

Sprint Racing – High Performance - U16 & U18 (COVID-19)

This program is designed for high-performance, experienced paddlers aged 15 and older who are training with the goal of being selected for Provincial and National Canoe-Kayak teams and placing in the top three at the Canoe Kayak Canada National Championships in 2021

A commitment to year-long training and competition is a requirement as training continues during the off-water season with a compliment of strength and endurance training through swimming, running, paddle machines, weights, and Nordic skiing

This summer program is complemented by NBCC’s Spring and Fall Training programs, and the “coming soon” Winter Training and Florida Spring camp programs.

To reinforce safe paddling skills, all participants are required to wear life-jackets or PFDs any time they are on the water. Similarly, NBCC has developed COVID-19 policies and protocols to comply with the Government of Ontario’s [COVID-19 Guidance: Summer Day Camps](#) requirements. Please refer to the [NBCC COVID-19 Return to Paddling Policies](#) on our web site for details.

Dates:	June 29 – August 21, 2020
Practice Hours*:	On water 7:00 to 9:00am & 4:00 to 6:00 pm Monday to Friday and 9:00 to 11:00am Saturdays Dryland training times determined weekly by coach
Ages:	U16: Born in 2004 or 2005 or later U18: Born in 2002 or 2003
Fee:	\$600.00 (includes all program, insurance, and sport affiliation fees)
Volunteer Deposit:	\$100.00 \$0.00 (Waived in 2020) (

*Practice hours may change depending on registration numbers but one practice will be held early in the morning, the other in the afternoon to allow sufficient rest between practices.