope this year brings enjoyment, paddling success and fond memories to our athletes for years to come.

We are very excited to see the changes that were made to the paddling programming and training structure at Pisiquid this season, and offer our new Head Coach Christian Hall and his staff the upmost support for this upcoming season. We share his vision to develop our club into a group of competitive and high-performance young athletes, while still maintaining our small-town team community around the club. Christian and his staff will be working hard to completely redevelop our summer programming, with ambitions for qualification for CKC Nationals in Welland, ON this summer, and in Sherbrooke, QC for 2018. This includes redevelopment of our year-round paddling programs, and the launch of our new KickStart Spring Training program for our returning athletes in April.

Parents and athletes will be pleased to see the completion of our building renovations, and that we have outsourced our boat repair work over the winter, to ensure that our equipment is 100% ready to hit the water.

To start, our programming has reverted to 2-week summer camps, instead of the previous single week camps. This will allow our new participants to the sport to receive complete basic training to make their experience more enjoyable, with the hope to attract more long-term athletes to the sport. It is also planned to expand the programming for our U8 athletes, to increase the amount of technical coaching, include participation in more team boats and most importantly, improve the overall level of safety and supervision of every program.

We will be reinstalling our racing lanes in the lake this June to support our athlete training, and will be pursuing three ADCKC hosted events this season. This will include a Masters provincial regatta, an U11 mini-event, as well as the return of our annual PumpkinFest Long Distance event in October. We will also be participating in our own interclub regatta during the Avon River Days Festival, and will continue with our 2017 Paddle-a-Thon planned for September 1st in Windsor. Last year our Paddle-a-Thon raised over \$12,000 in a single day to support club operations, and we are hoping to match or exceed that amount this year with the support of our parent volunteers and the local business community.

Now in our 42nd year of paddling in Windsor, our overall vision for the Pisiquid Canoe Club remains:

- *Offer Recreational and Competitive Paddling Opportunities for All Members*
- *Provide an Affordable and Inclusive Program for our Community*
- *Ensure the Safety of our Participants and our Equipment*

Again, a warm welcome goes out to our new paddlers, parents, coaches and board members for the 2017 season. #pisiquidpride

Kind regards,



Brad Carrigan
Commodore, Pisiquid Canoe Club





1.0 PCC CONTACT INFORMATION:

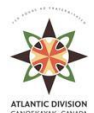
Clubhouse: 902-798-4632
 Website: www.pisiquidcanoecub.ca
 Facebook: www.facebook.com/pages/Pisiquid-Canoe-Club/219559431587227
 Twitter: www.twitter.com/pisiquid
 YouTube: www.youtube.com/channel/UC_nXZJDGyl1fyYNVnjpg3MQ
 Instagram: <https://www.instagram.com/pisiquid/>
 Team App: <https://pisiquidcanoecub.teamapp.com/>
 E-mail: hall.christian@outlook.com or admin@pisiquidcanoecub.ca

1.1 2017 PCC Staff:

Head Coach	Christian Hall	902-830-9047	hall.christian@outlook.com
Masters Coach	TBA		
Assistant Coach	TBA		
Assistant Coach	TBA		
Assistant Coach	TBA		
Assistant Coach	TBA		
Assistant Coach	TBA		

1.2 2017 PCC Board of Directors:

Commodore	Brad Carrigan	(902) 792-1124	bradcarrigan@eastlink.ca
Vice-Commodore	Sheldon Hope	(902) 790-0720	smhope@eastlink.ca
Treasurer (interim)	Karen Carrigan		admin@pisiquidcanoecub.ca
Secretary	Judy Lynch		judyalynch@outlook.com
Director	Marlene Myles		ideal.septicworks@gmail.com
Director	Kim Cochrane		kim.cochrane@ns.sympatico.ca
Paddling Chair	TBA		TBA
Registrar	TBA		TBA





1.3 Daily Summer Schedule:

06:30 – 07:30	Masters Racing Program Morning Practice
07:30 – 09:00	Development/High-Performance Program Morning Practice
07:30 – 08:30	Early Drop-Off (Additional Fees Apply)
08:30 – 09:00	Club Open for Member Drop-Off
09:00 – 12:00	Morning Paddling Programming
12:00 – 13:00	Lunch
13:00 – 16:00	Afternoon Paddling Programming
16:00 – 16:15	Yard & Club Clean up
16:15 – 16:30	Program Dismissal; Members Available for Parent Pick-Up
16:30 – 17:30	Late Pick-Up (Additional Fees Apply)
16:00 – 17:30	Development/High-Performance Program Afternoon Practice
18:00 – 19:00	Open Dock
18:30 – 19:30	Adult Recreational & Masters Racing Program Evening Practice

1.4 Off-Season Schedule (tentative):

16:00 – 18:00	Development/High-Performance Program (Weekdays)
18:00 – 19:00	Adult Recreational & Masters Racing (Weekdays)
08:00 – 09:00	Adult Recreational & Masters Racing (Saturdays)
09:00 – 11:00	Development/High-Performance Program (Saturdays)

Development Group

Development Group (U11/U13/U15) athletes must show interest in improving their ability and commitment to attending practices. There is no speed requirement but athletes must have balance in a K1 or C1. All paddlers meeting this criterion are encouraged to participate in the Development Group. Parents may need to allow for additional training time, group teambuilding activities, as well as supplemental on-water and off-water races and time controls for paddlers in this group.

High-Performance Group

High-performance (U15 & Older) athletes must demonstrate the ability to perform well enough with the group, show dedication and work ethic to high-performance paddling. Invitation to the high-performance group is the decision of the head coach. Parents will need to allow for additional training time, group teambuilding activities, as well as supplemental on-water and off-water races and time controls for paddlers in this group. This group participates in the LTAD Learn-to-Compete athlete phase and will need to commit to additional training responsibilities and supplemental travel to enhance their training and level of competition.



2.0 2017 PADDLING PROGRAMS:

2.1 Full Summer Program:

The summer paddling program features all of the elements of sprint canoe and sprint kayak at a novice and competitive level. Conditioning, technique, skill development and safety all form elements of this program. The program is structured for U8, 11, U13, U15, Junior and Senior age categories. The summer program members participate in the divisional regattas and the sprint championships held in August. This full-day program includes a combination of daily on-water sessions as well as supervised physical activities and dry-land conditioning. Note that running, stretching and other warm-up activities are standard elements of training and conditioning for the summer paddling program.

2.2 CanoeKids 2-Week Summer Camps:

Our CanoeKids 2-Week Summer Camps (Ages 8-13) are an introductory program to the sport of sprint canoe and sprint kayak. This program is designed for those wanting to try the sport without committing to a full summer. Participants learn the basics of safe canoeing and kayaking skills and are introduced to team boats in kayaks and flat-water canoes. This program is blocked into 2-week programs, running throughout the summer (July-August). This full-day program includes a combination of daily on-water sessions as well as supervised physical activities and fun games for the kids. The program for each of these 2-week sessions is the same, so paddlers who have already completed a CanoeKids camp are encouraged to try the full summer program!

2.3 Kiddie Canoe:

Kiddie Canoe (ages 5-7) is a fun program that introduces young children to the sport of paddling. Kids are familiarized with introductory water safety, and participate in short group paddles in recreational canoes, sit-on kayaks and mini-kayaks under the direct supervision of the coaching staff.

2.4 Adult Paddling:

This evening and weekend paddling program is offered for those 25 years of age and over. The adult paddling group includes both experienced paddlers and those new to the sport. The program teaches the technical, skill development and safety fundamentals of flat-water canoe and kayak. There are divisional Masters regattas and national sprint regattas (CanMas) available to those that are interested in racing. The adult paddling program is an excellent recreational exercise program for those that want to get fit and enjoy the water.

2.5 Spring Training:

The Spring Training paddling program is for experienced members wanting to start their paddling and training before the formal summer program in July. This evening and weekend program includes a combination of daily on-water sessions (when possible) as well as supervised physical activities and dry-land conditioning. Note that running, flexibility and other strength and conditioning activities are standard elements for the Spring Training program.

2.6 Fall & Winter Training:

Fall and winter paddling programs continue the progression of sprint canoe and kayak for any member wanting to continue their conditioning and skill development throughout the rest of the year. These evening and weekend programs include a combination of daily on-water sessions (when possible) as well as supervised physical activities and dry-land conditioning. Note that running, flexibility and other strength and conditioning activities are standard elements for the off-season paddling program.





3.0 AGE CATEGORIES:

U8	Under 8 years of age on January 1st of the year of participation
U11	Under 11 years of age on January 1st of the year of competition
U13	Under 13 years of age on January 1st of the year of competition
U15	Under 15 years of age on January 1st of the year of competition
U17	Under 17 years of age on January 1st of the year of competition
U19	Under 19 years of age on January 1st of the year of competition
Masters	25 years of age or over on January 1st of the year of participation

3.1 U11 Athlete Model:

The U11 (Atom) paddlers are an enthusiastic group of kids that spend their days learning to keep their own balance in sit-on kayaks, mini-kayaks and mini-canoes, and join in with their peers for daily war canoe and team boats around the lake. More experienced U11 paddlers may progress to full-sized boats, though all racing is in minis. When not on (or in) the water, the U11's spend time playing dryland games and outdoor activities like running, soccer or tag around the club grounds.

Coaches ensure the focus of their paddling experience on having as much fun as possible, and start to work on some basic skill development. Competition and training are not the primary objective of this group but U11 summer paddlers will have the opportunity to participate at 2-3 fun club-level timed mini-regattas. These mini-regattas are all about teamwork, learning the rules and finishing the race in a fun environment; and not about who finishes first, second or third.

U11 paddlers have the option to paddle in the Development Group once they have their balance in a K1 or C1. Some U11 paddlers will get to experience racing at the U13 level by “racing up” to fill war canoes, C4s, and K4s with their friends!

3.2 U13 Athlete Model:

The U13 (Peewee) paddlers start to refine their basic paddling skills and transition into young athletes. These young paddlers start to master their balance, learn technique, learn to use larger and tippier boats. These kids really start to develop a love for the sport, including the additional fun and excitement to be had when competing against other clubs in local regattas as a team. The mix of dryland games and outdoor activities promotes overall youth fitness and solidifies the team atmosphere at the club.

Coaches ensure the U13 paddling experience continues with critical skill development in both canoes and kayaks; in singles, crews and war canoe. There is no distance specialization at this age. Participation in team boats and multiple distances is fundamental for the development and sport enjoyment of these young paddlers. U13 paddlers are encouraged to participate at two mid-summer regattas, and then show off their new skills and hard work at the “U13 Champs” at the end of the summer. The overall goal is to maximize participation, do your best, and most importantly... to cheer on your teammates.



3.3 U15 Athlete Model:

The U15 (Bantam) paddlers are now at the level where they start to emerge with their own personalities and many will start to treat their own training seriously. This group doesn't just want to finish a race, they want to win it. They get the opportunity to compete against their peers at the club for top spot and then will get in a boat with these same peers and compete with them. There are not many sports where you get to compete with and against your best friends all in the same day. Overall fitness helps their performance, so the U15 kids get a good share of dryland fitness and fun added in every day with flexibility and strength-building exercises, including running, soccer, basketball and other activities. U15's that are new to the sport can also learn and grow at their own pace and have the ability to practice with the experienced kids to help climb the learning curve very quickly.

Coaches ensure the U15 paddlers focus on technique development in both canoes and kayaks; in singles, crews and war canoe. U15 paddlers are encouraged to participate at the two mid-summer regattas, and then at the "U15 Champs" at the end of the summer. Many of the older paddlers will also have the opportunity to get their first taste of Qualifying for National Sprint Canoe/Kayak Championships. And with enough hard work and training, many will get to experience going to Nationals, even as a first-year paddler.

4.0 PCC RULES:

4.1 General Club Rules:

1. Please keep your club clean. Place all litter in the appropriate garbage cans, recycling and organics bins.
2. PCC is not responsible for lost or stolen articles. Please do not leave personal items at the club.
3. Profanity will not be tolerated.
4. Please report any damage of equipment or facilities to the coaching staff immediately.
5. Two or more paddlers are required to carry each boat.
6. Please empty and dry all water from the boats and return them to the racks after use.
7. Please return all equipment to the club in a tidy fashion after use.
8. PCC is a completely smoke free environment.
9. Bicycles must be left outside of the club.
10. Have fun and enjoy the water!

Pisiquid Canoe Club raises the majority of its revenue through fundraising to be able to repair and purchase boats and equipment. The coaches will instruct all paddlers on the proper care and handling of the boats and equipment. It is expected that paddlers will treat all equipment with respect and care and no form of abuse or mistreatment will be tolerated.

4.2 Safe Arrival & Departure Program:

Pisiquid Canoe Club has a safe arrival and departure program at the club. The safety of the children is the ultimate concern of our staff and directors. Parents/guardians are required to sign their kids into and out of the club each day. There is an attendance sheet located inside the upper clubhouse at the club to be used each day. If the need arises to sign out a child before the end of the regular program, parents are to notify a club coach (not another child) that the child is leaving early. If a person other than parent/guardian is picking up your child, then a note or phone call is required.

If the parents/guardians waive the drop-off or pick-up of older children, due to them walking or bicycling to the club on a regular basis; then the children are responsible for signing themselves into and out of the club on a daily basis using the same attendance sheet in the upper clubhouse. If the need arises to sign out before the end of the regular program, children are to notify a club coach (not another child) that they are leaving early.

We ask that parents call the club (902-798-4632) before 9:00am if your children will be absent from their normally scheduled program. If we do not hear from you, we will phone you to make sure that you are aware that your child is absent on that day. Your child's safety is our primary concern.

4.3 Incident Reporting:

Pisiquid Canoe Club enforces an incident reporting policy to ensure that parents/guardians are informed of all incidents and/or disciplinary warnings in a timely manner. If your children are involved in any form of first-aid, near-miss, injury or other disciplinary incident involving your child; you will be asked to sign acknowledgement of the incident when you pick-up your children. The coaching staff will be pleased to take the time to explain the incident to you, and how they will take steps to eliminate reoccurrence.

Any incident reports will be reviewed at the end of the day by the entire coaching staff to ensure that all appropriate actions are implemented to prevent reoccurrence. These incident reports will also be reviewed the PCC board of directors to ensure actions are communicated, handled and actions implemented in a suitable and timely manner.

4.4 Disciplinary Policy:

Pisiquid Canoe Club enforces a no tolerance policy for inappropriate and disrespectful behavior towards coaches, paddlers, and equipment. This includes but is not limited to bullying, failure to follow club rules, disregarding coaches' directives, violence and/or any form of discriminatory behavior. PCC reserves the right to discipline any person who displays such behavior.

1st Offence: 1 day suspension and notification to parent/guardian

2nd Offence: 1 week suspension and written notification to both parents/guardians

3rd Offence: Expulsion from Pisiquid Canoe Club

There will be no refund of membership fees as a result of any disciplinary action.



4.5 Registration & Payment of Fees:

Registration fees shall be set by the PCC board of directors prior to the season commencing. Summer program registration will occur during the Town of Windsor's Recreation Registration event, during PCC Open House events, during program operation or online. Registration shall be considered complete only upon receipt of all of the following by the Registrar:

- completed registration form; and
- payment(s) covering all appropriate fees

For liability reasons, paddlers will not be permitted to participate in programming or events until registration is complete. Options for payment of registration fees are as follows:

- payment in full (cash, cheque or e-transfer to admin@pisiquidcanoeclub.ca); or
- postdated cheques or e-transfer; provided the full amount is paid prior to the start of the program

All paddlers are required to pay their applicable CKC fees at registration. 100% of this fee is returned to Canoe Kayak Canada, the governing body, to assist in the promotion and development of the sport on a Provincial, National and International level.

5.0 2017 SCHEDULE OF EVENTS (TENTATIVE):

April 1	PCC Spring Training Begins (April-June)	Pisiquid
April 22	PCC Early Registration & Open House	Pisiquid
May 6	All Sport – One Community – One Day Sport Expo	Avon View High School
May 11-14	CKC National Team Trials #1 (NTT1)	Montreal, QU
May 13	PCC Summer Registration	Pisiquid
May 20	Long Distance Series Event #1 (RC)	Lake Banook
June 3-4	ADCKC Canada Games Team Trials	Lake Banook
June 11	U16 – Open Regatta #1	Lake Banook
June 23-25	CKC National Team Trials #2 (NTT2)	Lake Banook
June 24	PCC Open House & Late Registration	Pisiquid
July 1	Canada Day Parade	Hantsport, NS
July 1	Epic Dartmouth	Lake Banook
July 1-2	Canada Cup #1	Rideau, ON
July 4	PCC Summer Program Kick-off and Orientation	Pisiquid
July 8-9	Canada Cup #2	Shawinigan, QC
July 9	U16 – Open Regatta #2	Lake Banook
July 15	U13 Regatta #1	Maskwa
July 16	U15 Regatta #1	Maskwa
July 18	U11 Series Event #1	Maskwa
July 22	Masters Regatta #1	Pisiquid
July 28-30	CKC Nationals Qualifying Regatta	Lake Banook
August 1	Avon River Days & PCC Open House	Pisiquid
August 1	Natal Day Knockout	Lake Banook
August 5	U13 Regatta #2	Lake Banook
August 6	U15 Regatta #2	Lake Banook
August 6-12	2017 Canada Summer Games	Winnipeg, MB
August 12	Masters Regatta #2	Lake Banook
August 15 (TBA)	U11 Series Event #2 (tentative date)	Pisiquid
August 17-18	U13-U15 Championships Heats	Lake Banook
August 19	U13-U15 Championships Finals	Lake Banook
August 22-26	CKC 2017 Sprint National Championships	Welland, ON
August 27	CanMas 2017 Masters Championships	Welland, ON
September 1	PCC Paddle-a-thon Fundraiser & Awards Banquet	Pisiquid
September 9	PCC Fall Training Begins (September-December)	Pisiquid
September 17	ADCKC Masters Championships	Lake Banook
September 30	ADCKC 2021 Core Team Trials	Lake Banook
October 14	Arthur Weston / Fred Lynch Memorial (10 mile)	Lake Banook
October 15	ADCKC PumpkinFest Long Distance Event	Pisiquid
October 21	Richard Dalton Classic (24 km)	Cheema
November 12	Cross Country Champs	Lake Charles
December 2	PCC Fall Training Ends	Pisiquid
December 4	PCC Winter Training Begins (December - March)	Pisiquid

6.0 LONG-TERM ATHLETE DEVELOPMENT (LTAD):

6.1 FUNDamentals (U8/U11/U13):

- *Fun and skill development while giving participants fun race opportunities*
- *Conduct multisport regattas, paddling, games, running, biking, swimming, etc.*
- *Include both Canoe and Kayak; no boat specialization*
- *Focus on participation in team boats*
- *Utilization of age appropriate equipment; mini-kayaks, mini-canoes, Lightning kayaks*
- *Gain race day protocols, etiquette, rules and routines in a fun environment*
- *Minimize financial stress on parents and club to purchase high-end boats and equipment*

6.2 Train to Train (U13/U15):

- *Multiple distances; no distance specialization*
- *Include both canoe and kayak; athletes may begin to specialize in a discipline*
- *Focus on participation in team boats*
- *Learning to paddle and build aerobic machines; understand PHV variance in athletes*
- *Minimize travel and financial commitments for parents and club*
- *Minimize high-level regattas (Qualifying & Nationals)*

6.3 Learn to Compete (U15/U17/U19):

- *Multiple distances; race across as many race distances as possible*
- *Consideration given to school/work transition, part-time jobs, etc.*
- *Proficiency in paddling single boats*
- *Development of wash-riding skills and boat control skills*
- *Foster participation in team boats to accommodate late entry of athletes into the sport*
- *Bridge gap from U15 to U17*
- *Regular off-water team building activities*
- *Introduce higher-level competition (Qualifying & Nationals)*

6.4 Train to Compete (Junior):

- *Specialization in canoe vs. kayak*
- *Specialization in distance; following PHV/growth spurt*
- *Specialization in crew boats vs. singles*
- *Competition analysis and debriefs*
- *High Performance identification; recognize Domestic and International HP pathways*

6.5 Training to Win (Senior):

- *Provincial and National Coaching*

6.6 Active for Life (Adult Recreational / Masters Racing):

- *Facilitate paddlers' continued involvement by pursuing personal goals and by promoting boats which foster their continued participation; crew boat 4's and war canoe*



7.0 PARENT'S GUIDE TO PADDLING:

7.1 Clothing:

Pisiquid Canoe Club requires paddlers to dress appropriately for all practices and regattas. Female paddlers are to wear a one piece bathing suit/shorts or a tank top over a 2-piece suit, and male paddlers are to wear bathing suit/shorts and a shirt or singlet. It is strongly suggested that children wear water shoes or sport sandals for foot protection and must bring dry sneakers for dry land activities. Paddlers are to bring hats, sun block, bug spray and an ample supply of drinking water on a daily basis.

Appropriate spare clothing and a dry towel should accompany the member to the club and should be carried in a gym bag along with plastic bags for wet clothing. Clothing and towels are not to be left at the club. It is also recommended that other personal belongings (phones, electronics) are not brought to the club. PCC is not responsible for any lost or stolen clothing, towels or personal belongings.

For all ADCKC regattas, paddlers are required to wear a club uniform, called a singlet as their outer layer (tee shirts are used for U11). Singlets and tee shirts are kept in stock and are available for purchase at the club. The club has a buy-back program for singlets that are still in like-new condition. Parents may ask the coaching staff if any pre-owned singlets are available for purchase. The club also has an annual clothing order available for Pisiquid Racing Gear (track suits, shirts, hoodies, shorts, etc). The deadline for racing gear is the end of May, to ensure delivery before the summer season.

7.2 Equipment:

Pisiquid Canoe Club attempts to make all of the required equipment available to its members to maintain a low cost for families. The club provides the boats and paddles, as well as regatta-specific items like boat numbers, back numbers, boat tie-down straps, etc. There are only a minimal number of life jackets and knee blocks at the club. Diligent care of all club equipment is a necessity due to the high cost of this equipment.

Paddlers are responsible for bringing their own properly fitted and CSA certified life jackets (required for U8 and U11). Life belts are allowed to be used by U13 and U15 paddlers. Life jackets and life belts are available for order through the club. A war canoe bun or knee block will also be required for all summer paddlers. These items are not stocked at the club, and should be ordered in advance of the start of the program. It is recommended that paddlers bring and return their own life jacket, life belt and bun/block each day and have them properly labeled with their name. Note that swim tests are mandatory for all paddlers.

7.3 Regattas:

There are regattas held throughout the summer, most of them on weekends. If you are unable to attend a regatta or choose not to race, please speak to the coach early in the season as your name will have to be removed from the draw (schedule of races and paddlers). Paddling is a team sport. An athlete who signs up to race and doesn't come to the regatta will be disappointing his or her crew members; as they are taking away others' opportunities to compete. If you are unable to take your son or daughter to a regatta please speak to their coach in advance and take advantage of carpooling with other paddlers.

Paddlers are asked to arrive at least 1 hour in advance of their first race. It is wise to bring lots of extra clothes in case the wind picks up or it starts to rain. It is also important to bring sun block and a chair to sit on. There is usually a canteen to provide drinks, snacks and a BBQ for hot dogs and hamburgers. We suggest you pack lots of food for the paddlers, as they tend to eat all day long.

While the coaches try to be very approachable and are always available to talk with parents about their child's progress, race day is not the time for discussions. There are many children that need to be attended to and while your child might not be in the boat they would like to be, be assured that the coaches are responsible for selecting crews. If you would like to discuss your child's specific needs, please do so on a non-race day. Once the crews are selected, the coaches are not able to make changes. Remember that parents are spectators only and should not be on the docks.

Plan to be in attendance for the whole day. Races are sometimes pushed back due to weather or other delays. If your child is racing, try to keep the whole day open. Other paddlers may be depending on your child for a crew boat and leaving before a race affects many kids and coaches. Bring a book or help out, cheer on the other kids and enjoy the fresh atmosphere and excitement.

For most weekend regattas, the boat trailer will be loaded on Friday afternoon to transport the boats to the upcoming regatta. All paddlers are required to help out with the loading and unloading of the boats at the regatta site. When the regatta is over, all paddlers and parents are expected to return to Pisiquid to help unload the boats and put them back in the boathouse.

Parents please note that a draw may be printed in advance of the regatta. The draw is often 100 pages long - so you may want to print only a portion of the draw. This will help you to follow the racing schedule and record race results. The draw and results will also be posted on a bulletin board in the area where the paddlers are seated. The coaches will be on hand to make sure all paddlers prepare in advance for their race. A life belt/jacket and singlet must be worn in the boat. If a paddler falls out of the canoe or kayak, a rescue boat will pick them up and bring them back to the dock, unless the distance is very short and the paddler can swim the boat and paddle back on their own.

<http://www.adckc.ca/Regattas/Regatta-Schedule>

7.4 Parent Volunteers:

The Pisiquid Canoe Club is a non-profit organization that relies on the team efforts of volunteers to be successful. Volunteers are required throughout the season to help with many different activities. We ask that all parents consider volunteering some of their time each year to assist the club in making the program enjoyable and sustainable for the future. If you are able to volunteer to help with any of the following items, please ask the coach to put you in contact with our parent volunteer coordinators.

Fundraising	Individuals for staff canteens, BBQ's and volunteers for Avon River Days, 3 Pisiquid hosted sprint regattas, Chase-the-Ace, Club100, and Paddle-a-thon Fundraisers
Maintenance	Individuals with experience for carpentry, fiberglass repair, welding, machining, drywall, painting, motor repair, and other trades
Boat Hauling	Individuals capable of hauling the boat trailer for various regattas; with truck/hitch
Safety Boats	Individuals capable of staffing safety boats for various ADCKC regattas
Boat Operators	Individuals capable of operating safety boats for PCC regattas and events; must have a valid pleasure operators card and wear PFD
PCC Regattas	Individuals capable of assisting with race starting and timing for PCC regattas
Sponsorship	Individuals to promote annual Corporate Sponsorship
Board Members	Individuals interested in joining the PCC Board of Directors



7.5 Paddling Terms: (so that you know what your kids are talking about)

- ADCKC:** Abbreviation for the Atlantic Division CanoeKayak Canada, the sport's regional/provincial governing body
- BACK NUMBER:** Number worn to distinguish lanes during a competition; in crew boats the person at the back of the boat wears the back number
- BLOCK:** Contoured foam block on which a sprint canoeist kneels
- BOAT NUMBER:** A number placed on the deck of the boat indicating the lane drawn by the competitor or crew for a race
- BOAT RACKS:** Sawhorse like apparatus used to place boats on when not in the boathouse
- BUN:** Small cork filled cloth sack used for kneeling on in a C-1, C-2, C-4 and war canoe
- BURGEE:** A paddling championship typically in the shape of a nautical flag
- C-BOATS:** Specially designed flat water (Canadian) canoes designed to be paddled in a kneeling position; they come in the C-1 (single person boat), C-2 (two person boat), C-4 (four person boat), and the C-15, which is also known as the war canoe
- CANMAS:** Canadian Masters Championship, held each year immediately after the National Canoe Championships wherever the CKC Nationals are held; this is a one day event
- CHIEF OFFICIAL:** The top official at a regatta; among their duties are to receive and resolve any protests that may be filed; verify and approve all crew substitutions; in the event of inclement weather or other unforeseen circumstances, which makes it impossible to carry out the competition, postpone the competition and decide on another time when it may be held
- CKC:** Abbreviation for the CanoeKayak Canada, the sport's national governing body
- COMMODORE:** The chief executive officer of the canoe club
- COX / COXSWAIN:** Steersperson and captain in the war canoe
- DIVING:** Submerging the nose of the boat with each stroke
- DNF:** Did not finish the race
- DNS:** Did not start the race
- FARTLEK:** Long continuous paddle generally about 10-15 km for the older paddlers; used to work on technique and to build endurance
- FLAT BLADE:** Easy to use kayak paddle for beginners



FLOORBOARD:	A wooden apparatus used in sprint canoes and kayaks to raise the paddler to provide a flat surface to paddle on and distribute the body weight throughout the hull
FOOTBOARD:	An apparatus in a kayak used to push off for greater stroke strength
J-STROKE:	A steering stroke used to maintain a straight line in the sprint canoe
K-BOATS:	Specially designed flat-water kayak; they come in the K-1 (one person boat), K-2 (two person boat), and the K-4 (four person boat)
LIFE BELT:	Personal flotation device safety belt allowed to be worn by paddlers U13 & 15
LOCAL CLUBS:	<p>AB Abenaki, (Bell Lake, Dartmouth, NS) BA Banook, (Lake Banook, Dartmouth, NS) CH Cheema, (Lake Thomas, Waverley, NS) KE Kennebecasis, (Kennebecasis River, Rothesay, NB) KI Kinap (Porters Lake, NS) MA Maskwa, (Kearney Lake, Halifax, NS) MM MicMac, (Lake Banook, Dartmouth, NS) OR Orenda, (Lake Echo, NS) PI Pisiquid, (Windsor, NS) SA Sackawa, (First Lake, Lower Sackville, NS) SE Senobe, (Lake Banook, Dartmouth, NS)</p>
POGIES:	Specially designed outerwear to cover the hands while allowing the paddler to paddle without hindrance in cold conditions; there are canoe pogies and kayak pogies
REFEREE:	An on-water official who follows a race down the course; he/she has the power to judge the race, stop the race, caution or disqualify any crew or competitor failing to race within the rules
REGATTA:	A competition in sprint canoe/kayaking; at this competition a competitor may race a maximum of 8 races provided 2 are at the 200m distance
RIDING WASH:	Using the wash of another boat to propel forward a boat-like paddling downhill
RIDING YOUR KNEE:	In a sprint canoe, using the front leg instead of the shoulder to push your body back straight thus causing diving in a sprint canoe
ROTATION:	Using predominately the muscles of the torso and lower body for the forward acceleration of the boat.
RUDDER:	An object which hangs off the back of a kayak, used to steer with; it is controlled from the front of the boat



- SHOOT THE BOAT:** On the last stroke of the race throwing yourself to the back of the boat to shoot the boat forward an extra foot or two; after the shoot the boat will come to a stop
- SINGLET:** CKC approved racing shirt to be worn by a competitor to identify the club to which he/she belongs
- SPINNING:** Paddling faster than your boat's moving; an inefficient stroke
- SPRAY SKIRT:** A fabric, water repellent cover that fits snugly around the paddler and over the cockpit of a kayak while paddling
- SPRINT:** Short high-tempo, high intensity burst of high speed
- START:** A series of different strokes used to accelerate the boat from a stationary position to top speed
- STARTER:** An on water official who starts the race; the objective is to give all competitors an even start on the start line; a starter can stop a race and/or disqualify a competitor
- STROKE:** Person in the front of the boat that controls the pace of the crew during the race
- STROKE RATE:** The number of strokes a paddler takes per minute
- TECHNIQUE:** Proper application of physiological principles to most efficiently propel the boat
- THE "BLACK":** Legendary Junior Men's C-4 cup raced annually at Nationals
- WASH:** Waves that come off the back of an another canoe, kayak or safety boat
- WHIP-IN:** This must be done before a race; the competitor goes to the Whipper-In to pick up his/her racing bib and/or his/her deck number that is fitted onto the deck of the boat. Whip-in is normally only required for long-distance or specialty races
- WING BLADE:** A kayak paddle with a specially designed scoop to make the stroke more efficient