

Performance Athlete's Update:

Many of you will be looking forward to completing school this week and with your fall Fitdex having been completed may also be contemplating your spring training camp plans.

CKBC will NOT be hosting a spring training camp. The technical committee decided instead to support interclub opportunities maximizing team boat training in an effort to better prepare our athletes for the next multisport games experience and the national championships. We will be working directly with some coaches/athletes who developmentally should be attending an out of province camp in an effort to facilitate their placement into an appropriate camp.

For those of you attending an 'away from home' spring camp you may anticipate the following levels of funding if you (or your coach) have submitted your fall (and February when completed) FITDEX scores and make your training diary available at the spring FITDEX testing. A completed 'funding application' must also be received by the office at the completion of the camp.

2012 Spring Camp Funding Allocations				
Performance Level Achieved	Camp Duration			
	5 – 7 days	8 – 14 days	15 – 21 days	22+ days
Level 1A	0	\$1000	\$1250	\$1500
Level 2	0	\$750	\$1000	\$1250
Level 3	\$250	\$500	\$750	\$1000
Level 4	\$150	\$250	\$500	\$750
Level 5	\$100	\$150	\$250	\$500
Standard Achieved – No Nationals	\$75	\$100	\$150	\$250
2011 WCG Member – No Standard	\$50	\$75	\$100	\$150

The criteria for selection to a performance squad in 2012 has been posted on the website and early in the new year we will be reviving the Athlete Handbook publication to make sure everyone has all the details they need to advance their development.

**THE KIND OF ATHLETE YOU ARE TODAY IS THE RESULT OF HOW YOU TRAINED YESTERDAY.
THE KIND OF ATHLETE YOU WILL BE TOMORROW WILL BE THE RESULT OF HOW YOU TRAIN TODAY!**

Have a safe and happy holiday!

