

Program Name and Date: Central Youth Camp - August 20-23

Cost: \$300.00 for the Camp; \$100/Day; free for those supplying a club coach

Host: Alberta Whitewater Association, Cottonwood Kayak Club, Sundre Paddling Club

Contact: AWA Technical Director – Saskia van Mourik – awatd@telus.net

Alberta Cup #3: Race schedule and details will be made available at www.albertawhitewater.ca

Program Objectives: To create an opportunity for young paddlers to participate in all paddle sport disciplines. River running, canoe polo, slalom and freestyle sessions will be offered in a fun and social atmosphere. Please join us in the Alberta Cup #3 on Saturday.

Participant Ability: All levels are welcome to attend. The primary focus will be on those athletes new to paddling (novice/beginner) and those who have attended the Alberta Summer Games (intermediate). The FUNdamentals (orange), Learning to Train (yellow) and Training to Train (green) stages of the LTAD will be accommodated through freestyle, club runs, slalom and canoe polo sessions. All levels are welcome to attend the Alberta Cup #3.

Session Descriptions: All activities will be available as skill sessions during the camp. The river runs/club runs will focus on choosing safe lines, scouting rapids from your boat and the shore, identifying river features and play boating. Groups will be organized based on paddling level and ability. The slalom and canoe polo sessions will focus on technique specific to each sport through a series of games and small competitions. The Alberta Cup #3 is a slalom race that will be held at the double ledge. All youth camp participants are encouraged to attend.

Location: Red Deer River, Sundre, AB

Directions:

Red Deer River, Sundre, AB: The map located at www.mukwah.com/map.html indicates how to get to Coal Camp Road from Sundre. From the 4-way stop in Sundre, head west on highway 27 for approximately 10 km, turn left on the Coal Camp Road (584 with signs to Mountain Aire Lodge and Ya Ha Tinda Guest Ranch). Drive 22 km along the Coal Camp Road and you will see Cartier Creek Campsite on the left side of the road.

Schedule: All days begin at 9:30 am and end at 4:00 pm

	TH, August 20	FR, August 21	SA, August 22	SU, August 23
AM	Red Deer River, Freestyle Session & Club Run	Slalom session at the Double Ledge	Red Deer River, Alberta Cup #3 slalom race	River Run Freestyle session
PM				
	Gate hanging at Double Ledge	Canoe Polo in Sundre	River Run	

Instructors: *Saskia van Mourik, Jesse Gillies, Glen Gillies and others.*

Program Logistics:

What to bring: Personal paddling gear for slalom, canoe polo and freestyle; shared gear will be made available; camping gear and food for 4 days; if not camping then bring lunch, snacks, juice/water; warm clothes and gear for bad weather.

What is included in fee: Event, race fee, instruction and use of free gear

Nearest Amenities: Sundre has all amenities available

Camping: On the Red Deer River, camping is available at the Cartier Creek Campground on the Coal Camp Road approximately 21 km west of Sundre, Alberta. Information regarding camping will be made available nearer the camp dates.

Additional Costs:

All participants are required to be members of the Alberta Whitewater Association and sign the respective waiver and medical forms prior to the program. Non AWA members will have to pay for a membership fee of: \$15.00 for an individual membership or \$4.00 for an event membership.