

Alberta Whitewater Association

2010 Alberta Summer Games standardized zone tryout format

The Alberta Whitewater Association has changed the team selection format for the Alberta Summer Games zone teams this year. This format has been changed to make the zone tryouts more inclusive for communities that do not have active kayak clubs, provide fair and open competitions between geographically dispersed clubs and communities and increase the number of youth that tryout and experience a meaningful competition for the ASG. The design of the competition is balanced to pick athletes that can paddle slalom and play canoe polo. Your support for this new format is critically important for the continued opportunity for kayaking to be involved with the Alberta Summer Games.

The instructions outlined below will make this as fair a competition as can be held given the diversity of venues and the people that we are attempting to reach. Results will be posted online at www.albertawhitewater.ca within days following a zone trial. Competitors are encouraged to check their results online and compare them to other athletes in their zone or to athletes across the province. Athletes can then try to best the competition at the next zone trial opportunity. Coaches are cautioned that they must post the results as soon as possible after a zone trial competition to provide fair and open opportunities for other athletes to examine the top scores. Failure to submit scores in a timely manner to garner a competitive advantage may result in disqualification or other sanctions by the AWA.

The Alberta Summer Games are being held in Peace River, Alberta from July 19-22, 2010. Age of athletes are 11 – 17 as of the date of the Games. Athletes cannot be ten (10) years of age or younger or eighteen (18) years of age or older at the Games.

Cadet: 11 - 14 years of age (Born between January 1, 1996 and July 19, 1999)

Junior: 15 - 17 years of age (Born between July 23, 1992 and December 31, 1995)

The intent of the selection process is to select a balanced team of 8 athletes in each age group and in each gender. The optimum team would consist of 2 cadet boys, 2 cadet girls, 2 junior men, 2 junior women. The AWA is committed to select as balanced a team as possible in all 8 zones. However due to personal circumstances, family vacation schedules, other commitments and zone selection opportunities it may not always be possible to field the optimal team. In these cases the Zone Chairperson can request special permission from the AWA to fill a gender age group with other zone athletes from another gender age group. Preference will be given to fills of the same gender to retain the ratio of accommodations required for the Games.

The top 2 athletes in each gender age group will be invited to the Zone Camps that will be held in June and July that will work on slalom, canoe polo and downriver technical skills. We are requesting that the Zone Chair select 8 substitute athletes for their team in the event that 1 or 2 athletes in a specific gender age group cannot attend. The substitute athletes will be eligible to attend the Zone Camps. More details of the Zone Camps will be circulated in April.

Good luck and thank you for your time and your support.

General Instructions

Pools – Standard 25 meter pool is the preferred facility for this event, but any aquatic space with a minimum of 23 meters long and 8 meters wide can be used. Depth of water should be a minimum of 1 meter deep.

4 Buoys - constructed from any floating device. A larger brighter colored object makes identification easier for the participants. Buoys need to be tied to an anchor on the bottom of the pool with a rope that is the appropriate length so the buoy does not move too far away from its intended location.

4 Balls - normal water polo balls or similarly sized balls. 2 balls in the pool to start. 2 additional replacement balls are suggested where the paddler misses on the first throws. A reaching device will help to keep the ball in the right position.

2 Flutterboards – two standard flutter boards tipped together so they stand up in a vertical manner. After the first round the tipi must be reconstructed for the 2nd knockdown.

Boats – any type of kayak or C-1 can be used in the competition. Slalom, canoe polo or playboats are all acceptable.

Paddles – any type of kayak or canoe paddle can be used

Sprayskirts – optional for participants and at the discretion of organizers

PFD's & Helmets – Not required to be worn for this competition. Local pool rules shall prevail

Timing – Any stopwatch timing device with 1/10 second calibration.

Ball Handling – Competitors cannot hold the ball for more than 5 seconds and are not allowed to put the ball on/in their kayak. To advance the ball the paddler must throw it forward and then paddle up to it and pick it up again and then throw it again to the next target.

Practise – Organizers are encouraged to have participants break this event into 2 separate training loops for training purposes that help the athletes understand how to complete the circuit properly. Leg 1 combined with a return to start is the first loop. Leg 2 starting with the ball in the near right corner and dribbling it around the outside and returning in the zig-zag pattern to the finish in Leg 3 pattern can then be taught.

Racing – competitors can repeat the course as many times as they wish and time allows. Organizers are required to record and submit all results to the AWA – ASG result tabulations centre, including Did Not Finish (DNF) results where the competitor fails to complete the race due to a missed throw, missed buoy or wet exit. Competitors can also return and race at any other zone trials race held before May 31 to better their score.

Organizers – This competition requires a minimum of 2 volunteers and 3 is ideal. One person to do the timing in the near right corner and one person has to handle the balls in the far left corner. Tipi building and ball retrieval can be shared or given to a third person.

Monitors - Two responsible adults are required to monitor and submit the official race results to the AWA within 14 days of running their event. This can be a certified AWA/NCCP instructor or coach, a Pool Staff member or School Teacher.

Fees – There are no fees payable to the AWA for running this event. The only fee required is the pool rental and equipment fees charged by the organizers.

If the athlete is selected to represent the zone at Alberta Summer Games, a \$50 fee will be required to attend the Alberta Summer Games and the athlete must be a member of the Alberta Whitewater Association either through a local club (~\$20-\$50) or directly as an individual member - cost \$15.

Insurance – The AWA has a broad based public \$5 Million liability policy for any events and activities run by the AWA, its member clubs or its trained instructors/coaches. This includes an open rider for any pool kayaking associated with the AWA. Contact the AWA for more information if necessary.

Reporting – Prior to your event, the organizers are requested to confirm the date and time and location with Chuck Lee, Executive Director of the AWA at chucklelee@toughcountry.net or 403-628-2336. At the event all participants are requested to fill out the attached participant registration form to record their name, gender, birthdate, address, phone number, email address, and club/zone affiliation.

Timeframe – Last date for running a Zone Trials event is May 31, 2010. All final results must be submitted by June 1, 2010.

Layout - All measurements start in lower right corner. If Pool is greater or less than 25m long x 10 m wide then the adjustment to maintain a standard distance is necessary. Shorten or lengthen the distances on the left and top ends of the pool as shown.

Buoys are anchored to pool floor with weight and can be any size or shape.

Standard Water Polo Balls are to be floating somewhere between the buoy and pool corner

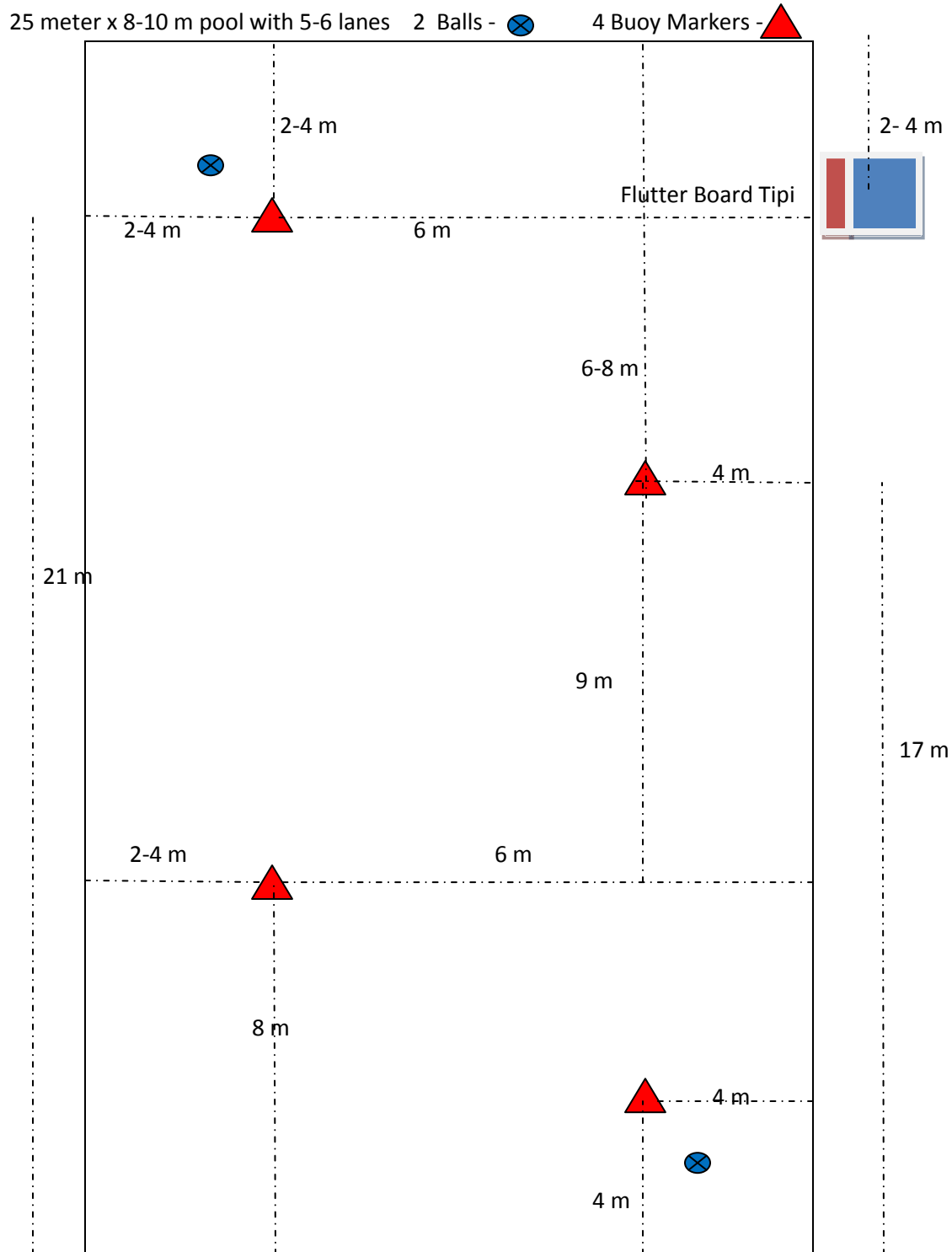
Start & First Leg - Paddlers starts in corner of pool. Time starts when they cross the start line at the first buoy and ends when they recross the start line. Paddlers boat must go around buoy, but lifting bow over buoy is permitted if buoy is not submerged under the boat when the body passes through gate plane. There are no penalties for touching the buoys.

Second Leg - After the first zig-zag at the far end of the pool, the paddler picks up the ball off the water and can pass and dribble it forward to a spot to throw the ball at the flutter board tipi. The tipi must be knocked down before the paddler can move on. If they miss and the ball leaves the pool, they can return

to the far left corner for another ball to redribble forward and rethrow at the flutter board tipi. Repeat until the tipi is knocked over.

Paddler then returns to start line to pick up 2nd ball and dribbles it around the buoys as shown. Ball cannot be passed inside of the buoys and must be dribbled around the outside along with the boat.

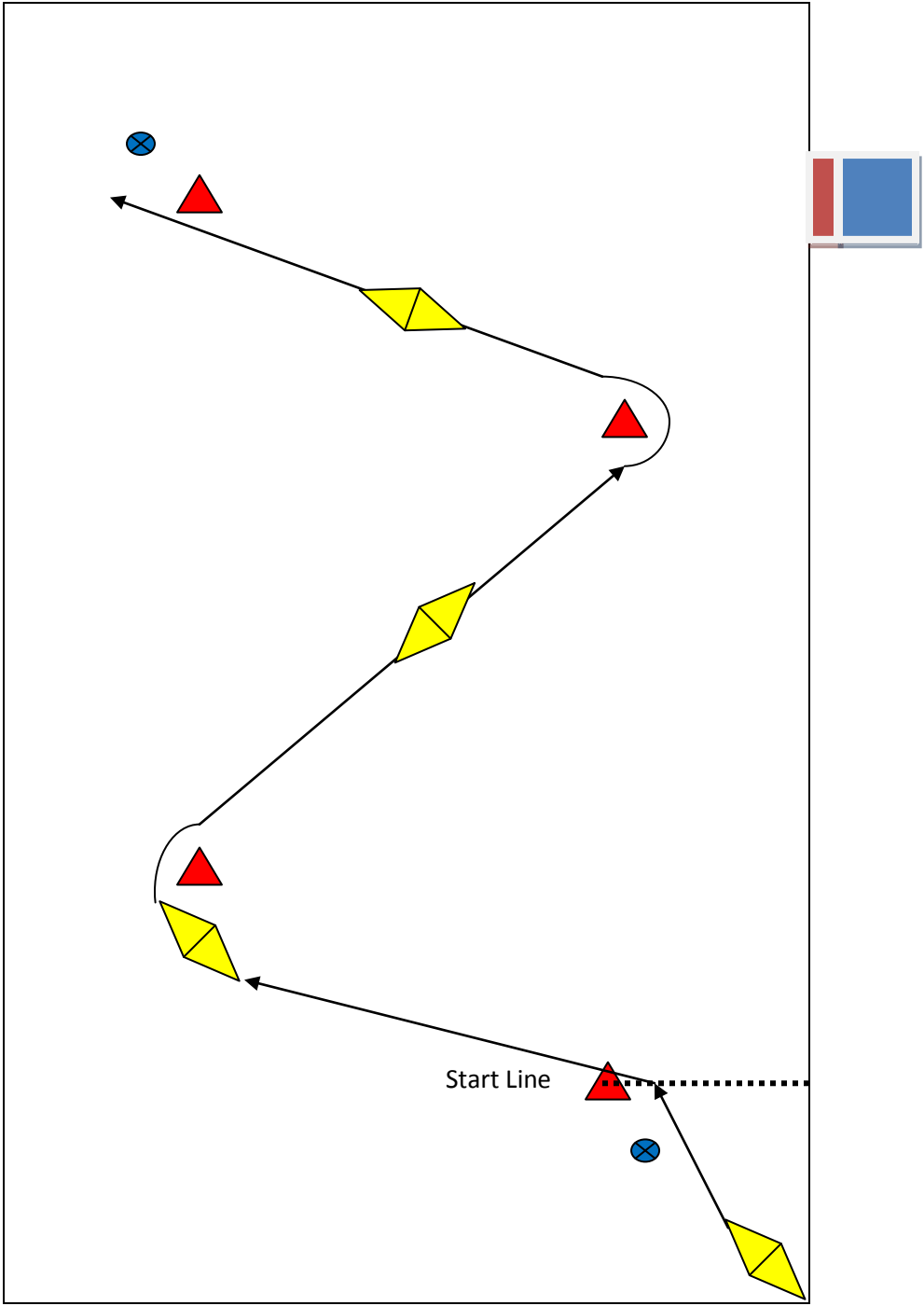
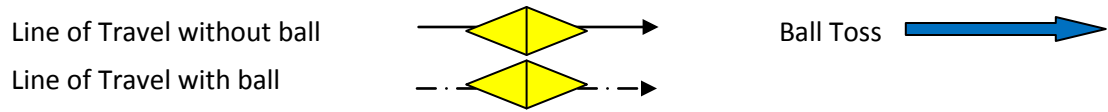
Last Leg - After rounding the buoys at the far end of the pool, the paddler has to knock over a 2nd flutter board tipi. The tipi must be knocked down before the paddler can move on. If they miss they can return to the far left corner for another ball to redribble forward and rethrow at the flutter board tipi. Repeat until the tipi is knocked over. Paddler then returns to start/finish line in the zig-zag pattern around the buoys as shown. Paddlers missing a buoy or paddling over it must return and pass around the buoy. Time is stopped when the paddler crosses the line as shown.



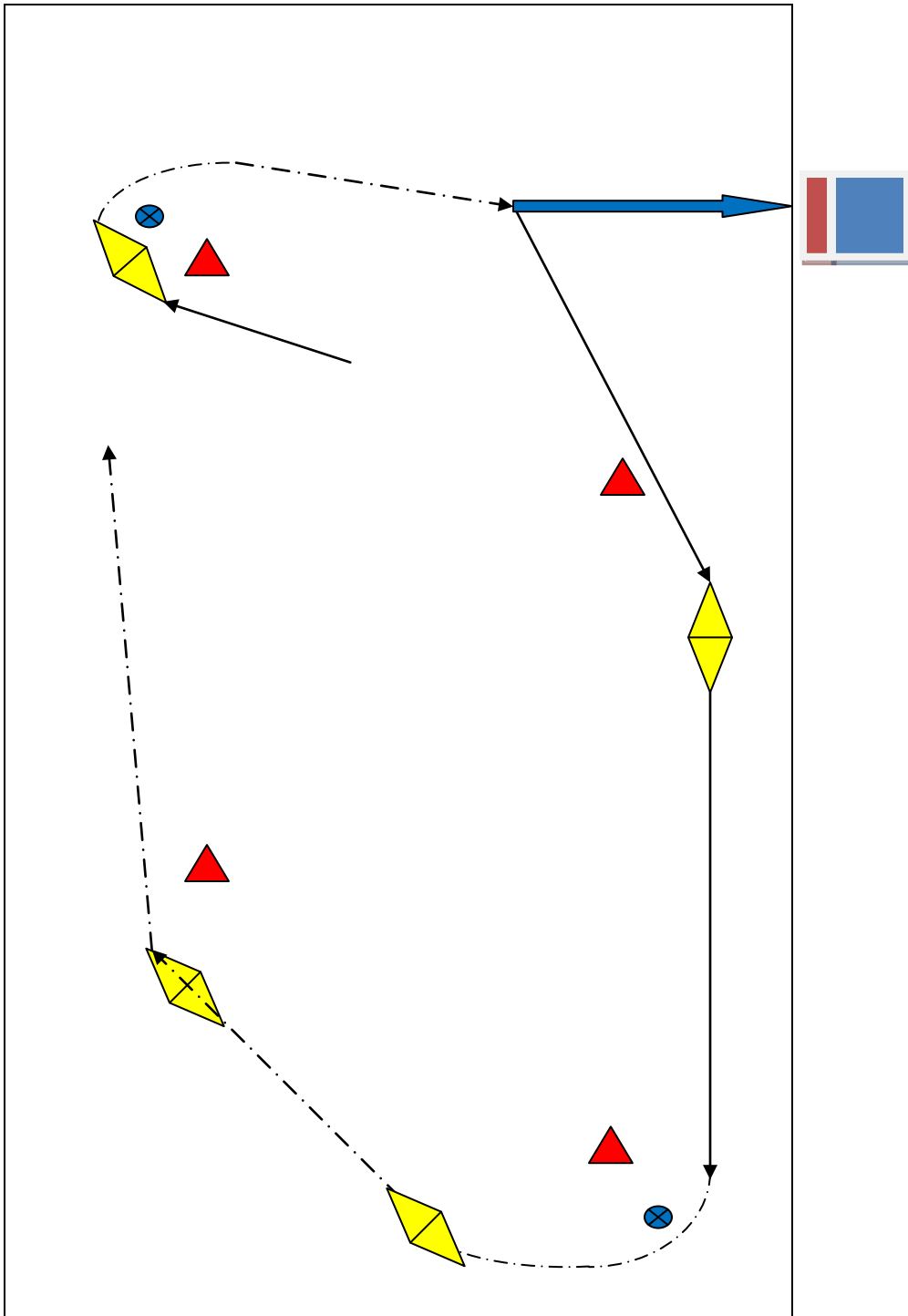
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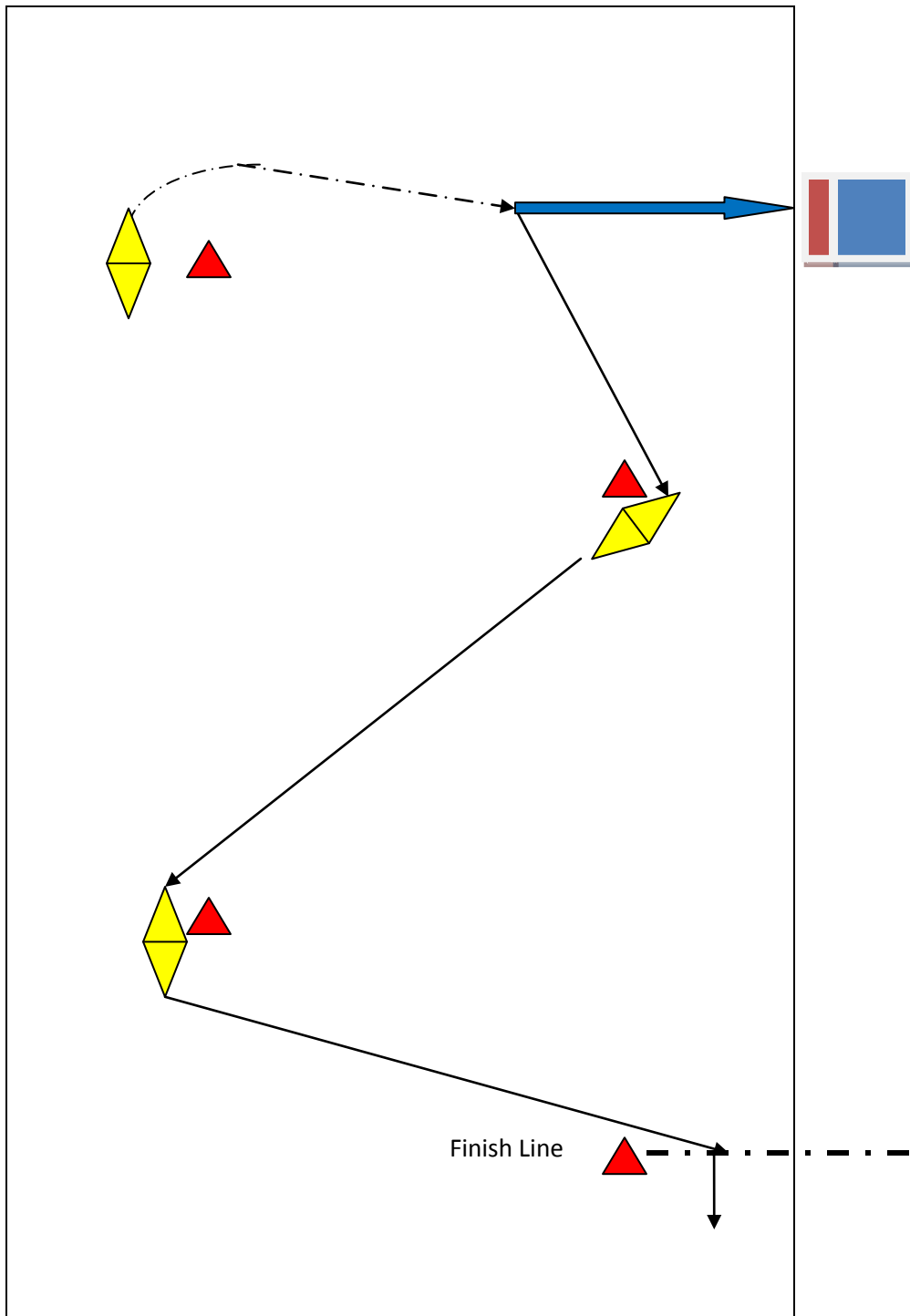
Standard Water Polo Balls are to be floating somewhere between the buoy and pool corners



Participants can use any type of boat for this event. Paddler starts in corner of pool. Time starts when they cross the start line at the first buoy and ends when they recross the start line the second time. Paddler's boat must go around buoy. Lifting bow over buoy is permitted if buoy is not submerged under the boat when the body passes through gate plane. There are no penalties for touching the buoys.



After the first zig-zag at the far end of the pool, the paddler picks up the ball off the water and can pass and dribble it forward to a spot to throw the ball at the flutter board tipi. The tipi must be knocked down before the paddler can move on. If they miss they can return to the far left corner for another ball to redribble forward and rethrow at the flutter board tipi. Repeat until the tipi is knocked over. Paddler then returns to start line to pick up 2nd ball and dribbles it around the buoys as shown. Ball cannot be passed inside of the buoys and must be dribbled around the outside along with the boat.



After rounding the buoys at the far end of the pool, the paddler has to knock over a 2nd flutter board tipi. The tipi must be knocked down before the paddler can move on. If they miss they can return to the far left corner for another ball to redribble forward and rethrow at the flutter board tipi. Repeat until the tipi is knocked over. Paddler then returns to start/finish line in the zig-zag pattern around the buoys as shown. Paddlers missing a buoy or paddling over it must return and pass around the buoy. Time is stopped when the paddler crosses the line as shown.