

## Spring Training and Spring Tune-Up (COVID-19)

NBCC offers two Spring Programs – a two-month Spring Training program and a one month Spring Tune-Up program.

The **Spring Training** program is intended for U14, U16 and U18 athletes as part of their year-round training regimen. Athletes will practice an average of 10 or more on-water practices plus dryland training. Paddlers will work on technique and conditioning to prepare them for the summer racing season.

**Dates:** June 13– June 27, 2020  
**Practice Hours\*:** 9:00 to 11:00 am and 4:00 – 6:00 pm Monday to Friday  
9:00 to 11:00 am Saturdays  
dryland training between on-water practices  
**Ages:** U14: Born in 2006 or 2007  
U16: Born in 2004 or 2005  
U18: Born in 2002 or 2003  
**Fee:** \$100.00  
(includes all program, insurance, and sport affiliation fees)

The **Spring Tune-Up** program is intended for competitive athletes in the U10, U12 and U14 age categories with limited competitive paddling experience who want to work on their balance, technique and generally get prepared for the Summer racing season. It is similar to the Spring Training program but starts in June and involves only one practice per day after school and one on the weekend.

**Dates:** June 13 – June 27, 2020  
**Practice Hours\*:** 4:00 to 6:00 pm Monday to Friday  
9:00 to 11:00 am Saturday  
**Ages:** U10: Born in 2010 or later  
U12: Born in 2008 or 2009  
U14: Born in 2006 or 2007  
**Fee:** \$75.00  
(includes all program, insurance, and sport affiliation fees)