

### Alberta Slalom Program Overview

Programs	Cost	Duration	# of days/ mo	Benefits
<b>High Performance</b>	\$2150/Year	1 Year; October 1- September 30	Unlimited	ALL
<b>Winter Training - Calgary</b>	\$350/7months + \$75/month Total \$875/7mo	October 1 - April 30	WT + 2 sessions/week	WT benefits + drop in sessions
<b>Winter Training</b>	\$350/7months	October 1 - April 30	1 group session + 1 session in region / month	YTP, Monthly schedule, Testing, ASDC regional, Camp discounts
<b>Calgary - Monthly Drop-in</b>	\$75/month	Payable at the start of the month	2x/week with main training group	
<b>Drop in</b>	\$25/session \$40/day			

**Contact:**

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**Mike Holroyd – Head Coach**  
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## **Alberta High Performance Program & CKC Regional Development Center (RDC) 2010-2011**

Initiated in 2007, the Alberta High Performance program has the objective to give Alberta slalom athletes the opportunity to excel without having to relocate to other provinces or countries. It is an Alberta solution to excellence in slalom canoe/kayak. The program will continuously evolve to help the athletes achieve their goals by meeting their needs. We will continue the collaboration with Canoe Kayak Canada (CKC) allowing more flexibility and opportunities for National Team athletes to work together across the country.

### **1. Program Duration**

HP October 1, 2010 – September 30, 2011

### **2. Fees:**

- C1/K1 - \$2,150 for 12 months
- C2 - \$3,175 for 12 months
- Second family member - \$1,075 for 12 months = \$89.60/month

Athletes transitioning from Development to HP will not have to pay the month penalty if they pay the full, four summer months, May 1st. They will not be eligible for RDC and ASDC services until the following year.

National A & B Team, and Junior National A & B members are the only athletes eligible for the CKC projects free of charge.

Full fee amount due October 15, 2010.

Alternatively athletes may pay in monthly installments by arrangement in advance with the ED. Fees are as follows;

- First payment of \$358.33 due at start of program
- \$179.17 due every subsequent month

All payments must be made by post-dated cheques dated the 15<sup>th</sup> of each month.

All C-2 fees are based on one and a half times (1.5) the C-1/K-1 fee stated above.

### **3. Other Program Configurations:**

Shorter duration programs are available, based upon the following fee schedule:

- a. \$40/day for 1 to 4 days (\$40 - \$160)
- b. \$150/week for 1, 2 weeks (\$150 - \$300)
- c. \$358.33/month for 1 month

Athletes may withdraw from the program at any time with written notice, but to rejoin the program the athlete must make another initial payment of \$358.33 for the first month and then \$179.17 per month thereafter.

### **4. In Good Standing**

If a post dated cheque is NSF you will have 10 business days, upon notice, to pay the fee plus any service charges incurred as a result of the returned cheque.

Athletes are considered in good standing when fees, AWA membership and expenses up to date. If fees are not paid athletes will not be permitted to participate in program activities and/or ASCK events. You must be a member of an AWA affiliated club.

### **5. Other Obligations**

- Each HP athlete/family is responsible for two casino shifts at both of the AWA and the ASCK casinos. These casinos occur in alternating years approximately 10 months apart. Each athlete must post a \$200 cheque dated September 30, 2011, which will be cashed in the event that two casino shifts are not worked.
- Each HP athlete owes 16 'service' hours per year to ASCK. These must be approved by the HP Coach or ED, and may include; mentor coaching in another club, coaching other development athletes, visiting sponsors, attending special events, etc.
- HP athletes are encouraged to participate in a AWA whitewater leadership course or safety certification course each year.

### **6. Refunds**

In the event of a medical incident that prevents an athlete from training or competing, a refund can be requested based upon the schedule for shorter duration programs above. An athlete may withdraw from the program and can request a refund based upon the schedule for shorter duration programs above. Such request to withdraw from the program or to modify their program participation must be in writing.

## **7. Alternate Coaching**

The High Performance Coach is not always available to coach the High Performance Team as he/she may be required to attend a number of National Team events and will be away from home when the Alberta Team attends a training camp out of province. When the High Performance Coach is not available to provide coaching support to High Performance athletes, alternate coaching will be supported by ASCK. This alternate coaching will be arranged upon:

1. program needs
2. the request of the athlete(s)
3. the identification of a coach by the athlete and the HP Coach
4. the approval of the HP Coach

ASCK will make available \$50/athlete up to a maximum of \$300/wk during these times for alternate coaching. Coaches will vary due to availability, but the highest qualified coaches in Alberta will be utilized.

Alternate coaching is only available when the High Performance Coach is out of the province, to those athletes not accompanying him. It does not apply when the Coach is on vacation or ill. It does not apply if the athlete elects not to participate in regular training programs in Alberta when the coach is available. The Coach's vacation and time-in-lieu will be made available to all participants on the HP/ Development Google calendars for each season.

## **8. Other**

Access to facilities (MRU gym, ski passes, etc) is at the expense of each athlete.

Athletes who are Nationally carded are eligible for Canadian Sport Centre-Calgary (CSC), services.

Non-Carded, HP athletes are eligible for Alberta Sport Development Centre-Calgary (ASDC) services. Only HP athletes, following a prescribed training plan, will be eligible for lab testing. This is to ensure that ASDC funds are being used in a structured way where we can evaluate a training program.

ASCK will be coordinating services through the CSC and ASDC to maximize benefits and opportunities to our athletes.

Senior National Team & Senior B Team athletes involved in the RDC program are able to attend National training camps and races and receive 'National' coaching free of charge. These athletes are also able to visit other RDC's and receive coaching, with due notice, as per the CKC-W agreement. This means one month prior notice to the visiting RDC. Likewise, other 'Team' RDC athletes can attend the Alberta RDC free of charge, with due notice. For more information on the RDC reciprocal agreement, and camps, contact CKC-

W or visit **www.canoekayak.ca**. Athletes must be fully paid fully (>\$2000) at their RDC to be eligible for National Camps.

## **9. Coaches**

Head Coach – Mike Holroyd

Assistant coach (for Team Trials, Nationals & absentee time) – TBD

CKC coaches – TBD for CKC projects

## **10. Eligible Athletes**

- Any Senior National Team Member
- Any National Development Team Member
- Any National Junior Team Member
- All other athletes wishing to join the HP program must apply each year to the Head Coach for permission to join the program. A decision will be made based on a matrix of ability, developmental age, and commitment to the sport.

## **11. Program**

- Based at CKC Regional Development Center – Calgary, with whitewater at Kananaskis River
- Comprehensive individualized Yearly Training Plan.
- Daily/weekly training schedule using Google schedule.
- Monthly strength and core plan
- Daily/weekly coached training
- Pool sessions may be pursued depending on athlete feedback
- There may be periods of time without a coach, but athletes are expected to continue with their training as per their plan in order to achieve their personal goals.
- Fitness testing – three times per year on the Kananaskis & using the CKC National protocol.
- Proposed training camps – this not a comprehensive list and is dependent on athlete participation. The ASCK Board and Head Coach have final approval for camp scheduling.
  - December 17-22nd – Winter camp – Canmore
  - February - 2-4 week Warm Weather training camp over Reading week (AUS, Mex, CA, TX, etc)
  - March/April – 1.5 wk Spring Break Camp – Chilliwack/Squamish BC
  - National and Development Team athletes are also able to attend any National training camps or RDCs, designated for their participation, with one month notice to CKC.
    - DC, September; DC/Charlotte, December ;  
Australia, February ; Chilliwack, March ;

- Races
  - Pool race, January, TBD
  - February, Australian Open
  - March - Rich Weiss Cup, March, Chilliwack, BC
  - May – Senior National Team Trials, Jonquiere
  - August - National Championships, BC
  - 5 Provincial races – TBD
  - International races – TBD by CKC
  - National and Development Team athletes will have free coaching at events CKC designates for those teams.

## 12. Expectations

- Clear list of goals with what the athlete wants to achieve for the year working in consultation with the coach
- Willingness to work within the HP Team
- Respectfulness towards athletes, coaches and all members of ASCK
- Abide by the ASCK code of conduct (see bottom)
- Intention to maintain clear lines of communication with the Coaches and Team
- Determination to work hard year round
- Willingness and ability to be flexible
- Dedication to attending sessions, on time and ready to go
- Keep a record of your training
- Bring watch/water/food/proper equipment to each workout
- Full participation in ASCK sponsorship agreements
- Be a student of the sport. Absorb as much information from all sources as you possibly can!
- Attendance at team events including seminars, team-building event, social events, etc.

### Some Basic Objectives

#### Training to Train (learning to race)

Ensure solid technical base

Fitness

Speed

Understand fully the reason for a certain type of workout

Learn how to prepare for racing

Learn race tactics

#### Training to Compete

Continual technical refinement

Strength

Working on all energy systems in a periodized plan

Race preparation

Refine race tactics

## **Alberta Winter Training Program 2010/11**

We are continuing and building on last year success of the program for 2010. From 2009's Winter Training program athletes two are graduating into the HP program for 2010.

It is our hope that athletes enjoy greater continuity, thereby increasing their engagement with the sport and increasing their chances of success in the sport. This program is not meant to be a comprehensive year round plan. ASCK/AWA encourages the clubs to run part-time pool programming through the winter as well as full summer programming for these athletes. The goal of the Winter Training program is to educate athletes about how to train and succeed in the sport of Slalom Canoe & Kayak. We also encourage club coaches and parents to attend the sessions and learn about the sport, free of charge.

This program is open to any athlete, young or old, who wants to participate in some Slalom training year-round.

### **1. Program Duration**

October 1, 2010 – April 30, 2011 (7 months)

### **2. Coaching Cost**

**2.1** Base cost - \$350 for 7 months – payable at start of season

- Discounted rate on extra sessions throughout the year - \$20/session; \$30/day (regular price is \$25/session and \$40/day)
- Discounted coaching rate on other ASCK Camps – On a per camp basis at a 20% discount.

**2.2** Drop in - \$25/session and \$40/day

**2.3** Calgary Monthly Option - \$75.00/mo (\$600 total for 7 months) payable monthly (2x/week Details below)

Athletes participating in the Winter Training Program, can transition to HP without a late enrollment penalty.

### **3. Other Obligations**

- Each athlete/family is responsible for two casino shifts at both of the AWA and the ASCK casinos. These casinos occur in alternating years approximately 10 months apart. Each athlete must post a \$200 cheque dated September 30, 2011, which will be cashed in the event that two casino shifts are not worked.
- Each Development athlete is encouraged to complete a new whitewater leadership or safety certification course each year.

### **4. In Good Standing**

If a post dated cheque is NSF you will have 10 business days, upon notice, to pay the fee plus any service charges incurred as a result of the returned cheque.

Athletes are considered in good standing when fees, AWA membership and expenses up to date. If fees are not paid athletes will not be permitted to participate in program activities and/or ASCK events. You must be a member of an AWA affiliated club.

## **5. Fees Due**

- Full base amount due October 15, 2010
- Calgary Option – Full payment due at the beginning of the month
- Additional sessions – reconciled quarterly

## **6. Coaches**

Head Coach – Mike Holroyd  
Assistant coaches – TBD

Coaches will vary throughout the year. Sometimes it will be the HP coach, sometimes HP athletes, and sometimes other individuals. We will strive for the best person at the time but cannot guarantee one person or another due to the sporadic nature of the events.

## **7. Eligible Athletes**

- Athletes interested in the program must apply to the Head Coach for permission to enter into the program. A decision to be accepted into the program will be made based on a matrix of ability, developmental age, and commitment to year round monitoring.

## **8. Base Program**

- Based at Canoe Kayak Canada Regional Development Center – Calgary, with whitewater at the Kananaskis River
- Overview Yearly Training Plan (YTP)
- Weekly training opportunities using the HP Google schedule
- Monthly strength and core plan will be provided on paper (the plan will be designed around being able to do it all at home. If more training is wanted the athlete is encouraged to contact their local gym and trainer)
- Fitness testing – Two times per year using CKC protocol
- Monthly day camps in Calgary Region – One group day per month
- Once per month evening session in each of these regions (Central, Calgary, South)

- Calgary Option – Athletes can drop into 2 sessions/wk – on water and gym (Mt Royal). On it's own the Calgary option does not include a Year Training Plan, athletes must be in the Development Program to get this.
- Additional sessions for out of Calgary participants will be \$20/session, \$30/day, up to \$75/month
- Facility access is extra (gym/ ski/etc pass)
- Athletes in the Development Program living in rural areas will be referred to their local Alberta Sport Development Centre (Red Deer, Lethbridge, Medicine Hat, Grand Prairie, Ft Mac).

#### Separate Events:

- Training camps – dates to be confirmed and subject to change
  - December 17-22nd – Winter camp – Canmore (free to Development Athletes)
  - March/April – 1 wk Spring Break Camp – Chilliwack/Squamish/Whistler, BC. Cost \$125; this fee covers coaching only. Transportation, accommodation, meals, etc. are extra
  - A parental chaperone is mandatory for each Development Camp. Parents are encouraged to volunteer to accompany a camp opportunity per year. Failing parent availability a chaperone cost may be added to the camp fee.
- Races
  - Pool race, January, TBD
  - March - Rich Weiss Cup, March, Chilliwack, BC
  - May – Penguin Race
  - May – Senior National Team Trials, Jonquiere, PQ
  - August - National Championships, BC
  - Alberta Cups – TBD
  - Provincial Championships

## 9. Expectations

- Each athlete will have a list of goals with what they want to achieve for the year
- Respectfulness towards athletes, coaches and all members of ASCK
- Abide by the ASCK code of conduct (see bottom)
- Intention to maintain clear lines of communication with the Coaches
- Determination to train year round – be active in kayaking and in other sports to build fitness and body awareness
- Ability to be flexible
- Dedication to attending sessions, on time and ready to go
- Consistency to keep a record of daily training
- Bring watch/water/food/proper equipment to each workout

- Full participation in ASCK sponsorship agreements
- Be a student of the sport. Absorb as much information from all sources as you possibly can!
- Support your club by attending club sessions and events when possible.

## 10. Some Basic Objectives:

### Learning to Train:

- Train and compete in multiple disciplines (Slalom, Polo, Freestyle, Wildwater)
- Winter pool opportunities
- Some winter camps: winter spring x 3
- Using other sports to promote the Peak Height Velocity (PHV) windows of trainability
- Measure PHV and begin fitness testing
- Start to understand the different parts that make up training (Nutrition, Psychology, Fitness, Technique)
- Good Technical base
- Basic Fitness, Balance & Strength

### Training to Train (learning to race)

- Ensure solid technical base
- Fitness
- Speed
- Understand fully the reason for a certain type of workout
- Learn how to prepare for racing
- Learn race tactics

## **2010/11 Winter Training/ Coach Mentorship Program Topics**

October - FWD Stroke; Other 'Moves'; Group; Agility; Training Nutrition

November - Visualization; Strength; Organization; Other Modes of Recovery

December - Self Talk; Aerobic, Flexibility; Repairs; Fluids

January - Paddle set up; Travel; Races

February - Back Stroke; Boat Set up; Sponsor

March - Edging, Draws; Offsets; Progression; Gates

April - Sweeps; Upstreams; Fear of Failure, Debrief

# Alberta Slalom Canoe & Kayak

## ATHLETE CODE OF CONDUCT

As an athlete, competitor, and participant in events hosted by the Alberta Whitewater Association, I agree that:

1. I am responsible for all of my actions.
2. I will compete and participate in a spirit of fair play and honesty, and within the rules of the competition and or activity.
3. I will not use any illegal or banned substances or practices. I will also not advocate, condone, promote, or distribute illegal or banned substances or practices (as outlined in the Drug Classification published by the Canadian Centre for Ethics in Sport).
4. I will refrain from using tobacco products within the competition area.
5. I will refrain from using alcohol at athletic events (and other sport activities) or in victory celebrations at the competition site. I will also avoid providing alcohol to under age individuals.
6. I will refrain from using profane, insulting, harassing or otherwise offensive language in the context of the activities of Whitewater Canoe Kayak.
7. I will address fellow athletes, coaches, officials, volunteers, event organizers, spectators, and others, in a courteous and respectful manner.
8. I will not participate in improper and unlawful behavior, which could result in physical violence, willful destruction of property, and theft of personal or public property.
9. I will act in a manner that will bring credit to the Whitewater Canoe Kayak community and me, both at and outside the training and competition venues in the community.
10. I will respect all individuals' dignity. I will not use verbal or physical behaviours that constitute harassment or abuse.
11. I will ensure the safety of myself and others when taking part in every Whitewater Canoe Kayak activity.

The penalty of any infraction of the above, at any venue, can lead to consequences ranging from missing a training session to expulsion from all Association sanctioned activities without a refund. These penalties are decided by the ASCK Board and Coach.

By signing this document I understand and agree to all the above policies.

\_\_\_\_\_  
Athlete's Name (please print) + Signature

\_\_\_\_\_  
Parent's Name (please print) + Signature  
(for athletes under 18 years of age)

\_\_\_\_\_  
Witness

\_\_\_\_\_  
Date

## Commitment to the ASCK HP/Winter Training Program

Participant's Name: \_\_\_\_\_

Please circle one program:      High Performance      Development

\_\_\_\_\_ I have read the HP/Development Program and am committed to taking part to the best of my ability

\_\_\_\_\_ I will keep up to date with the Payment schedule as outlined in the program document

Please circle your method of Payment:

                         Full year payment                                      Post dated cheques

\_\_\_\_\_ I will participate in the Casinos as outlined

\_\_\_\_\_ \$200 bond cheque (post dated to the end of the season) included (HP Only)

\_\_\_\_\_ I will do Service hours for ASCK as outlined (HP only)

\_\_\_\_\_ I understand the expectations as outlined

\_\_\_\_\_ I am excited to paddle and train!

\_\_\_\_\_  
Athlete

\_\_\_\_\_  
Parent or Guardian (if under 18)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date

Please return to the Alberta HP coach by October 15<sup>th</sup> 2009.

Mike Holroyd  
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