

2011 Parent Orientation Guide Sprint Racing



60 Lakeside Drive (Armstrong Park), PO Box 685, North Bay, ON P1B 8J5

Ph: 705.476.2030

www.northbaycanoeclub.ca

Welcome to the **North Bay Canoe Club!** We are pleased to have you join our Club, and look forward to the exciting summer ahead for our athletes and parents.

2011 promises to be another banner year with a growing membership, solid finances, new programs and more boats than ever that are ready for use.

The North Bay Canoe Club won the 2009 Bantam and under (14 years old and under) Ontario Championship “Trillium Regatta”. The incredible results our athletes obtained throughout the summer of 2009 earned the team its induction into the North Bay Sports Hall of Fame. The Club received the James Kelly Memorial Award. This great honour is awarded to the North Bay team of the year. Congratulations to all of our paddlers and thank you to all of our parents, coaches and volunteers! We hope for another great season.

This guide is intended to provide parents/guardians of new members with a general idea of what the sport of paddling is about. For parents/guardians of returning paddlers, it can serve as a summary of key contact and regatta information.

CONTACT INFORMATION

Phone: 705-476-2030

Email: info@northbaycanoecub.ca

Web Site: www.northbaycanoecub.ca

Location: 60 Lakeside Drive (Olmsted Beach)

Mailing Address: P.O. Box 685, North Bay, ON, P1B 8J5

SCHEDULE

Office Hours: May 1st – June 30th 9:30 AM – 5:00 PM
 July 4th – September 2nd 8:15 AM – 5:00 PM

Practice times are posted at the Club and on the NBCC website. They range from 7:00 AM to 8:00 PM, depending on time of year and program.

FACILITIES

The Club itself is located in Armstrong Park and Olmsted Beach on Trout Lake. The Club has an office, telephone, internet access, canteen, meeting room/lunch room, washrooms, change rooms and 3 boat bays. In addition, NBCC owns a 40 foot by 6 foot dock, 4 motorized coach boats, 2 rowing machines and free weights.

2011 - 2012 BOARD OF DIRECTORS

- Mark Robinson, Commodore
- Tim Evans, Vice-Commodore Technical
- Bernie Vierich, Vice-Commodore Paddling
- Cris Hawkins, Treasurer
- Todd Daley, Secretary
- Joanne Arthurs, Bingo Coordinator
- Trish Pecore, Media Coordinator
- Cathryn McGirr, Special Events/ Snack Bar Coordinator
- Dan Rancourt, Internal Communications
- Rebecca Rancourt, Fundraising Coordinator

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Please visit the NBCC web site at www.northbaycanooclub.ca for contact information.

CODE OF SAFETY

NBCC adheres to *Canoe-Kayak Canada's* Code of Safety, which can be found on their web site at:

http://www.canoe-kayak.ca/english/content/Sprint_R_P_Code_of_safety.

This Code of Safety is posted at the Club and is emphasized to all coaches, paddlers and parents. Key elements of the Code of Safety are:

- Minimum of Aquaquest 6 swimming ability;
- Government-approved PFD's must be worn by all participants in the Bantam and under age groups for all on-water activities, including races;
- All Midget and up paddlers must wear Government-approved PFD's when the water temperature is below 8°C as outlined in the *Canoe Kayak Canada's* Code of Safety
- All Coaches must have first aid and CPR training;
- Maximum of 8 participants per instructor for Paddle Camp;
- Coach boats must accompany all practices.

CODE OF CONDUCT

NBCC has a Code of Conduct which is posted in the Club and on the NBCC website.

It is included in the back of this handbook

COACHING

NBCC retains coaches and instructors at a number of levels. All coaches are NCCP Certified by *Canoe Kayak Canada* and must have First Aid/CPR certification. Coaches must also have a Pleasure Craft Operator Card to operate our motorized coaching boats. All coaches must undergo standard police screening to work with children. The club tries to maintain a maximum ratio of 8 athletes per coach in any program.

The Head Coach reports to the Board of Directors, supervises all other coaches at the Club and is responsible for the development and execution of all programs at the Club. The Head Coach typically focuses his or her coaching time on sprint racing programs, particularly those athletes striving for advanced performance. The Head Coach also prepares all race entries for regattas and decides the crew rosters for team boats. The Head Coach is typically hired from May to August although NBCC is striving toward hiring a year-round coach that can help serious athletes maintain the full-time focus required to succeed at the national and international level.

A number of Assistant Coaches are also hired every summer. These coaches are typically hired in late June and focus on sprint racing coaching for specific age groups or boat types. They typically supervise Atom, Peewee or Bantam practices with an emphasis on fun, technique development, balance, introductory fitness training and basic racing skills.

Several Paddle Camp Instructors are hired for July and August of every year to teach basic paddling skills and provide supervision at NBCC's Paddle Camp. The instructors are typically older NBCC sprint racing athletes with specific training in teaching this program. They follow a standard curriculum set by *Canoe Kayak Canada* which emphasizes fun and encourages future participation in sprint racing.

NBCC also hires an Office Manager every year to work from May to August. The Office Manager accepts registration forms and fees, organizes travel and accommodation to regattas, manages the canteen staff, and generally keeps the Club and its members organized over the course of the summer.

For 2011, the staff at NBCC are:

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Head Coach	Jon Blackadar	
Office Manager	Andrew Smith	
Assistant Coach	Ben Robitaille	
Assistant Coach	Marty Roy	
Junior Coaches	Adam Arthurs, Courtney Brunette, Skyler Graham, Dean	James and Scott Rancourt
Paddle Camp Instructors	Emily Morin, Devin McGirr, Matthew Robinson and Andrew Vierich	

PROGRAMS

NBCC offers a variety of programs for all ages and interests in paddling. Information about all these programs can be found on the club's website at

www.northbaycanoecub.ca. This parent guide will focus on the programs geared toward children.

PADDLE CAMP

The Paddle Camp program runs from the beginning of July to the end of August every year in one-week sessions. It follows a day-camp format with full-day supervision and provides an introduction to basic canoeing and kayaking skills leaning toward sprint racing. The Club follows a graduated skills program where paddlers work to obtain their Bronze, Silver and finally Gold blades by learning various skills. The focus remains on having fun on and off the water, steering, technique and water safety. Parents often enroll their children in several week-long sessions in a summer. Children are grouped based on experience and skills so that even those with many weeks under their belt can continue to learn. Eventually the lure of racing draws children into the sprint racing program and many years of healthy competition on teams and as individuals.

Details on dates, times and what to take to camp are listed below:

Drop-off: 8:30 AM to 9:00 AM

Pickup: 4:30 PM to 5:00 PM

Typical Activities: Recreational canoes & kayaks, touring boats, racing boats (1, 2 and 4 person), Dragon Boats, War Canoes, field sports, outdoor games, swimming

SPRINT RACING

Sprint Racing, also known as Flatwater Racing, is an Olympic sport that is internationally governed by the International Canoe Federation (ICF) and nationally by Canoe Kayak *Canada* (CKC). The North Bay Canoe Club is a member the *Eastern Ontario Division* (EOD) of CKC.

In Canada, there are seven categories of racing boats: K1, K2, K4, C1, C2, C4 and C15, also known as War Canoe. The letter designates Kayak or Canoe, and the number designates the number of paddlers in the boat. CKC defines 8 age categories:

Atom	Under 10 on January 1 of the year of competition
Peewee	11 and 12 year olds
Bantam	13 and 14 year olds
Midget	15 and 16 year olds
Juvenile	17 and 18 year olds
Junior	18 or older until qualified as Senior
Senior	Junior age class having obtained 4 points at the CKC National Championships in a particular event within 2 years.
Masters	35 – 44 (Class A), 45+ (Class B)

In all age categories, girls compete against girls and boys against boys.

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Each boat, age and gender category also races different distances: 100 meters, 200 meters, 500 meters, 1000 meters and 2000 meters. 6000 meter K1 and C1 races are also held for Midget athletes of both gender categories.

Should you have any questions or concerns, please do not hesitate to contact the Head Coach or Office Manager.

REGATTAS

Competitions are called regattas in sprint racing and NBCC attends a number of regattas each year. The *Eastern Ontario Division* is made up of six canoe clubs: North Bay, Rideau (Ottawa), Gananoque, Carleton Place, Ottawa River (Kanata) and Sydenham Lake (near Kingston). Each of these clubs typically hosts one regatta each year so the North Bay athletes usually travel between three and four times each summer, depending on their age category. Some regattas are Club regattas that provide an opportunity for every paddler to race and focus on fun and building experience. Others are qualifying regattas that determine which paddlers will represent EOD at various championship events. Finally, the *Ontario Trillium Championships*, and *Canadian Championship* regattas are held in August as the culmination of the summer’s competitions. Regattas are typically geared toward either Bantam & under or Midget & older age groups.

We are asking that all Pee wee + paddlers (ages 11 and over) attend the EOD Championship regatta. This regatta is a great opportunity for the paddlers to showcase their skills while racing all other Clubs in the division. Atom paddlers (10 and under) will attend based on the discretion of the coach and parent. Please communicate with the Head Coach and Office Manager as soon as possible if your paddler is unable to attend this regatta as this will affect many crew boats and team selection.

In 2011 the Club plans to attend the following regattas:

May 29	Ontario Cup #1	Richmond Hill	Midget +
June 2-5	OCSRA Training	Camp Bancroft	Bantam +
June 25, 26	Ontario Team Trials	Welland	Midget +
July 16	Carleton Place Regatta	Carleton Place	Bantam and under
July 30-Aug 1	EOD Championships	Ottawa	All ages
August 13	Ontario Cup 3	Ottawa	Midget+
August 14	Trillium Championships	Ottawa	Bantam and under
August 24 – 27	National Championships	Welland	Midget +

Based on performance at the EOD qualifying regatta, the coaching staff will select the athletes that have earned a spot at either the *Trillium Championships* (Bantam and under) or *Canadian Championships* (Midget +).

The week before an out-of-town regatta the Office Manager will update the website by posting an information sheet and parental permission slip that must be printed and signed then returned prior to the athletes leaving. These packages are typically uploaded on a Wednesday. The Office Manager will also be using email as a main method of communication. Please ensure that you have provided an accurate email address. Paddlers often forget to tell parents about upcoming events, so please check the website and your email account frequently or ask the Office Manager if you have any questions.

It is not mandatory that parents attend every regatta, carpooling and sharing hotel rooms with other athletes is encouraged to minimize costs. The Office Manager will organize these sharing programs. Athletes will be expected to assist with trailer loading on Friday mornings and will leave in the early afternoon.

Additional Costs

For each regatta attended, there is an additional fee charged to each participant. This fee covers the cost of regatta race entries, boat transportation, and coaching accommodation. The fee does not cover paddler or parent accommodation. We suggest that athletes carpooling to regattas with other families directly reimburse the drivers \$10 to help with the driver’s travelling expenses. Athletes are responsible for the cost of their meals while away, so we encourage paddlers to pack a healthy lunch and snacks and take money to purchase meals while attending regattas. The regatta’s host club typically offers a barbeque or snack bar where lunch and snacks can be purchased. Athletes are encouraged to avoid soft drinks and junk food, which do not help race performance.

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CKC rules stipulate that all racers must wear an approved club singlet. Each sprint paddler will need to purchase an NBCC singlet for \$45. These are available for sale at the Club.

Commitment

As with any competitive sport, the success of a crew or Club is directly related to the level of commitment put forth by the participants. In paddling, commitment is required in two forms: commitment to practice and commitment to races. Practices are held Monday-Friday for all age groups. The nature of practice is tailored to the age group - fun and skill development for younger paddlers, conditioning, and technique and race tactics for older paddlers – but regular attendance is vital to improvement for all ages. This is particularly true for team boats, where the absence of a team member at a practice can affect the whole crew. Similarly, a single paddler can dash the hopes of an entire 15- person war canoe by missing a critical regatta, particularly qualifiers and championships.

As parents, please review the regatta list in this document and let your paddler's coach or the Office Manager know as soon as possible if he or she will not be able to attend a regatta. Please pay particular attention to the *EOD Qualifying Regatta* and *Ontario Championships*. There are few things more disheartening for a paddler than qualifying for a championship but not participating.

Conversely, there are few experiences more gratifying than seeing the hard work at practices pay off with a strong performance at a divisional, provincial or national championship. Any former paddler can explain how their daily lives have benefited from the discipline, work ethic and self-confidence developed at the Canoe Club.

VOLUNTEER OPPORTUNITIES

Parent volunteers are the backbone of operating the North Bay Canoe Club. A number of volunteer opportunities are listed below. We encourage all parents to sign up for one or more duties with the Office Manager:

- Chaperones** – To supervise athletes at out of town regattas, ensuring curfews and Code of Conduct are respected and assisting them if problems arise.
- Officials** – Officials such as starters, on-water referees and finish line judges are needed at every regatta, particularly those hosted in EOD. Officials training is conducted every year. Some parents even elect to progress to the national and international officiating level.
- Boat Repair** – NBCC owns close to 100 boats and with constant use, they inevitably require repair, which can be quite costly. Parents and grandparents with the skills, time or facilities to repair wooden and fibreglass boats have been an invaluable resource to the Club over the years. Repairs are a year-round activity and any help that can be provided is appreciated.
- Building and Facilities Maintenance** – Any building requires regular maintenance, from painting, cleaning, plumbing, heating and electrical repairs. Similarly, trailers, docks and boat racks need to be constructed and maintained. Volunteer work or donated materials helps the Club save money that can be put toward training facilities and coaching.
- Fundraising** – One of the goals of NBCC is to minimize program costs so the sport is accessible to as many people as possible. Fundraising is key to achieving this goal. Bingo, corporate support from local companies, grants from groups like Trillium and general fundraising initiatives all require volunteer work. The funds are used to offset the costs of everything from printing and mailing brochures, purchasing new boats and paddles, and refilling gas for coach boats and regattas.
- Boat Transportation** – NBCC owns 2 large trailers that are used to transport the racing fleet to out of town regattas. The club typically rents 3/4 ton trucks to haul these trailers to the regatta and back and relies on volunteers to drive the truck. If you have experience driving with large trailers and are planning to attend regattas to watch your children race, please consider volunteering for this task. Driver accommodation and gas costs are covered by the Canoe Club.

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- **Paddler Transportation** – Parents of sprint racers cannot always get to every out-of-town regatta so the Club relies on other parents to permit occasional carpooling, taking children other than their own to regattas. With enough parent volunteers, the Club can avoid van or bus rental fees, making the experience more affordable for all participants.

- **Regattas** – In addition to officiating, there are a number of volunteer opportunities at local regattas: canteen sales, announcements, loan of boats/driving of boats for on-water officials, racing course installation and removal to name a few.

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