

## Sprint Racing – Development (U10, U12, U14) – COVID-19

This competitive summer long paddling program provides instruction and training for beginners and experienced athletes. In 2020 the focus is on developing paddling skills, enjoying beautiful Trout Lake, making friends, and age-appropriate training that follows Long Term Athlete Development principles. Athletes will not be able to compete in local and out of town regattas this year due to the Pandemic but NBCC will still conduct time trials and in-club races this summer to give them an indication of how they are progressing.. Athletes practice in the morning six times a week and advanced U14 paddlers may be moved into the High Performance program as their skills and conditioning develop. Running, body weights and stretching will also be incorporated into this program to complement the on-water training..

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.

<b>Dates:</b>	June 29 – August 21, 2020
<b>Program Hours:</b>	9:00 am to 12:00 pm, Monday to Friday 9:30 am to 11:30 am, Saturday
<b>Drop off/Pick up:</b>	To minimize idle time and comply with Canoe Kayak Canada recommendations, participants must be dropped off no more than 15 minutes before the start of each session and picked up no later than 15 minutes after the end of each session
<b>Ages:</b>	U10: Born in 2010 or 2011 only U12: Born in 2008 or 2009 U14: Born in 2006 or 2007
<b>Fee:</b>	\$400.00 (includes all program, insurance, and sport affiliation fees)
<b>Volunteer Deposit:</b>	<del>\$100.00</del> \$0.00 (Waived in 2020)
<b>Volunteer Deposit:</b>	(includes all program, insurance, and sport affiliation fees) \$100.00 (refunded after completion of at least 10 volunteer hours)