



902-798-4632  
pisiquidcanoecub.ca



# Parent Handbook

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

## 2019

#pisiquidpride



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### HEAD COACH'S MESSAGE

March 1, 2019

Hello Everyone,

While it sure doesn't feel like it outside, it is almost time for PCC paddlers to hit the water for our spring and summer programs! While our winter training group has been working hard in the gym, in the pool, and outside running, everyone is ready to be back on the lake. Spring Paddling starts on April 1 and our Summer Program kicks off on July 2.

My name is Christian Hall and I am the Head Coach at Pisiquid. 2018 will be my 11<sup>th</sup> year coaching and my third year at PCC. I am looking forward to seeing each and every one of our paddlers continue to develop and succeed in 2019 and the continuing growth of our program. After a great 2018 we will continue to develop our summer and off-season programs to better serve our members. Those returning to the club in 2019 will see notable improvements and investments in equipment including two brand new K2s!

For both new and returning members I have a few pieces of advice to parents and paddlers to help make your paddling season successful.

**Hit the water early** – Our spring program starts in April, and we also have a June start option which is perfect for our younger paddlers. Lengthening the season by a month or a few makes a huge difference in giving more time for skill development and improving fitness. *Even first-year paddlers can participate in our June-start option!*

**Check the regatta schedule before making summer plans** – Every year there are always paddlers who have to miss a competition because they were on a trip or away for a weekend competition. The draft regatta schedule is available now at <https://www.adckc.ca/regatta-safety-boat-spotter-schedule>. Each age group has only 2-3 regattas through the summer and our returning members can ensure you that they are highlights of the year!

**Introduce yourself and stay in touch** – Without a doubt, the most successful paddlers are the ones whose parents I always see around the club. Ask me how your child is doing, what they need to do to improve, or ask about upcoming events. Involved parents keep their paddlers on-track! Stay in the loop by following us on Facebook, Twitter, and Instagram and by subscribing to our Newsletter.

Feel free to get in touch if you have any questions about our programming! You can reach me at (902) 830-9047 or at [hall.christian@outlook.com](mailto:hall.christian@outlook.com). I look forward to seeing returning members and some new faces at our spring open houses/registration!

Head Coach, Pisiquid Canoe Club





### COMMODORE'S MESSAGE

February 1, 2019

I would like to welcome our new and returning paddlers and their families to the Pisiquid Canoe Club. Our 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 the past few seasons and offer our returning 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 continue the development of our summer programming, with ambitions for qualification for CKC Nationals in Regina, SA this summer and for Ottawa in 2020. This includes continued expansion of our year-round paddling programs, including Fall Training, Winter Training and our Spring Training program for our returning club athletes on April 1, 2019.

Our program plan is to continue our 2-week summer camps, instead of single week camps. This allows 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 our sport. We also plan to continue our age-specific 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 at the club.

We plan to improve our lake training course by reducing the number of racing lanes in the lake this June, to support our athlete training. We will be pursuing two ADCKC hosted events this season, including one U10 event for July or August, and our annual PumpkinFest Long Distance event in October. We will also host our annual 2018 Paddle-a-Thon planned for August 30<sup>th</sup>. Last year our Paddle-a-Thon raised over \$5,000 in a single day to support club operations, and we are hoping to reach similar amounts this year with the support of our parent volunteers and our local business community. We also plan to launch a brand new major fundraising event this Spring that will assist the club in annual boat and equipment upgrades and modernization.

Now in our 44<sup>th</sup> year of sprint 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 2019 season.

Kind regards,

Brad Carrigan  
Commodore, Pisiquid Canoe Club

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**1.0 PCC CONTACT INFORMATION:**

Clubhouse: 902-798-4632  
 Website: [www.pisiquidcanoecub.ca](http://www.pisiquidcanoecub.ca)  
 Facebook: [www.facebook.com/pages/Pisiquid-Canoe-Club/219559431587227](https://www.facebook.com/pages/Pisiquid-Canoe-Club/219559431587227)  
 Twitter: [www.twitter.com/pisiquid](https://www.twitter.com/pisiquid)  
 YouTube: [www.youtube.com/channel/UC\\_nXZJDGyl1fyYNVnjpg3MQ](https://www.youtube.com/channel/UC_nXZJDGyl1fyYNVnjpg3MQ)  
 Instagram: <https://www.instagram.com/pisiquid/>  
 Team App: <https://pisiquidcanoecub.teamapp.com/>  
 E-mail: [hall.christian@outlook.com](mailto:hall.christian@outlook.com) or [headcoach@pisiquidcanoecub.ca](mailto:headcoach@pisiquidcanoecub.ca)  
[admin@pisiquidcanoecub.ca](mailto:admin@pisiquidcanoecub.ca)

**1.1 2019 PCC Staff:**

Head Coach	Christian Hall	902-830-9047	<a href="mailto:hall.christian@outlook.com">hall.christian@outlook.com</a>
Asst. Head Coach	Savannah Sullivan		
Masters Coach	TBA		
Assistant Coach	Sophie Parker		
Assistant Coach	Jacob Naugler		
Assistant Coach	Kameron Kennedy		
Assistant Coach	Logan Hope		
Club Manager	Kimberley Parsons		

**1.2 2019 PCC Board of Directors:**

Commodore	Brad Carrigan	<a href="mailto:bradcarrigan@eastlink.ca">bradcarrigan@eastlink.ca</a>
Vice-Commodore	Sheldon Hope	<a href="mailto:smhope@eastlink.ca">smhope@eastlink.ca</a>
Registrar	Marlene Myles	<a href="mailto:ideal.septicworks@gmail.com">ideal.septicworks@gmail.com</a>
Secretary	Judy Lynch	<a href="mailto:judyalynch@outlook.com">judyalynch@outlook.com</a>
Treasurer	Karen Carrigan	<a href="mailto:treasurer@pisiquidcanoecub.ca">treasurer@pisiquidcanoecub.ca</a>
Paddling Chair	Vacant	
Fundraising	Sarah Jackson	<a href="mailto:sarahjackson918@gmail.com">sarahjackson918@gmail.com</a>
Fundraising	Nicole Wile	<a href="mailto:nicolewile30@hotmail.ca">nicolewile30@hotmail.ca</a>
Building Committee	Brad Carrigan	<a href="mailto:bradcarrigan@eastlink.ca">bradcarrigan@eastlink.ca</a>
Race Course	Sheldon Hope	<a href="mailto:smhope@eastlink.ca">smhope@eastlink.ca</a>





### **1.3 Daily Summer Schedule:**

07:00 – 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
18:30 – 19:30	Open Dock
18:30 – 19:30	Adult Recreational & Masters Racing Program Evening Practice

### **1.4 Off-Season Schedule (tentative):**

15:45 – 18:15	After-School, Development and High-Performance Program (Weekdays)
06:00 – 07:00	High-Performance Program (Some mornings – see weekly schedule)
09:00 – 12:00	Development and High-Performance Program (Saturdays)
18:00 – 19:00	Adult Recreational & Masters Racing (TBA)

#### **Development Group**

Development Group (U10/U12/U14) 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 (U16 & 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 2019 PADDLING PROGRAMS:**

### **2.1 Full Summer Program:**

Our signature full summer program features all 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, U10, U12, U14 and U16 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 8-14) 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 very similar, so paddlers who have already completed a CanoeKids camp are encouraged to try the full summer program!

### **2.3 Kiddie Canoe:**

Kiddie Canoe (ages 5-8) 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, war canoe, 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 previous 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 members 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:**

<b>U8</b>	Under 8 years of age on January 1st of the year of participation
<b>U10</b>	Under 10 years of age on January 1st of the year of competition
<b>U12</b>	Under 12 years of age on January 1st of the year of competition
<b>U14</b>	Under 14 years of age on January 1st of the year of competition
<b>U16</b>	Under 16 years of age on January 1st of the year of competition
<b>Junior</b>	Under 25 years of age on January 1st of the year of competition
<b>Masters</b>	25 years of age or over on January 1st of the year of participation

### **3.1 U10 Athlete Model:**

The U10 (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 U10 paddlers may progress to full-sized boats, though all racing is done in mini's. When not on (or in) the water, the U10'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 U10 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.

U10 paddlers have the option to paddle in the Development Group once they have their balance in a K1 or C1. Some U10 paddlers will get to experience racing at the U12 level by "racing up" to fill war canoes, C4s, and K4s with their friends!

### **3.2 U12 Athlete Model:**

The U12 (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 U12 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. U12 paddlers are encouraged to participate at two mid-summer regattas, and then show off their new skills and hard work at the "Peewee 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 U14 Athlete Model:**

The U14 (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 U14 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. U14'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 U14 paddlers focus on technique development in both canoes and kayaks; in singles, crews and war canoe. U14 paddlers are encouraged to participate at the two mid-summer regattas, and then at the "Bantam 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.

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

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

3<sup>rd</sup> 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 the following by the Registrar [registrar@pisiquidcanoecub.ca](mailto:registrar@pisiquidcanoecub.ca):

- 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 [treasurer@pisiquidcanoecub.ca](mailto:treasurer@pisiquidcanoecub.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 2019 SCHEDULE OF EVENTS (TENTATIVE):**

January 26	ADCKC 2019 Swim Meet	Dalplex
April 1	PCC Spring Training Begins (April-June)	Pisiquid
April 27	PCC Early Registration & Open House	Pisiquid
May 4	ADCKC Structured Time Controls	Lake Banook
June 8-9	ADCKC Trials	Lake Banook
June 15	PCC Open House & Late Registration	Pisiquid
June 16	U12 - Open Regatta	Lake Banook
June 21-23	CKC National Team Trials	Lake Banook
July 2	PCC Summer Program Kick-off and Orientation	Pisiquid
July 7	Masters Regatta #1	Lake Banook
July 7	'Just Paddle It' Series	Lake Banook
July 13	U12 Regatta #1	Lake Banook
July 14	U14 Regatta #1	Lake Banook
July 20	U16 - Open Regatta	Lake Banook
July 24	U10 Series Event #3 (AB, PI, OR)	Bell Lake
August 1-4	Jr/U23 World Championships	Pitesti, Romania
August 2-4	Atlantic Championships (Nationals Qualifying)	Lake Banook
August 5	Masters Regatta #2	Lake Banook
August 5	'Just Paddle It' Series	Lake Banook
August 10	U12 Regatta #2	Lake Banook
August 11	U14 Regatta #2	Lake Banook
August 14	U10 Series Event #5 (PI, MA, AB)	Pisiquid
August 17	'Just Paddle It' Series	Northwest Arm
August 22-23	U12-U14 Championships Heats	Lake Banook
August 24	U12-U14 Championships Finals	Lake Banook
August 21-25	ICF 2019 Canoe Sprint World Championships	Szeged, Hungary
August 30	PCC Annual Paddle-a-Thon Fundraiser	Pisiquid
August 27-31	CKC 2019 Sprint National Championships	Regina, SK
September 1	CanMas 2019 Masters Championships	Regina, SK
September 7	PCC Fall Training Begins (September - November)	Pisiquid
September 7 (pm)	2019 PCC Awards Banquet	Pisiquid
September 14	ADCKC Masters Championships	Lake Banook
September 14	'Just Paddle It' Series	Lake Banook
September 21	'Just Paddle It' Series	Cape Breton
September 28	Arthur Weston / Fred Lynch Memorial (10 mile)	Lake Banook
October 20 (tentative)	ADCKC PumpkinFest Long Distance Event	Pisiquid
October 5	ADCKC Fall Trials	Lake Banook
December 1	PCC Winter Training Begins (December - March)	Pisiquid

**6.0 LONG-TERM ATHLETE DEVELOPMENT (LTAD):****6.1 FUNDamentals (U8/U10):**

- *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 (U12/U14):**

- *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 (U16/Junior):**

- *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 at minimum a one-piece bathing suit and ideally would wear shorts and a t-shirt or tank top. Male paddlers should wear shorts and a t-shirt or tank top – they must wear a top when in the boat. 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 (club tee shirts are suitable for U10). Singlets, tee shirts and buffs 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 U10). Life belts are allowed to be used by U12 and U14 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 annual 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.

<b>Fundraising</b>	Individuals for staff canteens, BBQ's and volunteers for two (2) Pisiquid hosted regattas, Club100, and Paddle-a-thon Fundraisers
<b>Maintenance</b>	Individuals with experience for carpentry, fiberglass repair, welding, machining, drywall, painting, motor repair, and other trades
<b>Boat Hauling</b>	Individuals capable of hauling the boat trailer for various regattas; with truck/hitch
<b>Safety Boats</b>	Individuals capable of staffing safety boats for various ADCKC regattas
<b>Boat Operators</b>	Individuals capable of operating safety boats for PCC regattas and events; must have a valid pleasure operators card and wear PFD
<b>PCC Regattas</b>	Individuals capable of assisting with race starting and timing for PCC regattas
<b>Sponsorship</b>	Individuals to promote annual Corporate Sponsorship
<b>Board Members</b>	Individuals interested in joining the PCC Board of Directors

## 7.5 Paddling Terms... so that you know what your kids are talking about!

<b>ADCKC</b>	abbreviation for the Atlantic Division CanoeKayak Canada, the sport's regional/provincial governing body
<b>Back Number</b>	number worn to distinguish lanes during a competition; in crew boats the person at the back of the boat wears the back number
<b>Blade/Shaft</b>	on a paddle, the blade is the wide end part that grips the water and the shaft is the cylindrical connector. A kayak paddle has two blades and a canoe paddle has one blade and a "t-grip" on the other end
<b>Boat Number</b>	a number placed on the rear deck of the boat indicating the lane drawn by the competitor or crew for a race
<b>Boot/Block</b>	with a starting system the paddler place the nose of their boat in a boot or block which drops below the surface with the starting signal. Placing one's nose on the start line is also called "checking the boat"
<b>Bow</b>	the nose or front of a boat
<b>Burgee</b>	a paddling championship typically in the shape of a nautical flag
<b>C1</b>	a canoe paddled by one person. C2 is for 2 people and C4 for four
<b>CanMas</b>	Canadian Masters Championship, held each year immediately after the National Canoe Championships wherever the CKC Nationals are held; this is a one day event
<b>Catch/Exit</b>	the catch is the first part of the stroke where the paddler grabs the water with their paddler. The exit is at the end of the stroke when the paddler takes the paddle out of the water
<b>Chief Official</b>	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
<b>CKC</b>	abbreviation for the CanoeKayak Canada, the sport's national governing body
<b>Cockpit</b>	the open part of a kayak in which a kayaker sits
<b>Commodore</b>	The chief executive officer of the canoe club
<b>Cox/Coxswain</b>	steersperson and captain in the war canoe
<b>DNF</b>	did not finish the race
<b>DNS</b>	did not start the race
<b>Floorboard</b>	a canoer's knee rests in a foam block that is molded for the athlete. They brace their back foot against a foot piece and their setup connected with a floorboard
<b>Footboard</b>	an apparatus in a kayak used to push off for greater stroke strength
<b>Gunwale</b>	the top edge of a canoe that runs around the big open area in which a canoer kneels
<b>Headwind/Tailwind</b>	wind from the front slows paddlers down while a tailwind from behind speeds them up. Side winds are difficult to paddle in and when the wind is on an angle, it can be an advantage or disadvantage to either right-sided canoers or left-sided canoers
<b>J-Stroke</b>	a steering stroke used to maintain a straight line in the sprint canoe

<b>K1</b>	a kayak paddled by one person. K2 is for 2 people and K4 for four
<b>Lactic Acid</b>	something every high-performance athlete is all too familiar with. As athletes push their limits, their muscles don't get enough oxygen and will produce lactic acid. The athlete experiences a burning feeling. Athletes train to deal with lactic acid and those who can manage it the best are the ones who are able to hang on for the victory
<b>Life Belt</b>	personal flotation device safety belt allowed to be worn by paddlers U12 & U14
<b>One Minute to Start</b>	a command by the starter to call competitors to the line. Preliminary warnings of five and three minutes are also usually given. Once all the competitors are lined up evenly, the start will call "ready, set" followed by a loud blast that signals "go."
<b>Paddler, Canoeer, Kayaker</b>	all acceptable words to describe someone doing the sport. Canoeer is specific to canoe and the same with kayak. Rowing is a different sport where the athlete faces the rear and uses an oar instead of a paddle. Steer clear of those rowing words when discussing CanoeKayak
<b>Paddle Twist</b>	the two blades of a kayak paddle are angled differently so that a kayaker actually twists the paddle on each stroke. A paddler with a left-twist holds their left hand firm and allows the right side of the shaft to slide. A special grip is usually used for the fixed hand while rolled up tape is used to mark hand positions on a paddle
<b>Pogies</b>	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
<b>Referee</b>	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
<b>Regatta</b>	a competition in sprint canoe/kayaking
<b>Rotation</b>	using predominately the muscles of the torso and lower body for the forward acceleration of the boat.
<b>Rudder</b>	a small blade underneath a kayak at the back of the boat used to steer. The front paddler in the kayak moves the rudder stick with his or her feet to steer. Canoes do not have rudders but are steered entirely with the paddle
<b>Singlet</b>	CKC approved racing shirt to be worn by a competitor to identify the club to which he/she belongs
<b>Splashguard/Spray Skirt</b>	made of water resistant fabric or another material. In sprint kayak, a skirt is loose enough that it will come off if a paddler tips over
<b>Shoot</b>	throwing your weight on the last stroke to jolt the nose of your boat to the finish line a little faster in an effort to edge out your competitors. A successful shoot can lead to the exhilarating announcer's call of "he just got him at the line." An unsuccessful shoot can lead to a competitor falling out of their boat before touching the finish line which can result in a disqualification if no part of the paddler's body is touching the boat when they cross
<b>Sprint</b>	short high-tempo, high intensity burst of high speed
<b>Start</b>	a series of different strokes used to accelerate the boat from a stationary position to top speed



<b>Starter</b>	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
<b>Stroke</b>	person in the front of the boat that controls the pace of the crew during the race
<b>Stroke Rate</b>	the number of strokes a paddler takes per minute. Coaches use a special stroke rate watch to measure this and 200 metre sprinters can hit rates of 180 strokes per minute – that’s three strokes a second ... or from a spectator’s point of view, really fast!
<b>Technique</b>	proper application of physiological principles to most efficiently propel the boat
<b>The “Black”</b>	legendary Junior Men’s C-4 cup raced annually at Nationals
<b>Wash</b>	waves that come off the back of another canoe, kayak or safety boat
<b>Wash Riding</b>	using the wash of another boat to propel forward a boat-like paddling downhill
<b>Local Clubs</b>	<p><b>AB</b> Abenaki, (Bell Lake, Dartmouth, NS)</p> <p><b>BA</b> Banook, (Lake Banook, Dartmouth, NS)</p> <p><b>CH</b> Cheema, (Lake Thomas, Waverley, NS)</p> <p><b>KE</b> Kennebecasis, (Kennebecasis River, Rothesay, NB)</p> <p><b>KI</b> Kinap, (Porters Lake, NS)</p> <p><b>MA</b> Maskwa, (Kearney Lake, Halifax, NS)</p> <p><b>MI</b> Milo, (Lake Milo, Yarmouth, NS)</p> <p><b>MM</b> MicMac, (Lake Banook, Dartmouth, NS)</p> <p><b>OR</b> Orenda, (Lake Echo, NS)</p> <p><b>PI</b> Pisiquid, (Windsor, NS)</p> <p><b>SA</b> Sackawa, (First Lake, Lower Sackville, NS)</p> <p><b>SE</b> Senobe, (Lake Banook, Dartmouth, NS)</p>