

Competition Review

November 16th, 2009

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Guiding Principles

- Ability driven
- It is not about fast; it is about right
- It is not about now; it is about forever

Provincially the Training to Train is our greatest area of focus

- It is about recruitment AND RETENTION
- Must be social
- Must be fun
- Must teach skills
- Must use different boats – canoe, kayak, war canoe, dragon boat and others as available
- Focus provincially on partnering for second generation recruitment
- Where possible the American clubs will be considered as ‘one of us’ to provide greater competitive opportunities for all

CanoeKayak BC Sprint Competition Model

	March	April	May	June	July	August	September	October	November
Train to Train			FUN Big Boat Regatta combined with team boat doubles and fours	FUN Regional Regattas (Island, Lower Mainland, Kamloops)	Pre-BC Games Camp (July 20 th – 22 nd)	Jamboree Weekend (August 14 th – 15 th)	Minimum first week off		
	In Province Provincial Training Camp				BC Summer Games (July 22 nd – 25 th)	BC Championships July 31 st – 1 st or August 7 th – 8 th)			
Learn to compete				singles & doubles races with Americans	Seattle (they are trying to change it to June 5 th and 6 th)	Calgary (July 17 th – 18 th)		2 weeks active rest	Pacific Cup (first weekend of October)
	Out of Province Provincial Training Camp		Long Distance Singles Regatta (mid month?) EGGATTA??			Canada Day Regatta (July 2 nd – 4 th)	BC Championships – Nationals Qualifier		
Train to compete					National Team Trials	National Team Trials July 17 th – 18 th)	Nationals August 25 th – 28 th)	3 weeks active rest	
	Hand Picked Out of Province Training Camps								

March

In Province Provincial – March 6th – 14th – Location TBD

Target Audience

- Latter stage of Train to Train development stage
- those athletes attending their first camp who have trained through the winter months
- athletes must be comfortable in their boats and be able to keep up with the group

Objectives

- to provide an opportunity for technical coaching and team building
- to provide an opportunity for increasing kilometers on the water and providing a training base for spring
- to provide an opportunity for an introduction to sport science education (introduction to mental training)

Details

- Seattle is not interested in attending

Out of Province Provincial Camp

Target Audience

- Learn to Compete/Train to Compete development stage
- Athletes must be training full time/year round and be committed to long term high performance goals
- This will be an intense camp and athletes must be prepared to work HARD

Details

- Will be held in conjunction with US and BC athletes
- Aasim? (Seattle) will be coordinating

Hand Picked Out of Province Camp

Target Audience

- Athletes that will be attending National Team Trials will be assisted to attend the most appropriate camp for them
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April

Long Distance Singles Regatta – Location TBD

- CKBC will sanction 1 singles/double long distance regatta in April
- Entries will be submitted with the athletes guesstimated finish time

- Racers will be started based on their speed so that they have a competitive meaningful experience
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May

Fedechko Invitational Regatta - May 1st – 2nd (till early afternoon)

Target Audience

- Learn to compete/train to compete stages

Details

- Preparation event for those attending NTT later in the month so want it to be highly competitive
- Singles races by speed not age –
 - Entries will be submitted with a guesstimate time so that those with the closer times can be started together
 - 3 'rounds' of singles races with the last one being the FINAL
 - No awards/ribbons – certificate with overall placing and time
- Doubles races by age group with bantam being the lowest 'class'

National Team Trials – May 15th, 16th - Montreal

Target Audience

- Development Cards, Junior and U23 European Tour and Lake Placid (2011 Juniors) selections

Fun Big Boat Regatta (combined with teamboats – doubles and fours) – Burnaby? – May 30th

Target Audience

- School dragonboat program supported by High Performance athletes
- Train to train athletes should be participating in the team boats and will have the opportunity to help showcase our doubles and fours events

Details

- This is the culmination of the school program with increased effort being put into retaining athletes for competitive programs through the summer
 - This is a fun regatta and athletes will be randomly placed into racing crews
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June

Regional Regattas – Island - Lower Mainland – Kamloops – hosts and dates TBD

Target Audience

- Train to train athletes at all levels with a focus on fun and team work/team boats

Ted Houk Regatta – Seattle – tentatively June 5th & 6th

Target Audience

- All competitive athletes that have trained year round (this event is inappropriate for BC atom and peewee paddlers)
 - Clubs to organize participation independently
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July

Canada Day Regatta – Regina – July 2nd – 4th

Target Audience

- Train to Compete athletes that will be attending National Team Trials later in the month who may also travel from here to Lake Placid to Montreal

Details

- CKBC will facilitate athlete/coach and boat travel for those participating

National Team Trials – Montreal – July 17th & 18th

Target Audience

- Train to Compete athletes - D cards, Juniors, U23, Pan Am Team

Details

- CKBC will facilitate athlete/coach and boat travel for those participating

Calgary Regatta – July 17th & 18th

Target Audience

- Learn to Compete athletes

Details

- CKBC will facilitate athlete/coach and boat travel for those participating

Pre BC Games Camp – July 20th – 22nd - Brae Island, Fort Langley

Target Audience

- Train to Train athletes

Details

- Focus will be on Train to Train athletes selected for the BC Games however opportunities MAY be available for increased participation

BC Games – July 22nd to 25th

- Train to Train athletes selected by Zone
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BC Championships/National Qualifiers – 1 ½ days only (either July 31st, 1st or August 7th, 8th) – Location TBD – preferred venue – Kamloops or Burnaby if dredging complete

Target Audience

- Latter stage of Train to Train and Learn to Compete, Train to Compete

Details

- Club regatta
- Singles entries will be submitted with best times and all age groups will be raced together
- Top 4 finishes in midget/juvenile and junior will be selected for National Championship entries
- Doubles and fours will be raced in the most advantageous groupings possible.

Jamboree Weekend – August 14th – 15th – Location TBD – must have camping available for everyone to camp

Target Audience

- Entry level/Train to Train

Details

- This is to have a FUN focus and include 'races', skills activities and FUN family events/BBQ
- Should be max 1 ½ days long
- Everyone is encouraged to camp at the same place
- Opportunity for all to get to know each other not just within their own club

Nationals – August 25th – 28th – Regina

Target Audience

- Any athlete wishing to be considered a High Performance athlete and receive benefits MUST compete at Nationals
 - Club event – clubs are encouraged to develop team boats to participate and to prepare PaddleAll athletes for full medal competition
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September

- Clubs are encouraged to NOT run programs for at least the first week of school to ensure that coaches get the much needed rest and recovery they need to regenerate
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Pacific Cup – October 2nd and 3rd

Target Audience

Details

Fall Long Distance – November 6th (may be followed with Turkey Bowl West) –
Location TBD – Seattle???

Target Audience

- Athletes preparing to train through the winter months
- competitive LONG race