



# Canadian Sport for Life Implementation Plan

June 2009



# ***Table of Contents***

<b>Introduction</b>	<b>3</b>
LTAD as Sport Policy .....	3
Sport-Specific Model .....	4
Inventory & Audit .....	4
Gap Analysis .....	4
<b>Context</b>	<b>4</b>
Coaching education revamp .....	4
Multi-discipline growth .....	5
<b>Current Status</b>	<b>5</b>
Staff .....	5
Clubs & Programs .....	6
Competitions .....	6
Identified Strengths .....	6
Known Challenges .....	7
Other Gaps Acknowledged .....	7
Overview of Current Programs & Competitions .....	8
<b>Implementation</b>	<b>9</b>
Objectives.....	9
Information & Resources.....	9
School Program .....	10
Coaching Education .....	11
Competition Calendar.....	12
Opportunities for Late Starters .....	14
Athlete Retention.....	15
Program Quality .....	15
<b>Conclusion</b>	<b>16</b>
<b>Acronyms</b>	<b>17</b>
<b>References</b>	<b>17</b>
<b>Appendices</b>	<b>17</b>

## Introduction

One can participate in the sport of CanoeKayak at almost any age. Kids start at the age of 8 years, and can continue well into adulthood. While sprint and whitewater paddlers typically peak in their twenties, marathon, surf ski, and outrigger paddlers often peak in later years. Dragon boat, the worlds fastest growing paddle sport, attracts people of all ages from youth to seniors.

This document outlines the actions CanoeKayak BC will undertake to implement Canadian Sport for Life - Long-Term Athlete Development.

We began by looking at our current resources and strengths through a program inventory & audit. In compiling and analyzing those data, we also looked for gaps and weaknesses.

By examining resources and gaps, strengths and weaknesses, we declare specific objectives for LTAD implementation. For each objective, we outline a series of action plans, with priority, scope and timelines.

**We gratefully acknowledge contributions from the following individuals:**

**Jaden Langford**  
**Mary-Jane Abbott**  
**Drew Mitchell**  
**Ashley Rowe**  
**Joel Hazan**  
**Peter Niedre**  
**John Edwards**

## LTAD as Sport Policy

The concepts of Long Term Athlete Development (LTAD) have been discussed among CanoeKayak coaches periodically in the past. The national adoption and promotion of the Canadian Sport for Life (CS4L) model created a clear mandate for LTAD principles.

Senior coaches and key leaders participated in CS4L presentations by Richard Way et al. in early 2006. As a result, athletes and parents started to become more aware of CS4L. A photo of kayaker Adam van Koverden on the cover of the CS4L document made it even more relevant to paddling families.

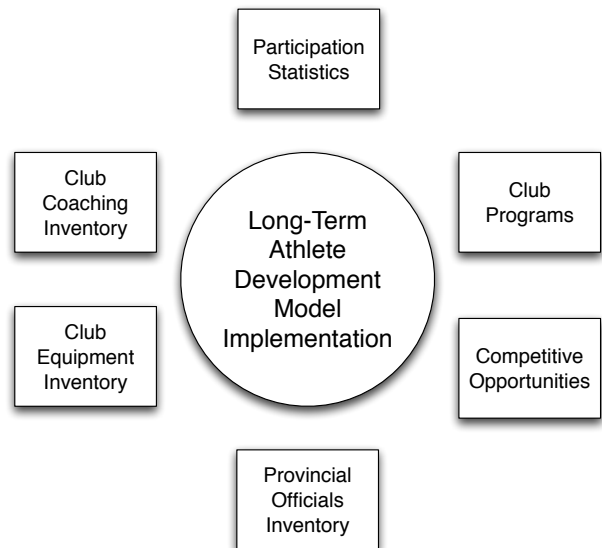


## ***Sport-Specific Model***

CanoeKayak Canada (CKC) produced its sport-specific LTAD document in May 2006. It was published on their web site, and presentations were held across the country. At CanoeKayak BC's (CKBC) conference in November 2006 every attendee received a printed copy of the CKC document. There was also a slideshow presentation by CKC High Performance Director, Graham Barton. For many parents and athletes, it was their first formal introduction to LTAD. A short Q&A session revealed that there was significant interest in LTAD and how it would be implemented in BC.

## ***Inventory & Audit***

The first step towards implementation in BC was a program inventory and audit. A web-application, built by Jaden Langford's company (New Wavelength), was used to collect and compile data from each club including: participation statistics, club programs, competitive opportunities, officials, coaches, and equipment.



## ***Gap Analysis***

Results of the inventory and audit (Appendix 1) were presented at CKBC's conference "Bridging the Gaps" in November 2008. Drew Mitchell from Legacies Now (and former paddler) presented on CS4L and helped facilitate a gap identification & analysis session.

CKBC Executive Director Mary-Jane Abbott, and LTAD committee member Jaden Langford reviewed information compiled from this session in early 2009 (Appendix 2). Together with input from senior coaches and club administrators, the implementation plan took shape.

## ***Context***

The introduction of LTAD to CanoeKayak comes at a time when the national coaching education program is being overhauled, and the sport in BC has grown through inclusion of multiple paddling disciplines.

## ***Coaching education revamp***

CanoeKayak was part of the first wave of sports to transition to the NCCP competency-based program from 1998-2007. After a fairly smooth transition to the new system, CKBC is now running new courses for community initiation (CanoeKids) and entry-level competitive (ELCC) coaches. While a few opportunities have been offered nationally for

coaches to take the new competition development (CompDev) course, it has been difficult for coaches to obtain advanced training (beyond ELCC) since Level 3 was phased out.

## ***Multi-discipline growth***

CKBC has experienced tremendous growth in participation due to a multi-discipline program approach. Prior to 2004, CKBC was exclusively focused on flatwater sprint canoe & kayak. In an effort to increase grassroots programming, CKBC received funding from the BC Sport Participation Program to introduce dragon boat racing to BC schools from 2005-2008. During this time, the whitewater and marathon disciplines, and their clubs, also decided to join CKBC.

### *CanoeKayak Disciplines and Competitions*

Discipline	National Champs	Continental Games	World Champs	Olympic Games
Flatwater Canoe & Kayak				
• Sprint	✓	✓	✓	✓
• Marathon	✓		✓	
Whitewater Canoe & Kayak				
• Slalom	✓		✓	✓
• Wildwater	✓		✓	
• Freestyle	✓		✓	
• Canoe Polo	✓		✓	
Surf Ski Kayak	✓		✓	
Outrigger Canoe	✓		✓	
Dragon Boat	✓		✓	
Aboriginal Canoe Racing		✓		

## ***Current Status***

### ***Staff***

CanoeKayak BC's office in Maple Ridge is staffed by a full-time Executive Director. A full-time Provincial Coach and 5 part-time Regional Coaches are based in clubs. Clubs employ additional coaches on a seasonal basis, usually taking advantage of Canada Summer Jobs funding.

## Clubs & Programs

There are currently 19 member clubs, which, together, offer programs in every major paddling discipline (sprint, whitewater, marathon, dragon boat, and outrigger) and deliver programs for participants of all ages and abilities.

## Competitions

The 2009 competition list, published by CKBC, includes 62 competitions, 25 of which are occurring within BC, and 44 within Canada. These competitions are supported, but not necessarily administered, by CanoeKayak BC.



## Identified Strengths

- There are significant equipment assets in the province. The total value of all equipment reported in the club audit was \$813,237.
- CKBC's sprint high performance program is well documented. A comprehensive Athlete Handbook has been produced annually since 2001 clearly documenting the progression of the program and requirements at each step.
- CKBC clubs enjoy good linkages with parks & recreation departments in many cities. Most clubs operate on parkland, and offer instructional services in partnership with municipal recreation centres.
- Professional coaching is available in most regions. PacificSport's Integrated Performance System (IPS) system has been integral to bringing professional coaches to BC.
- Paddling is a sport for life. The many disciplines (styles) of paddling provide opportunities for participation at any age/level/ability.



## *Known Challenges*

- There is a repeating pattern of post-secondary athletes leaving BC for “better” training opportunities in other provinces where training groups are larger and more competitive.
- Limited club development in outlying areas (50% of clubs are in the Greater Vancouver area), however the new multi-discipline focus has improved this.
- Poor coaching retention and lack of full-time positions (only one club currently employs a full-time coach).
- No coordinated introduction program or training for instructors. Most clubs don't even use CanoeKids brand, which is a national program for pre-competitive skill development in sprint canoe & kayak.



## *Other Gaps Acknowledged*

- There is a massive drop-off (58% decrease) in participation after Training to Train stage. Very few athletes continue to the more competitive stages.
- In the sprint discipline, late starters (athletes joining the sport after age 14) face significant barriers to success in our system. Yet there are examples of past Olympians who were late-starters.
- We believe our athletes are “better” than they actually are. There are misconceptions about the training and competitive profile of Training to Compete and Training to Win athletes.
- We're always loading the trailer. CanoeKayak BC has an overloaded competition calendar with no clear categorization or progression of events.



## Overview of Current Programs & Competitions

Stages	Ages	Programs	Competitions
Active Start	0-6	None	None
Fundamentals	F: 6-11 M: 6-12	CanoeKids Summer Camps School Field Trips School Dragon Boat Community Youth Racing	Club Regattas School Dragon Boat
Training to Train	F: 11-15 M: 12-16	Bantam Program	BC Games BC Champs Bantam Champs Transitioning to Nationals Pacific Cup
Learning to Compete	F: 13-15 M: 14-17	High Performance Devt	BC Team Trials BC Champs Western Canada Games Nationals Pacific Cup
Training to Compete	F: 15-23 M: 17-23	BC Elite Junior National Team	National Team Trials BC Team Trials BC Champs Canada Games Nationals International Competitions
Training to Win	23+	Senior National Team	International Competitions
Active for Life	Any	CANMAS Surfski Outrigger Dragon Boat Marathon Voyageur Recreational	Nationals US Surfski Champs IVF World Outrigger Sprints Canadian Outrigger Cup ICF/IDBF Worlds World Masters Games

# Implementation

## Objectives

The objectives of the CS4L implementation plans in BC are to:

1. Inform the CKBC Community (coaches, parents, club administrators and Board members, teachers, community leaders) of the LTAD, its mandate, purpose and goals
2. Promote paddling to schools as part of physical literacy
3. Improve training for coaches delivering Fundamentals and Training to Train programs
4. Re-design the competition calendar to reflect appropriate frequency and progression for each LTAD stage
5. Better accommodate late-starters (age 14+) in the sprint discipline
6. Increase retention of competitive athletes
7. Continue to improve and strengthen the quality of programs offered by clubs.

In order to meet the objectives, many steps will have to be taken. The following tables further develop each objectives into an action plan, indicating scope and timelines.

## Information & Resources

While LTAD information has been circulated to CanoeKayak BC members for over two years, it is important to reinforce these concepts. We will continue to educate our members about LTAD through presentations, promotional materials, and online resources.

Priority	Action Plan	Scope	Timelines
1	PowerPoint presentation and speaker at CKBC annual conference	Member clubs: athletes, coaches and parents	Nov 08
2	Rebrand web site and promotional materials with the "Sport for Life" message.	Everyone interested in the sport	Jan 09 to Mar 09
3	Add links on the new CKBC web site to LTAD information	All members and supporters of the sport	Mar 09
4	Display LTAD info at World Canoeing Day celebrations across BC	Member clubs and the general public	Jun 09 and continuing annually

## School Program

In 2005, CanoeKayak BC introduced dragon boat to BC schools (Appendix 3). As part of the Fundamentals stage of LTAD, we will expand the school dragon boat program to include more schools. Furthermore, we will provide in-service training for teachers coaching the program.

*"Expanding relationships with schools is key to participation and sustainability" -*

*CanoeKayak BC strategic plan*

Priority	Action Plan	Scope	Timelines
High	Introduce more schools to Dragon Boat paddling and competition	School classrooms	Ongoing
High	Provide in-service training for school teachers to coach dragon boat (link paddling with physical literacy)	School teachers	Ongoing



### Dragon Boat Program Outline

Dragon Boat is the world's fastest growing water sport. It combines tradition with modern day teamwork, enthusiasm, and strategy.

With no experience necessary the following can be achieved: Friendships; Cooperation; Excitement; Etiquette and Fair Play; Confidence; Safety; Inclusiveness and Respect; Sharing, Caring and Support; Opportunity; Fitness

Contact our office to inquire about the 'First Strokes' Introductory Program or jump right in and 'Plan to Race' with the multi week programs. All programs will be tailored to the needs of your group.

This project is part of the BC Sport Participation Program, supported by the Government of Canada, the Province of British Columbia and 2010 Legacies Now.

## Coaching Education

Our 2008 club audit revealed that over one-third of Fundamentals and Training to Train coaches are not certified. We will schedule an education weekend each year so all clubs know about it in advance and plan accordingly. This will provide one-stop training for short-term coaches and summer program instructors.

*"Regular/mandatory coaches conferences [are needed] to share knowledge/ideas among different disciplines and promote respect for each other and their sport" - CanoeKayak BC Strategic Plan*

We will offer the Entry Level Competitive coach module as part of our Provincial Spring Training Camp in California because many bantam program coaches are also club high performance athletes.

Only one club in BC currently employs a full-time professional coach. We will pursue strategies to help clubs build the revenues needed to support full-time coaches.

Priority	Action Plan	Scope	Timelines
1	Organize, promote and deliver an education weekend for Summer Program Instructors	Fundamentals and Train to Train coaches	Jun 09, continue annually
2	Cross-train Summer Program Instructors in fundamental movement skills through Run, Jump Throw (Athletics) and Acrix (Gymnastics)	Fundamentals and Train to Train coaches	Jun 09, continue annually
3	Explore new revenue sources and/or business models to help clubs employ professional coaches.	Member clubs and competitive program coaches	Fall/Winter 09
4	Offer entry-level competitive coach training as part of Provincial Spring Training Camp.	High performance athletes interested in coaching	Spring 2010



CanoeKayak BC



## Competition Calendar

Our competition calendar is overloaded and there is no clear progression of events. We also realized during our audit that there is a lack of awareness of which LTAD stage(s) each competition targets.

Our initial steps include assigning LTAD stage(s) to events using our online calendar software, and involving clubs in the categorization of their events. Then we will analyze this information and discuss changes through a technical committee consisting of provincial and regional coaches. Finally, the rationale for any changes will be explained to clubs, athletes, and parents.

*"We have too many regattas for our high performance athletes and we force our novice paddlers (first year paddler at any age) to race against the best athletes at each age class" - Joel Hazzan, Ontario Provincial Coach*

Priority	Action Plan	Scope	Timelines
1	Add LTAD stages to online calendar system for tracking purposes	All athletes, coaches and parents	Feb 09
2	Ask clubs to specify which stage(s) their event targets on hosting application	Member clubs and head coaches	Aug 09 & continuing annually
3	Discuss changes to the calendar and race cards at the technical committee meeting. Consider merging events (e.g. BC Trials & BC Champs).	Provincial and regional coaches	Sep 09 and reassess in Sep 2010
4	Participate in the development of new race card templates at the national coaching conference	Provincial and regional coaches with counterparts from across Canada	Nov 09
5	Explain the rationale for changes to athletes and parents. Educate clubs, parents, coaches on appropriate competitions (which, and how many).	Athletes and parents	Nov 09 & Nov 2010

### Topics to be discussed with coaches and parents

Coaches need to be more selective in choosing which events to attend, and avoid pushing athletes before they're ready. Families with multiple children may go to a regatta suitable for their older child but they expect both kids to race. Maybe the younger athlete just races in teamboats?

**National competition guidelines for young athletes****ATOMS:**

They should not be racing at Divisional regattas. The emphasis for this group is upon personal skill development and fun. Events are important for this group as a focal point for their 'season' but they can easily be addressed at club-based events or at most an invitational, skills-based event between two clubs.

**PEEWEEES:**

This group is at the tail end of the FUNdamentals and Foundations stage. The emphasis should be on the development of skills in both canoe and kayaks as well as an emphasis upon team boats. Events should reflect the emphasis of the stage. Divisional regattas are appropriate for this group. Inter-provincial events are not recommended. A heavy emphasis upon participation is important.

**BANTAMS:**

This group is at the beginning of the Training to Train stage. Divisional regattas and inter-Divisional regattas are appropriate for this age group. Some longer distance events need to be included in order to address the aerobic development needs of this group. Typically, 2 km distances are sufficient. (This does not mean that all events should be 2 km.) Team boats also remain important as a means to foster the positive social environment resulting from the team experience.

**Ideas for fun skill-based competitions**

We've had success with fun events at our Regional Regatta...relays, triathlons, treasure hunts, skills & drills, etc. are very popular for kids and adults!

For example, just briefly we could follow the LTAD and have the atoms do a treasure hunt in voyageur canoes, paddle the dragon boat, obstacle course in recreational kayaks, do some balance drills and skill in the sprint boats, or a little team relay in recreational boats or sprint. For the peewees, we could have multi-discipline events where they paddle teamboats in both sprint canoe (in a recr. boat if necessary) and kayaks, complete a skills and drills event where they can demonstrate their FUNdamentals, and relay events with a mixture of K/C1, K/C2, & K/C4. Bantams still need to have stimulating, fun activities in addition to the straight 500m course. What about doing a zig zag course where they have to obtain an object from each point in order to finish the race? Why not a K4 2km....we haven't done that in the past!?!?! I would have loved that when I was younger! The point I am getting at is that we can totally make things more interesting, challenging and fun for our athletes and in addition, retain them for future years to come.

## Opportunities for Late Starters

Athletes starting sprint CanoeKayak after age 14 face significant barriers to success in their initial years.

A “novice” class has been included in many regattas over the past season. We will formalize this class with a clear definition and dedicated races at each competition.

*“More teamboat participation is key to sustainability of our clubs” - CanoeKayak BC Strategic Plan*



We will undertake an initiative to encourage more teamboat training so that late starters can be included with more experienced athletes of the same age. Teamboat programs would be a starting point for these athletes with fewer sessions per week than the high performance system. To reinforce the importance of the teamboat program, we will host a new competition specifically for teamboats.

Priority	Action Plan	Scope	Timelines
1	Develop a clear definition for the “novice” class. Refer to the Tier 2 athlete classification used in Ontario. Consider using seed times to setup races.	Athletes in their first year of racing or using training hulls	Ongoing since 2008
2	Incorporate novice category into every regatta, or consider a novice racing series as in Ontario	Athletes in their first year of racing or using training hulls	Ongoing since 2008
3	Encourage teamboat programs in the clubs (look at the “Wars and Fours” programs in the East)	Regional coaches promote to all clubs	Begin work in Fall 09 for launch in Spring 2010
4	Host a provincial team boat competition	All clubs	Summer 2010 and continuing annually

### Provincial Team Boat Competition Ideas

Could include K4, C4, War Canoe and Dragon Boat  
 Allow blended crews, relays and other unique races  
 Boats to be provided at the regatta (boat transport subsidized by entry fees)  
 Busses/vans for athlete transport  
 Participating clubs to pay damage deposit with entry fees.  
 Dock marshal to inspect boats for any damage after each race.

## Athlete Retention

There is a drop off in both competitive and general participation after the Training to Train stage. We will develop and implement strategies to engage athletes by adding more variety to the training. The teamboat program (see Opportunities for Late Starters) will also be a retention strategy. We also seek to retain more post-secondary athletes.

*"In the younger age groupings we have a tremendous fall-off in membership. The principles of the LTAD are aimed at improving membership retention." John Edwards, Domestic Development Director, CanoeKayak Canada*

Priority	Action Plan	Scope	Timelines
1	Add cross training activities to keep athletes engaged (e.g. cross country ski trips, etc.)	High Performance athletes	Dec 08 and ongoing
2	Design and deliver a sprint - whitewater crossover program	Start in two regions (Vancouver Island and Fraser Valley)	Winter 09
3	Student training camp for university-aged athletes (alternative to the regular camp during high school spring break)	BC Elite athletes and senior coaches	May 09 and ongoing

## Program Quality

It is CanoeKayak BC's clubs that deliver community-based programs. We recognize that clubs are often under-resourced and may need guidance and support to deliver successful, high-quality programs. At our next conference we will consider two potential strategies to give more structure to our club support services.



Priority	Action Plan	Scope	Timelines
1	Assign a mentor (experienced sport admin) to each club	Member clubs	Discuss at conference in Nov 09
2	Develop a "report card" for clubs to help them assess program quality compared to provincial standards	Member clubs	Discuss at conference in Nov 09

## Conclusion

This provincial sport-specific LTAD implementation plan was created based on the CS4L national framework and national CanoeKayak LTAD model. The process used to generate this plan involved a program inventory, audit, and gap analysis.

CanoeKayak is a multi-disciplinary sport consisting of several related paddle sports. Programs are offered in 19 well-equipped clubs across BC. Professional coaching is available in most regions. Participation is concentrated in the Fundamentals, Training to Train and Active for Life stages. There are lots of competitions available, mostly in the sprint and whitewater disciplines. However, competitive participation is relatively low compared to other parts of Canada.

This plan was developed to address specific challenges the sport faces in BC, while aligning programs and services with LTAD principles. We will educate our members about LTAD through presentations/workshops and online resources.

The BC School Dragon Boat Program will be enhanced as our “flagship” Fundamentals program.

Coaching education will be improved by offering an annual education weekend for Summer Program Instructors, and training senior athletes in coaching at our spring training camps. We will also develop strategies to help more clubs employ professional coaches.

The competition calendar and race cards will be completely restructured to align with national guidelines and LTAD principles. We will establish a novice class and promote teamboat competition to help late starter athletes. Changes to the competition program will probably be the most significant changes made in this plan, and may take several years to fully implement.

Finally, we will take steps to improve athlete retention and ensure program quality across all clubs.

Above all we hope that through LTAD implementation CanoeKayak will be a stronger sport at all stages of participation. We expect that full implementation will result in greater participation numbers, as well as better competitive results at the national level in the next 5-10 years.

## ***Acronyms***

CKBC	CanoeKayak BC
CKC	CanoeKayak Canada
CS4L	Canadian Sport for Life
ELCC	Entry-Level Competitive Coach
LTAD	Long-Term Athlete Development

## ***References***

[CanoeKayak Canada Long-Term Athlete Development Plan](#) (May 2006)

- [http://www.canoekayak.ca/files/LTAD\\_English\\_DRAFTfinal.pdf](http://www.canoekayak.ca/files/LTAD_English_DRAFTfinal.pdf)

## ***Appendices***

Appendix 1 – CanoeKayak BC Club Audit Results (November 2008)

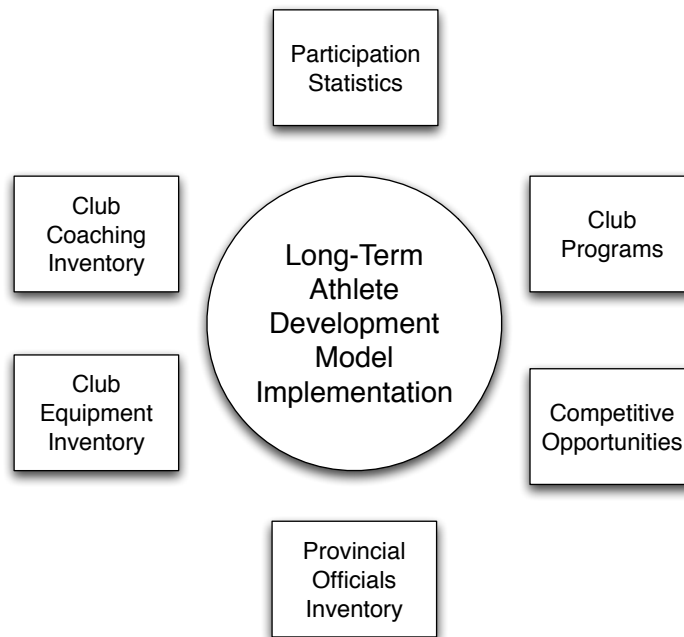
Appendix 2 – Implementation Meeting (January 2009)

Appendix 3 – Dragon Boating for BC Schools (Brochure)

Appendix 4 - Summer Program Instructor Course Outline (June 2009)

# Club Audit Results

October 25, 2008



1

## Participating Clubs

- Burnaby
- Chilliwack
- False Creek
- Fort Langley
- Kamloops
- Pitt Meadows
- Ridge
- Victoria

# Participation Statistics

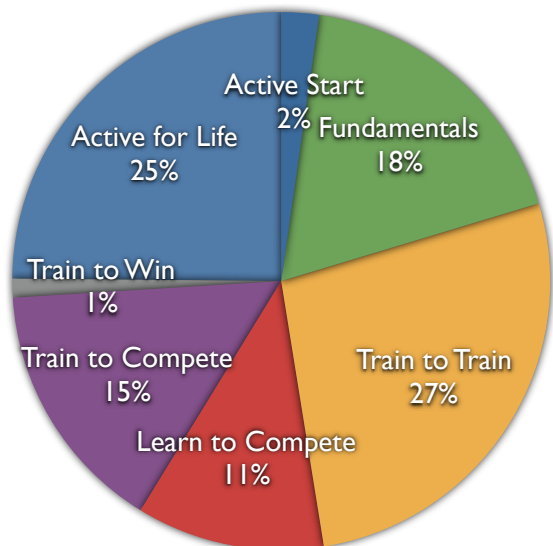
LTAD Stage	Comp	General	Total
Active Start	4	48	52
Fundamentals	32	660	692
Train to Train	48	666	714
Learn to Compete	20	282	302
Train to Compete	27	298	325
Train to Win	3	0	3
Active for Life	44	830	874
Total	178	2784	2962

Source: PadTrac 2007 Registrations  
Participants classified into LTAD stages by chronological age

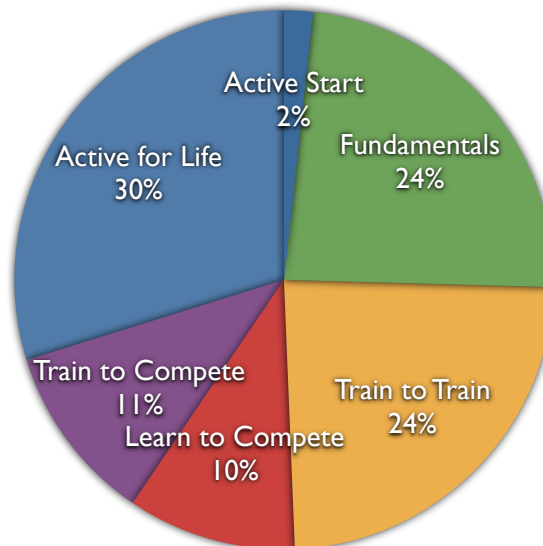
3

# Participation Statistics

Competitive



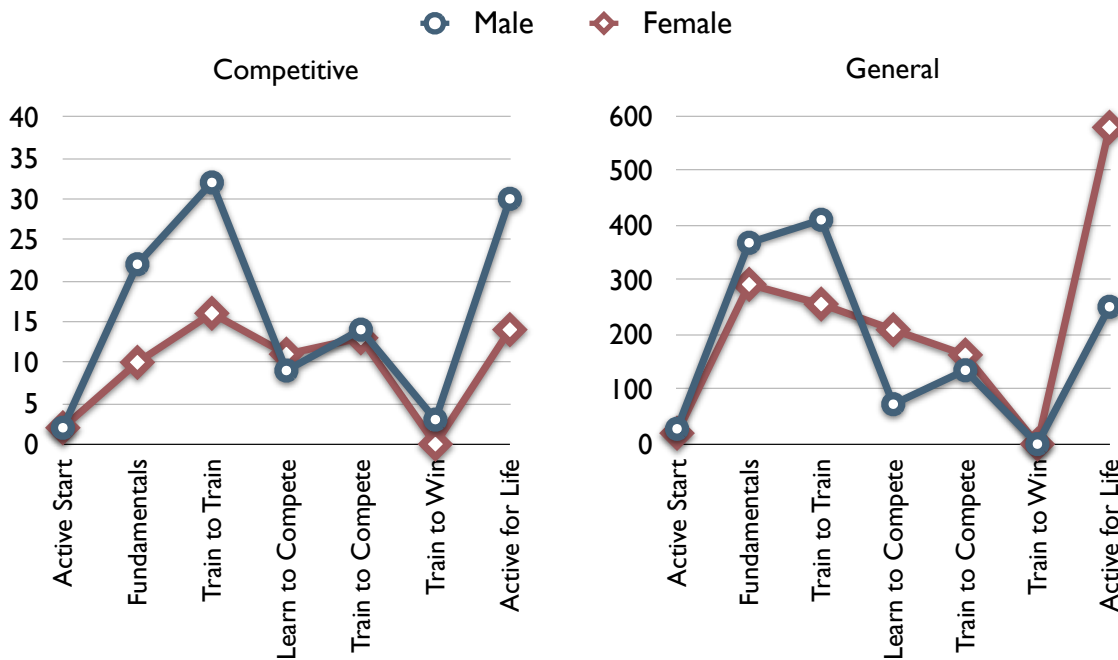
General



Source: PadTrac 2007 Registrations  
Participants classified into LTAD stages by chronological age

4

# Participation Statistics



5

## Discussion : Participation

- Why are there *Active Start* participants?
- There are significantly more male participants in *Fundamentals* and *Train to Train* but most of them don't stick around for *Learn to Compete* (age 14). Why?

6

# Coaching Inventory

	Volunteer	Paid-Local	Paid-IPS	Total
Uncertified	16	12	2	30
Level 1	4	20		24
Level 2	8	3	2	13
Level 3		7	2	9
Level 4		1		1
Total #	28	43	6	77
Total FTE	1.95	7.13	3.55	12.63

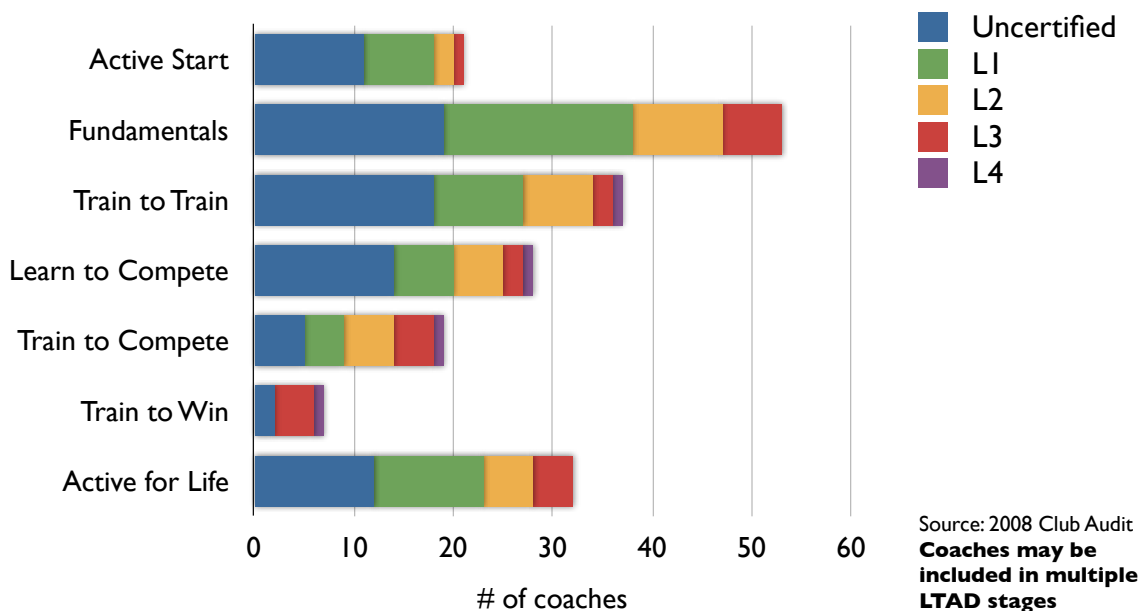
Combined experience of all coaches: **230 years**

Source: 2008 Club Audit

7

## Coaching : Utilization

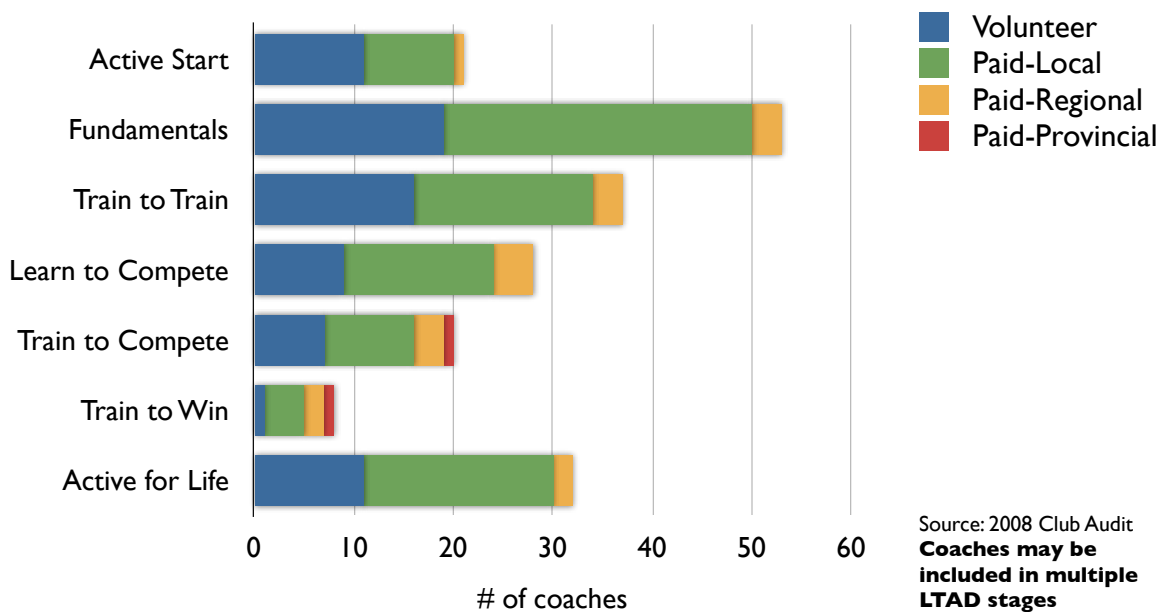
Coaching of programs by LTAD stage and coach certification



8

# Coaching : Utilization

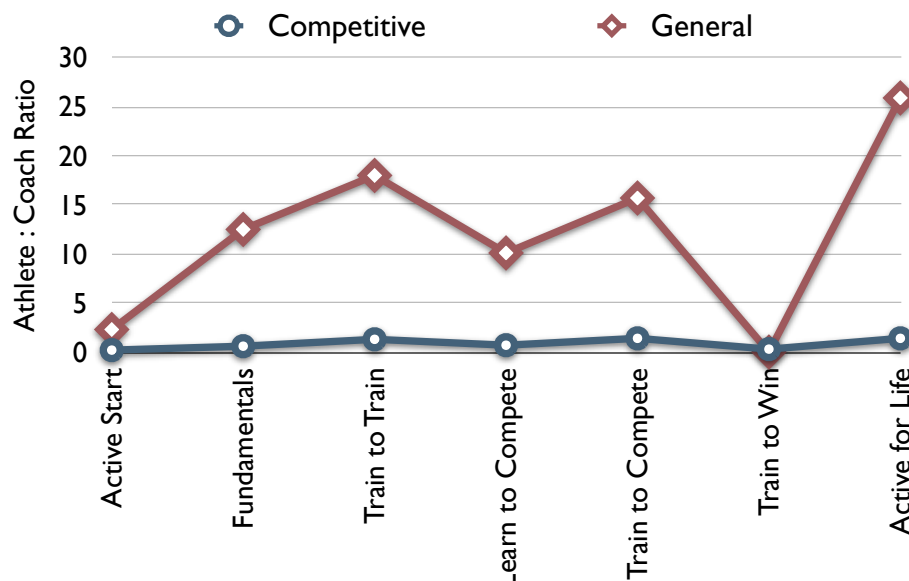
Coaching of programs by LTAD stage and coach status



9

# Coaching : Responsibility

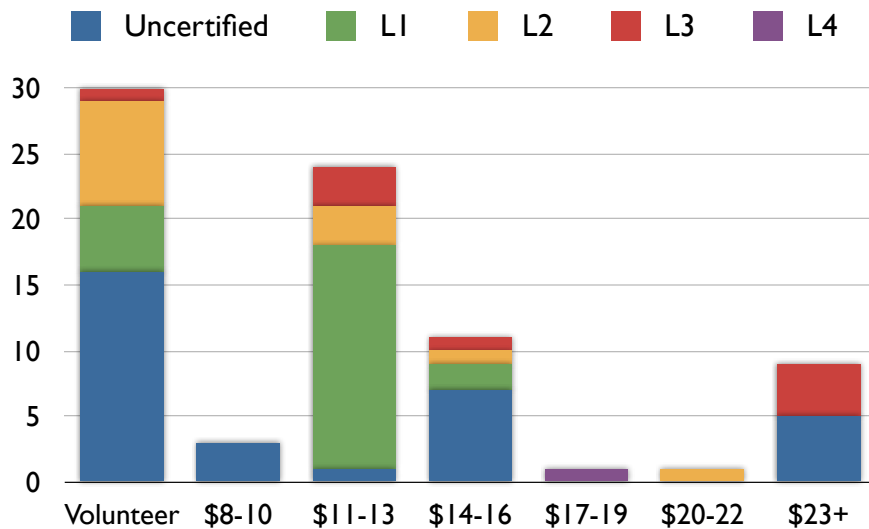
Number of registered athletes per coach by LTAD stage



Source: 2008 Club Audit  
**Coaches may be included in multiple LTAD stages**

10

# Coaching : Remuneration



Estimated amount spent on coaching annually: **\$332,170**

Assumption: 1.0FTE=2000hrs

Source: 2008 Club Audit

11

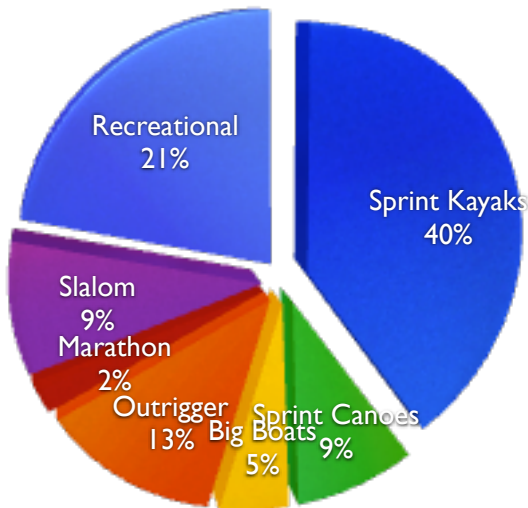
## Discussion : Coaching

- Why are 39% of our coaches uncertified?
- There is almost a 1:1 athlete to coach ratio when considering competitive athletes only.
- Are the majority of coaches serving general members?

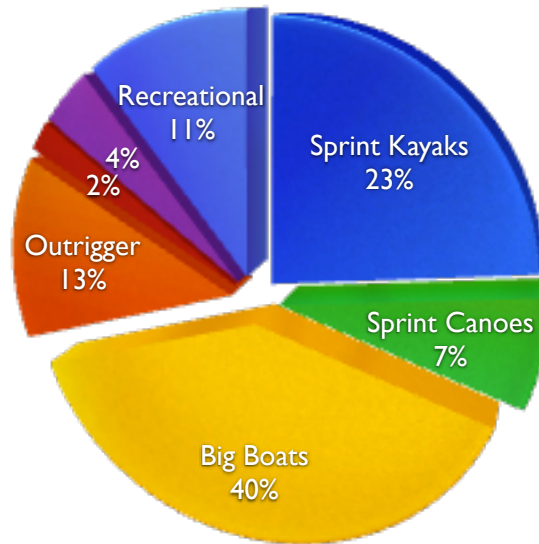
12

# Equipment Inventory

**# of boats**



**# of seats**



Source: 2008 Club Audit

13

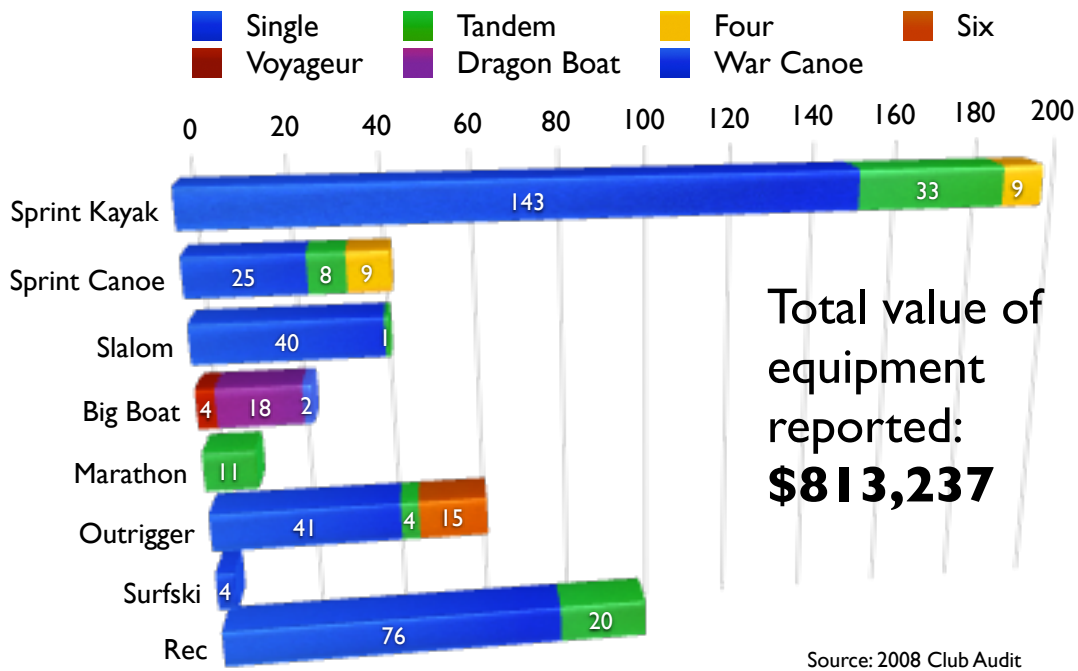
## Equipment : Regions

	# of boats	# of seats
Fraser Valley	540	776
Vancouver	576	728
Island	100	133
Interior	46	90
Provincial	23	177

Source: 2008 Club Audit (Missing Burnaby & Nanaimo)

14

# Equipment : Types



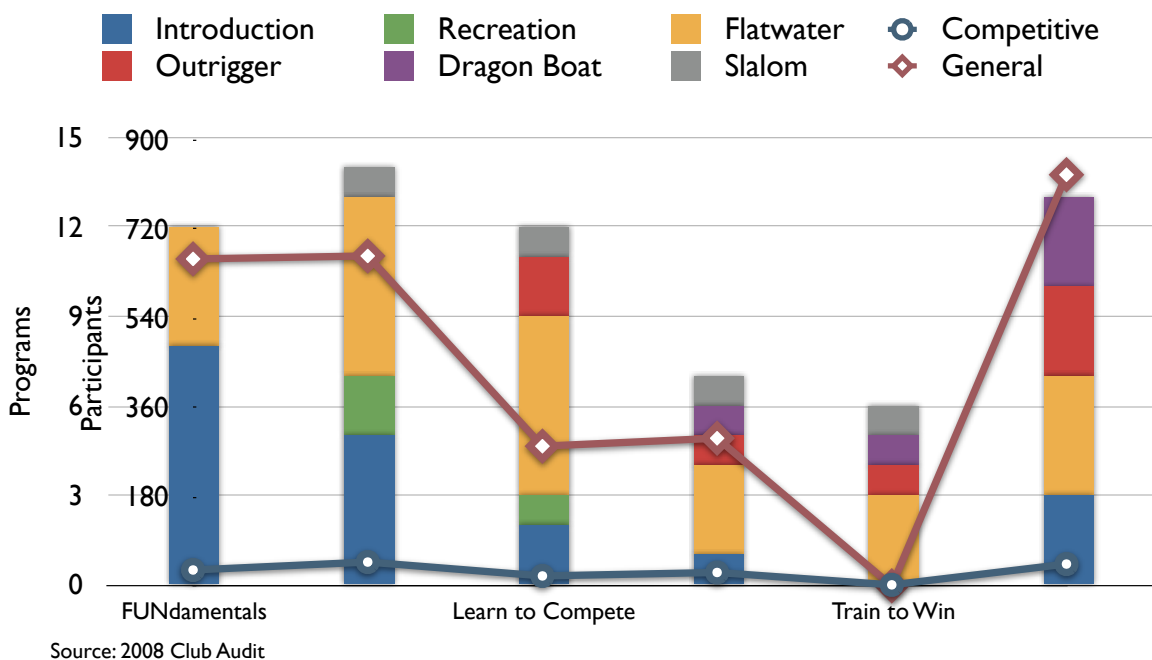
15

## Discussion : Equipment

- Why are there so few sprint canoes compared to sprint kayaks?
- Big Boats represent the largest number of seats available province-wide. To what extent are clubs using Big Boats?
- Outrigger canoes are present in many clubs. To what extent are they being used?

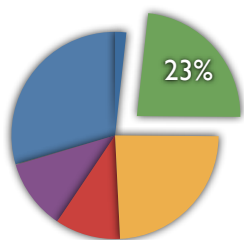
16

# Programs : Overview

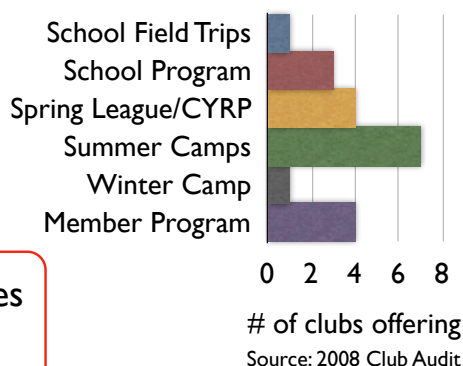


17

## Club Programs FUNdamentals



- **32** competitive athletes
- **660** general members
- **53** coaches delivering programs in this stage

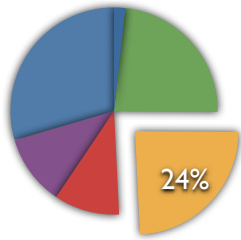


- Females 6-11; Males 6-12
- Develop fundamental sport skills
- Basic paddling skills - balance & boat control
- Build desire to remain involved, self confidence
- 3-5 sessions per week progressing to 4-6

Source: CanoeKayak Canada LTAD Model

18

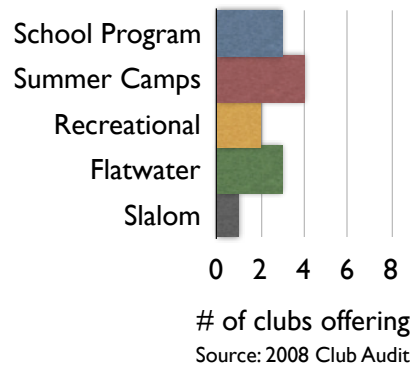
# Club Programs Training to Train



- **48** competitive athletes
- **666** general members
- **37** coaches delivering programs in this stage

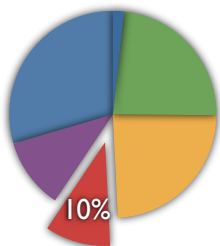
- Females 11-15; Males 12-16
- Physiological development
- Intermediate paddling skills, general endurance
- Develop focus, goal setting
- 4-8 sessions per week; 4-6 off-season

Source: CanoeKayak Canada LTAD Model



19

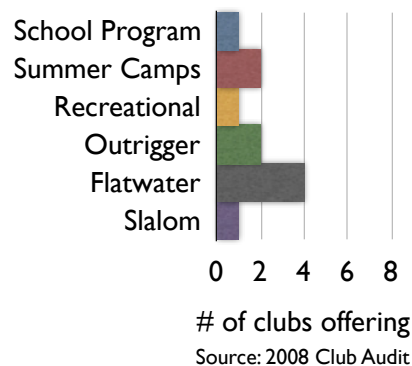
# Club Programs Learn to Compete



- **20** competitive athletes
- **282** general members
- **28** coaches delivering programs in this stage

- Females 13-15; Males 14-17
- Physiological + competitive development
- Advanced paddling skills,
- Endurance, strength, speed
- 8-12 sessions per week; 6-9 off-season

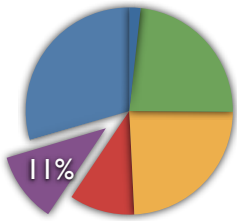
Source: CanoeKayak Canada LTAD Model



20

# Club Programs

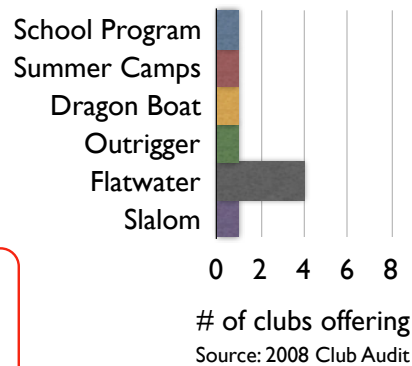
## Train to Compete



- **27** competitive athletes
- **298** general members
- **19** coaches delivering programs in this stage

- Females 15-23; Males 17-23
- Competitive development
- Technical refinement
- Endurance, strength, speed
- 9-12 sessions per week

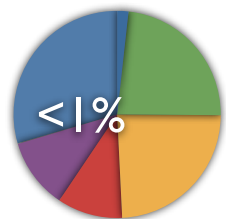
Source: CanoeKayak Canada LTAD Model



21

# Club Programs

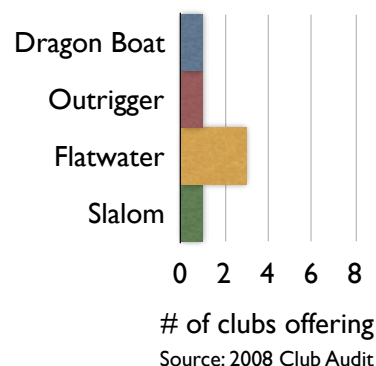
## Training to Win



- **3** competitive athletes
- **7** coaches delivering programs in this stage

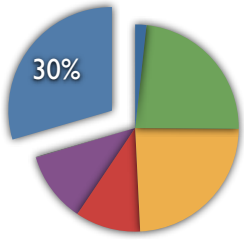
- Age 23+
- Performance
- Improve & maintain strength, speed, endurance
- Technical maintenance
- Individualized training

Source: CanoeKayak Canada LTAD Model

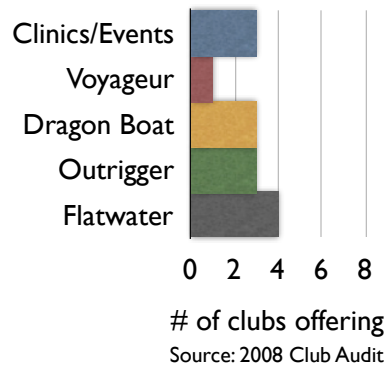


22

# Club Programs Active for Life



- **44** competitive athletes
- **830** general members
- **32** coaches delivering programs in this stage



- Any age (26+ for the purpose of this audit)
- Health, fitness, and well being
- Goal specific training

Source: CanoeKayak Canada LTAD Model

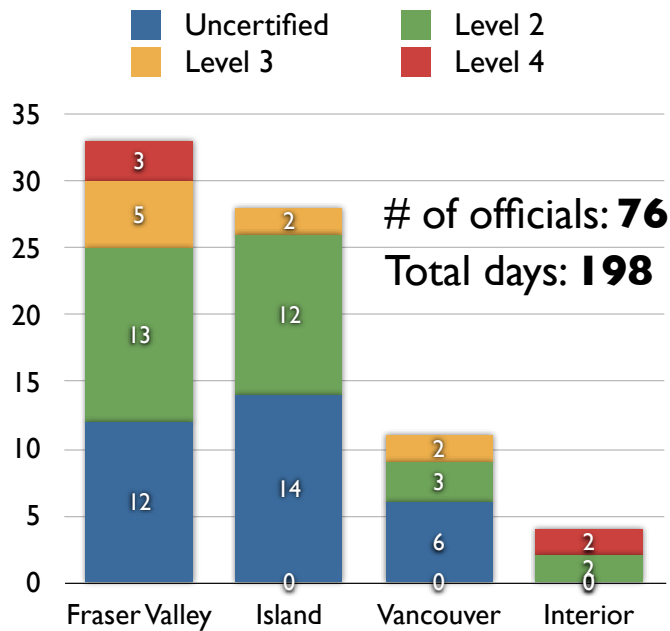
23

## Discussion : Programs

- What is the goal of our programs? What is their role in the LTAD system?
- Why does membership drop off between *Train to Train* and *Learn to Compete*?

24

# Officials Inventory



Source: 2008 Officials Availability

25

# Competition Inventory

Events promoted by CKBC in 2008

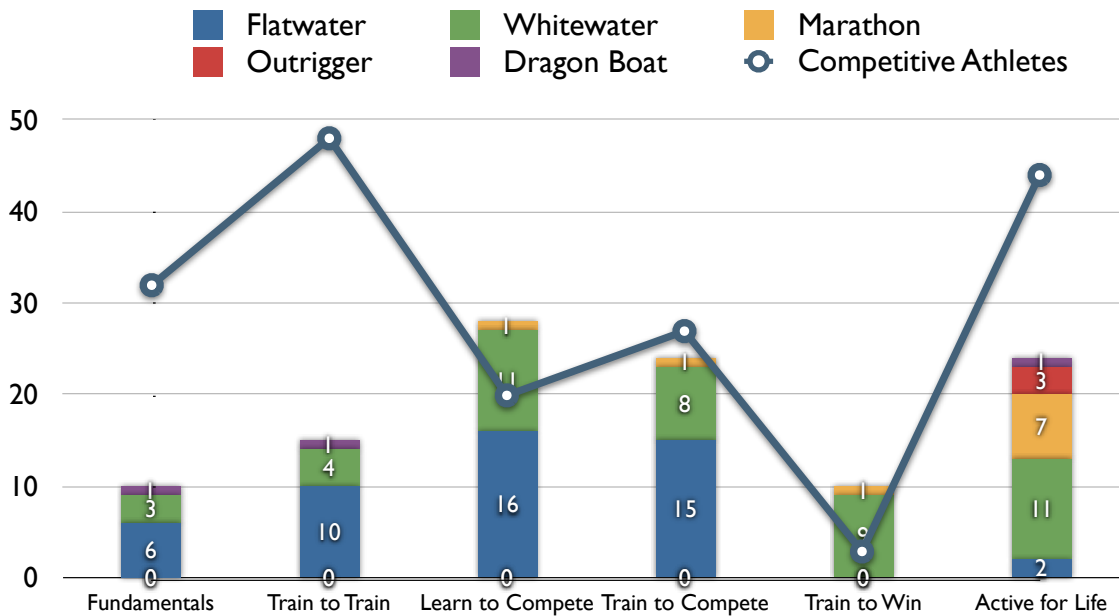
	Regional	Provincial	National	Intnl	Total
Flatwater	9	7	8	5	29
Whitewater	9	4	4	5	22
Marathon	1	3	1	2	7
Outrigger	0	1	1	1	3
Dragon Boat	0	2	1	0	3
Total	19	17	15	13	64

Source: 2008 Events Calendar

26

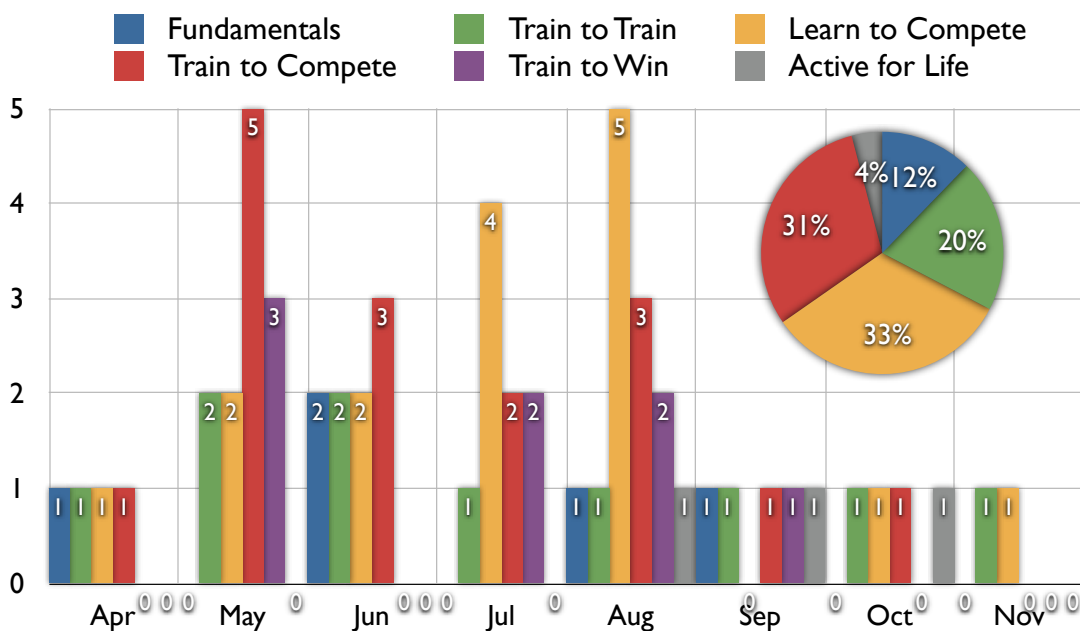
# Competition Inventory

Events promoted by CKBC in 2008



27

## Competition : Flatwater



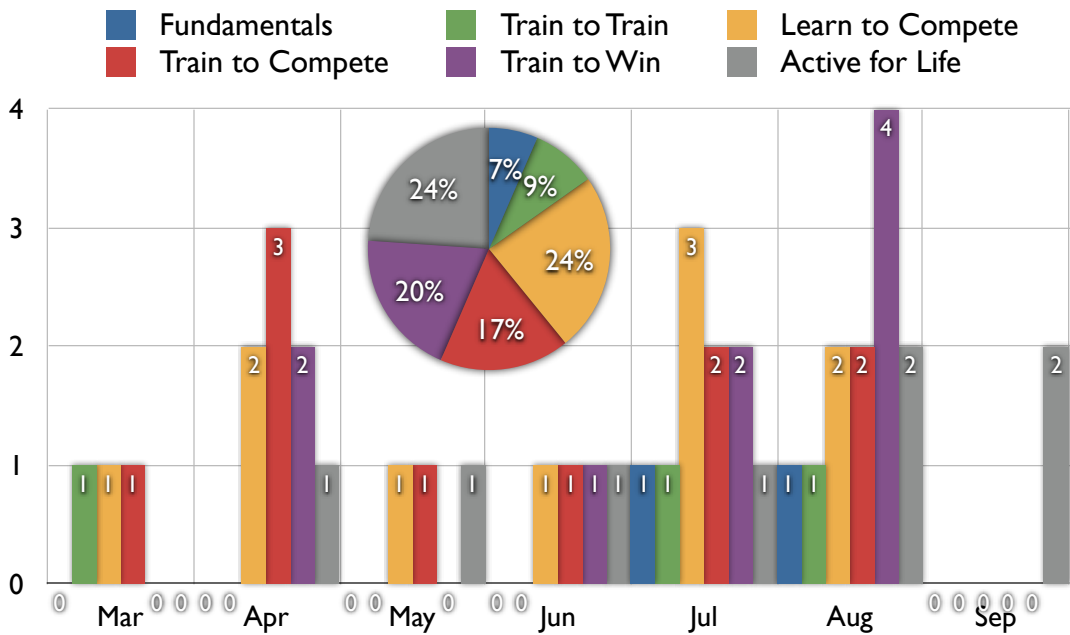
Source: 2008 Events Calendar; some events cover multiple LTAD stages

28

Apr	BC Long Distance Championships	P	T2T,L2C,T2C
Apr	6th Cascade Canoe & Kayak Race for the Cookies	L	FUN
May	Olympic Team Trials And Selection for Pan Am	N	T2C,T2W
May	Team BC Trials #1	P	T2T,L2C,T2C
May	Continental Olympic Qualifiers	I	T2C,T2W
May	Pan American Championships	I	T2C,T2W
May	Season Opening Interprovincial Regatta	N	T2T,L2C,T2C
Jun	National Team Trials	N	T2C,T2W
Jun	Ted Houek	P	T2T,L2C,T2C
Jun	CYRP Regional Regatta	L	FUN
Jun	Island Regional Regatta	L	FUN
Jun	Canada Day Regatta	N	T2T,L2C,T2C
Jul	Lake Placid Invitational	I	L2C,T2W
Jul	Face the Fraser	L	L2C
Jul	National Team Trials	N	T2C,T2W
Jul	Face the Fraser	L	L2C
Jul	BC Championships/Divisionals	P	T2T,L2C,T2C
Aug	USACK Nationals	N	L2C,T2C
Aug	Face the Fraser	L	L2C
Aug	Ridge Invitational Regatta	P	FUN,T2T,L2C
Aug	Olympic Games (Sprint Canoeing)	I	T2W
Aug	Victoria Regatta	L	FUN
Aug	Canadian National Championships	N	L2C,T2C,T2W
Aug	Face the Fraser	L	L2C
Aug	CANMAS Championships	N	A4L
Sep	Mazda Knockout	I	T2C,T2W
Sep	BC Bantam/Masters Championships	P	FUN,T2T,A4L
Oct	BC Long Distance Championships	P	T2T,L2C,T2C,A4L
Nov	Gig Harbor 10K	L	T2T,L2C

29

# Competition : Whitewater



30

Mar	Rich Weiss Cup	L	T2T, L2C, T2C
Apr	Cowichan Race	L	L2C, A4L
Apr	Canadian Senior Downriver National Team Trials	N	L2C, T2C, T2W
Apr	Canadian Senior Slalom National Team Trials	N	T2C, T2W
May	VKC Chilliwack River Festival	L	A4L
May	Hope Slough Flatwater Slalom & Clinic	P	FUN, T2T, L2C, A4L
May	Annual Puntledge River Paddle Festival	L	A4L
May	Canadian Junior Slalom National Team Trials	N	L2C
Jun	Wildwater Senior World Championships	I	T2W
Jun	Mamquam R. Fun Slalom	L	A4L
Jun	Tamihi Race & Mini-Camp	P	L2C, T2C
Jul	Seymour R. Flatwater Slalom & Clinic	L	FUN, T2T, L2C, A4L
Jul	Canoe Polo ICF World Championships	I	T2W, A4L
Jul	BC Slalom Championships	P	L2C, T2C, T2W
Jul	Slalom ICF Junior Worlds	I	L2C, T2C
Aug	Seymour R. Open Canoe Slalom Clinic	L	FUN, T2T, L2C, A4L
Aug	Olympic Games (Whitewater Slalom)	I	T2W
Aug	Canadian National Championships	N	L2C, T2C, T2W
Aug	BC Downriver Championships	P	T2C, T2W, A4L
Aug	Freestyle ICF World Championships	I	T2W
Sep	Tamihi Open Canoe Clinic and Slalom	L	A4L
Sep	Annual Canada West Paddle Surf Fest	L	A4L

31

## Discussion : Competition

- How should we sequence the schedule?
- What events are offered?
  - Do clubs offer wrap-up events for *Fundamentals* programs?
  - Should there be a teamboat only regatta?
  - Should relay races be formalized?
- What are the options for athletes that don't make Team BC?

32

CanoeKayak BC  
Canadian Sport for Life Implementation Meeting  
January 29, 2009, 9:30am, CKBC Office

In attendance: Mary-Jane Abbott, Jaden Langford

**Participation/Coaching/Programs**

We believe that our athletes are “better” than they actually are  
Not as many in the advanced stages as we identified

Drop off in both competitive and general participation after the T2T phase - why?

Gap	Ideas
Over one-third of coaches in FUN + T2T stages are not certified	Schedule an “education weekend” each year so all clubs know about it in advance and plan accordingly. Seek funding to reduce financial barriers.
	More training for volunteers and short term coaches (e.g. dragon boat, school programs, summer camps, etc)
	Educate coaches in fundamental movement skills (e.g. Run, Jump, Throw course, etc.) Emphasize the importance of Fundamentals coaching in LTAD
	Objective: By delivering higher quality programs with well-oriented coaches there is a greater chance of retention
Lack of opportunities for intake of athletes age 14+ in clubs	More teamboat options for late starters (e.g. Wars and Fours)
	Training options with fewer # of sessions per week than high performance stream
	Incorporate novice category into every regatta
	Whitewater crossover opportunities
Unclear definition of novice competitor	Novice athlete = first season of racing (but what about age?)
	Novice athletes must race in trainer hulls

## Competition/Equipment

Competition calendar is overloaded and there is no clear progression of events

Gap	Ideas
Lack of awareness of which competitions apply to each stage	Ask clubs to specify which stage(s) their event targets on hosting application
	Add stage(s) to web site events calendar
	Educate clubs, parents, coaches on appropriate competition (which, and how many) for each stage
We offer more events than recommended by LTAD	Can we merge events (e.g. BC Champs and BC Trials)?
We do not have a teamboat regatta.	Could include K4, C4, War Canoe and Dragon Boat
	Allow blended crews, relays and other unique races
	Boats to be provided at the regatta (boat transport subsidized by entry fees). Busses/vans for athlete transport.
	Participating clubs to pay damage deposit. Dock marshall to inspect for damage after each race
Families with multiple children go to a regatta expecting younger kids to race at higher level events	Allow younger siblings to race in teamboats only at higher level events
Need a better strategy to select regattas	Coaches need to be more selective in choosing which events to attend based on LTAD principles
	Avoid pushing athletes before they're ready

## Competitions Table

We need to be more selective, focused, and strategic in choosing competitions rather than “always loading the trailer”.

Stage	# per year	Suggested events
FUN	3-4	club regattas in BC only
T2T	4-7	1 teamboat regatta 2 long distance / marathon 1 invitational regatta BC Champs Bantam Champs / Pacific Cup BC Games / Nationals
LTC	4-7	1 teamboat regatta 2 long distance / marathon BC Trials BC Champs Nationals Pacific Cup / Western Canada Games
T2C “BC Elite”	determined by coach	2-3 National Trials BC Trials BC Champs Nationals Canada Games Other events determined by coach

# Dragon Boating for Schools

The Provincial Physical Education curriculum allows for a minimum of 15% of class time to focus on the Alternative Environment Activities Movement Category as one of the 5 movement categories.

For many schools this is a particularly difficult category due to funding priorities within the school and district. Not only that, these activities often require a specialist teacher.

Canoe Racing BC has developed a new program designed to bring a fun and unique opportunity to high school students throughout the province - **Dragon Boating!**

Dragon boat is the world's fastest growing water sport. It combines tradition with modern day teamwork, enthusiasm, and strategy.

Through participation in this program, students will develop the knowledge, skills and attitudes necessary to incorporate physical activity into regular routines and leisure pursuits to live an active, healthy lifestyle.

Learning outcomes in the areas of Movement (Alternative-Environment Activities), Active Living and Personal and Social Responsibility can be met.

## WITH NO EXPERIENCE NECESSARY THE FOLLOWING CAN BE ACHIEVED

**Friendships** New friendships are cultivated that may never have thrived in the school environment.

**Cooperation** This is the ultimate team sport. Unlike most school sports there is no 'star'. The key is synchronicity so the entire team must work as one.

**Excitement** Nothing much beats the high of the sounds of drumming, yelling and cheering to get an adrenalin rush.....and you can do it sitting down!

**Sportsmanship. Etiquette and Fair Play** Learn to respect members of your own and other teams. Learn to be humble in the face of success and respect the hard won battles or disappointments of your own and other crews.

**Confidence** With improved activity specific motor skills comes increased competency.

**Safety** Participants are taught an appreciation

for personal safety in a natural environment.

**Inclusive** This activity is suitable for male, female, old, young, able bodied and disabled in one crew. Everyone will have a sense of belonging and you will have parents and fellow teachers wanting to participate in no time.

**Respect** It is a challenge to coexist with so many others and move forward at a common pace.

**Sharing, Caring and Support** Learning to share mistakes without blame, learning to analyze performance and produce a better outcome are all hard won lessons that present themselves regularly.

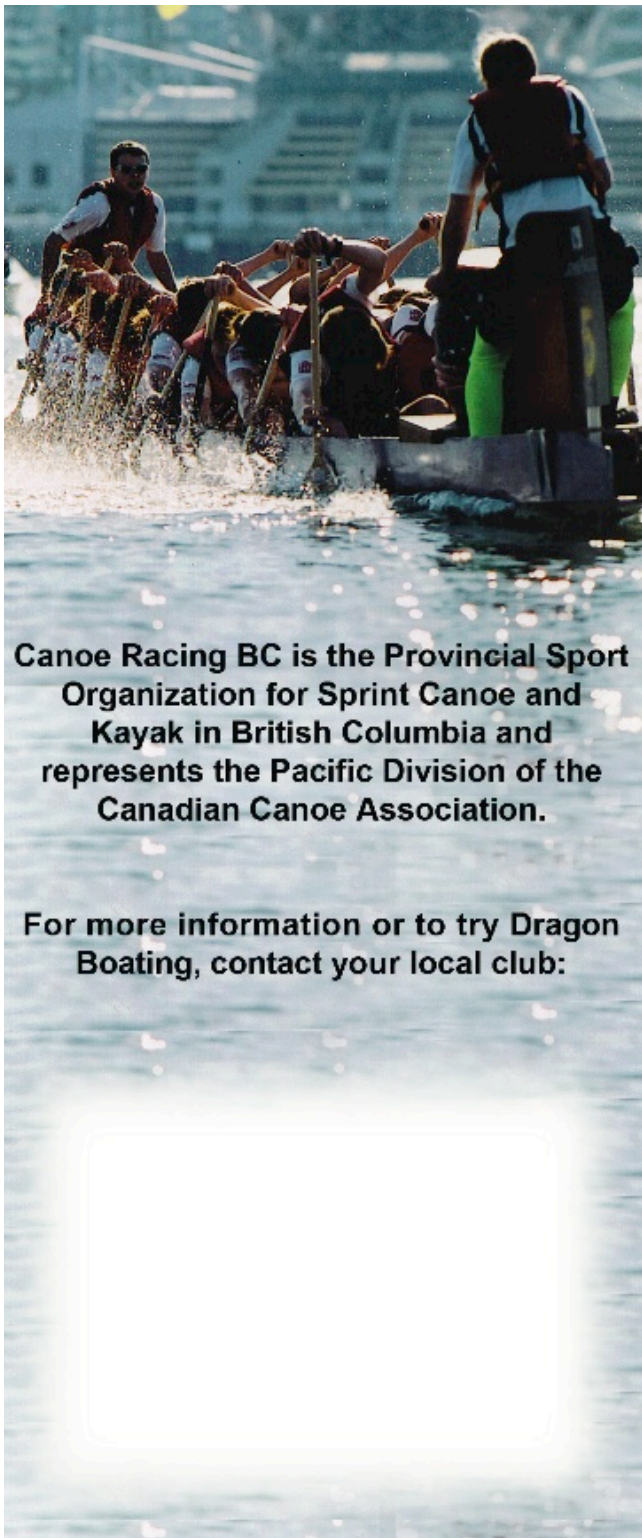
**Opportunity** Dragon Boat offers a level playing field for students of all athletic abilities. Some who have never felt confidence in school sports are willing to give this a try because everyone is an equal.

**Fitness** It is a great workout and for success requires all round fitness and toning

## HOW ELSE CAN YOU HAVE FUN AND GET FIT SITTING DOWN?

Call now to try the 'First Strokes' Introductory Program or jump right in and 'Plan to Race' with the multi week programs. All programs will be tailored to the needs of your group.





Canoe Racing BC is the Provincial Sport Organization for Sprint Canoe and Kayak in British Columbia and represents the Pacific Division of the Canadian Canoe Association.

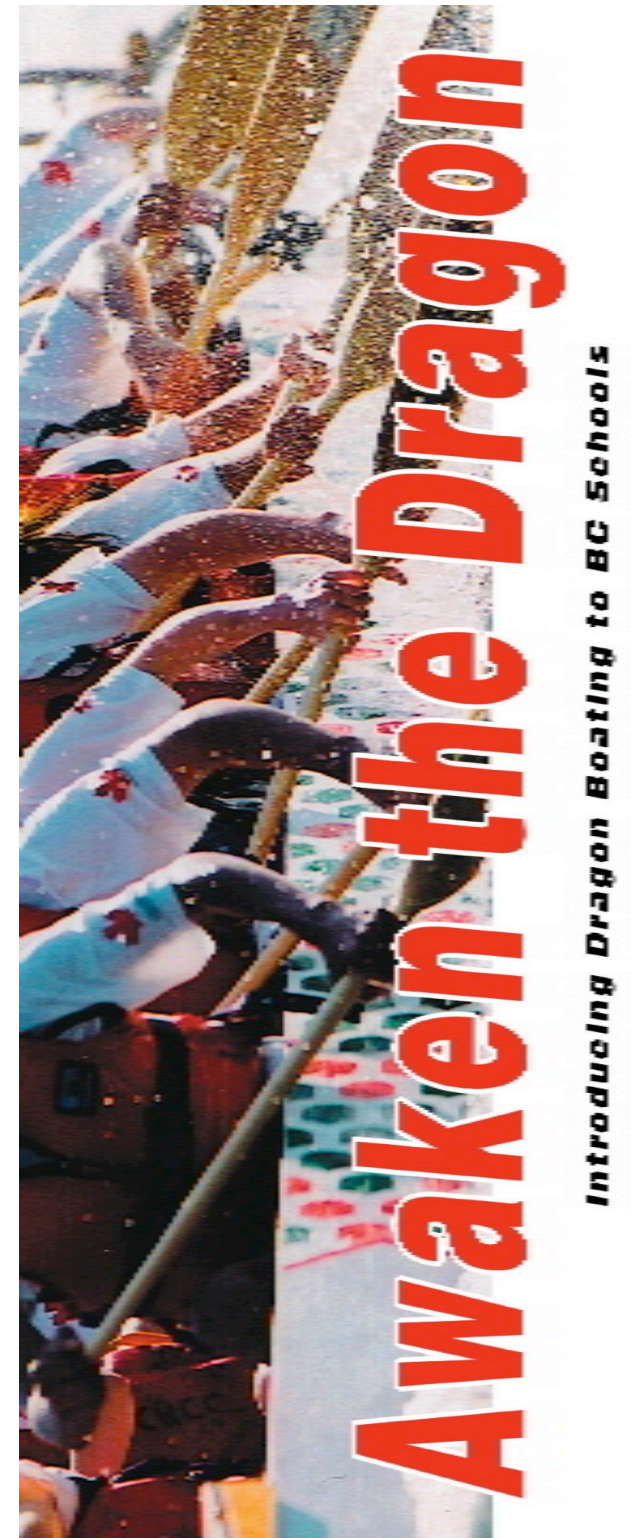
For more information or to try Dragon Boating, contact your local club:

## Canoe Racing BC



(T) (604) 465-KANU (5268)  
(F) (604) 460-0587  
[exec@crbc.ca](mailto:exec@crbc.ca) | [www.crbc.ca](http://www.crbc.ca)

This project is part of the BC Sport Participation Program, supported by:



# SPI (Summer Program Instructors) Camp



## Goals:



- To ensure the consistent delivery of quality programs at each of our member clubs
- To develop an enthusiastic SPI (Summer Program Instructor) mentorship network
- To provide an opportunity for SPI's to give feedback into the delivery of summer programs across the province
- To ensure that SPI's have a full toolbox of activities that meet the needs of a Long Term Athlete Development Model for delivery in a safe and FUN environment that ensure the recruitment and retention of new CANOE KAYAK participants

## Bring:

- A change of clothes for all sessions. You will be active and on Sunday you may get wet!
- An enthusiastic attitude ☺ ready to tackle anything – What you do today can improve all tomorrows!

## Cost: \$150 for each CanoeKayak BC Summer Program Instructor registered


- Includes all program fees and resulting materials
- Boot Camp SPI CanoeKids Shirt (hand dyed by each participant)
- CKBC water bottle
- 3 lunches
- Shared accommodation for those from out of town

<b>Thursday June 25<sup>th</sup></b>		
3pm – 6pm	Arrival and registration (for those registered for accommodation)	Pitt Meadows Ramada Inn
7pm – 8:30pm	<b>Welcome Address with Chris Johnson – Dr. Laugh</b> <b><i>Coaching in the Workplace</i></b> Join Chris as he draws on twenty-five years of experience in educating over 10,000 coaches from over 40 different sports. Chris will explore the various strategies used, whether from the soccer field, baseball diamond or in the Board room. Coaching is more than improving skill, it is effecting change in values, attitudes, knowledge and beliefs; it is based on developing positive self images as opposed to developing only excellence in performance. Come and learn how to give effective feedback, use visualization skills and imagery, as well as how to employ simple goal-setting and team-building skills.	Speaker and Location TBC
<b>Friday June 26<sup>th</sup></b> 		
9:am – 5pm  (Lunch provided)	<b>Run, Jump, Throw</b> Developed by Athletics Canada and presented by BC Athletics, RJT is the grassroots development program for Athletics. This FUNdamentals program teaches the skills of running, jumping and throwing and the technical skill progressions for track and field events to boys and girls ages 6-12. The goal of RJT is to supply a program of physical activity that serves as a strong foundation for all sports. Children who learn fundamentals movement skills will be prepared for a lifetime of excellence and diversity in active living. Participants will receive NCCP certification.	Pitt Meadows Heritage Hall (lower floor)  \$100 if separate
7:30pm – 8:30pm	<b>Pleasure Craft Operators Card Examination (self study required)</b> All boat operators need their Pleasure Craft Operator Card this year!* There is no grandfather clause and no minimum age to get the card. This federal law applies to all Canadians, no matter your age, the length of your boat or the size of your engine. This card is good for life, and is recognized across Canada and the U.S.	CKBC Office  \$20 if separate
<b>Saturday June 27<sup>th</sup></b> 		
9am – 5pm	ACRiX – Applied Circus : Radically Extreme	Pitt Meadows Family

(Lunch provided)	<p>The ACRiX program is a new and exciting program from Gymnastics BC that combines circus arts with gymnastics in order to offer a fun and extreme physical activity to youth. Participants in the program learn how to juggle using various props, use diabolos and flowersticks, learn basic gymnastics skills (rolls, handstands, balancing), balancing acts in groups and perform in a circus style show.</p> <p>The basic principles of ACRiX are to provide a safe setting for youth to be physically active, develop new skills, become engaged within their communities and gain skills to help them in their futures.</p> <p>The ACRiX program is delivered in conjunction with CircusWest: Since 1984, CircusWest has been a leader in Circus arts in BC with its signature youth circus program -- CirKids. As well, CircusWest is home to Vancouver's premier contemporary circus company -- Avatar Circus Project.</p>	<p>Recreation Centre (1/2 gymnasium east)</p> <p>\$75 if separate</p>
	Evening Activity TBC	

## Sunday June 28th



<p>9am – 12:30pm</p> <p>(lunch provided)</p> <p>1pm – 3pm</p> <p>3:30pm – 5pm</p>	<p>Community Canoe/Kayak Coach Workshop (CanoeKids)</p> <p>Facilitated by Ashley Rowe – Nanaimo Regional Centre Coach</p> <p>This workshop has been designed to meet the needs of coaches, camp councilors and volunteers who are working with individuals at a community level. Following the completion of this workshop, coaches will be recognized in the NCCP Database as 'TRAINED' as a Community Canoe Coach. To be 'CERTIFIED' participants will have to be successfully evaluated during the practice session within the course as well as complete ALL coursework. Coaches are evaluated on their competency in several areas, including program design, practice planning, performance analysis, program management, ethical coaching and support to participants during training and competition.</p>	<p>Pitt meadows Heritage Hall (lower floor)</p> <p>\$75 if separate</p>  <p>Pitt Meadows Paddling Club CKBC Office</p>
---	---	---