



For All ASCK Programs

Eligible Athletes

Athletes interested in programs 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 stage, age and commitment to year round monitoring.

Member in Good Standing

Each athlete must be “a member in good standing.”

- Program participants must be current AWA members.
- ASCK encourages participants to join an AWA affiliated Club.
- Athletes with overdue fees will not be permitted to participate in program activities and/or ASCK events until such time as the overdue account is brought up to date.

Required Forms <http://www.albertawhitewater.ca/slalom/forms>

The Code of Conduct and Medical Forms must be completed and signed as part of the registration process. Forms should be submitted to the Head Coach.

Gym Access etc.

Access to facilities (MRU gym, ski passes, etc) for training sessions and camps is at the expense of each athlete.

Alberta Sport Development Centers (ASDC)

Athletes living in rural areas will be provided with the required recommended for acceptance into programming at their local ASDC (Red Deer, Lethbridge, Medicine Hat, Grand Prairie, Ft Mac, Edmonton). A variety of services including seminars and workshops etc are available to athletes through ASDCs.

Refunds

In the event of a medical condition or injury that prevents an athlete from training, a refund can be requested. Requests to withdraw from the program or to modify their program participation must be in writing to the Head Coach.

NSF Cheques

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.

Withdrawal

Athletes may withdraw from the HP, HP Lite or WTP program with one (1) month’s written notice.

Parental Support at Camps

Having a “Camp Parent” support the participants and the coaching staff at selected camps is beneficial. NEW – Guidelines for “camp parents” are being developed to assure transparency, fairness, and to help parents understand their role at the camp.

Camp and Race Expenses

Pre-registration and deposits prior to deadline dates are required for most camps. Camps are run on a cost neutral basis. Camp expenses for van transportation, meals, accommodation etc., are pooled and split between athletes via ASCK monthly billing.

Casino Expectations

ASCK provides fabulous experiences for slalom paddlers. We are a small organization and to function effectively, it is important that those that are benefitting from our highly subsidized programming contribute to the casino – our biggest fundraising event. It is expected that each HP athlete/family will do at least two casino shifts and WTP athlete/family at least 1 shift.

We have discontinued the casino bond or post-dated cheque, however if you can’t fulfill your casino requirement, \$200 or \$150 will be deducted from your athlete account.

The next ASCK casino is Q4 2018.

ASCK Training Group Status for Clubs

This program has been developed to increase the participation within specific regions and to encourage development of more sustainable groups of athletes at clubs.

Any Club or town with 4 or more athletes will be considered an ASCK Training Group. After the base of 4, the next 3 athletes will not cost the group more. At 8 athletes every second athlete will cost the group \$300.

- 4 athletes pay \$350 each = \$1400
- 5 to 7 athletes pay \$350 x 4 = \$1400
- 8 athletes pay \$350 x 5 = \$1750
- 9 athletes pay \$350 x 6 = \$2100

Separate Events:

- **Training camps** – dates to be confirmed and subject to change

Event	Dates	Location	Notes
Christmas Ski Camp	January 3-6	Canmore	Free to WTP athletes
Warm Weather Camp	February 10-14days	Australia or Chilliwack	Location and dates TBD
Spring Break/Easter Camp	March/Apr	Chilliwack/Kan	

- **Races & Camps** – dates to be confirmed and subject to change

Event	Dates	Location	Notes
Pool Race and CP Tourney	TBD	Innisfail	
Calgary Pool Race	March	Inglewood	
Penguin Race	April/May	Calgary	

■ **Other races (Drop-in fees) - what does this mean?**

Event	Dates	Location	Notes
Alberta Cups	monthly	various	
National Sr Team Trials	May	Oklahoma City	Senior
Junior/U23 Team Trials	May	Oklahoma City	Junior/U23
Provincial Training Camp	July	Kananaskis	
Pre Nationals Camp	Aug	Valleyfield, PQ	
National Championships race	Aug	Valleyfield, PQ	
Provincial WW Championships	Sept	Kananaskis	

Expectations For ASCK Program Athletes at all levels

- Each athlete will create 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**.
- Contribute to **clear lines of communication** with the Coaches.
- **Be active** in kayaking and in other sports to build fitness and body awareness.
- Willingness to be **flexible**.
- Commitment to
 - attend sessions; on time and ready to go
 - keep a record of daily training
 - bring watch, water, food and weather appropriate gear and equipment to each workout
 - be a student of sport.
 - absorb as much information from as many sources as you possibly can!
- Full participation in ASCK sponsorship agreements
- Support your club by attending club sessions and events when possible.

Canadian Sport for Life Stage Objectives

Developmentals (Learn 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

Transformation (Train to Train)

- 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

Pursuit of Excellence (Training to Compete)

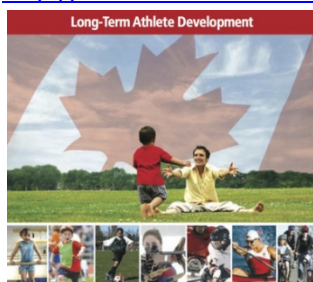
- Continual technical refinement
- Strength
- Working on all energy systems in a periodized plan
- Race preparation
- Refine race tactics

Canadian Sport for Life (CS4L) – Recommended Resources

Long Term Paddler Development - Canoe Kayak Canada

This document outlines the pathway for development of whitewater paddler skills from the lake to the podium. Contact [Mike](#) for a hard copy or download a the manual here: [Long Term Paddler Development](#).

<http://www.albertawhitewater.ca/long-term-paddler-development-ltpd>



A Sport Parent's Guide

As parents, we recognize that sports and physical activity play an important role in our children's healthy growth and development, but recently physical activity has suffered serious decline among Canadian children.

Medical and sport research shows that our children are increasingly at risk for obesity and disease due to low levels of activity and poor nutritional habits.

Attachment:

 [A Sport Parent's Guide.pdf](#)

<http://canadiansportforlife.ca/sites/default/files/resources/A Sport Parent%27s Guide.pdf>

**Canadian Sport
for Life**
A Sport Parent's Guide



Recommended:

1/ www.CS4L.ca | also follow them on Twitter and Like them on Facebook

2/ www.ActiveForLife.ca | also follow them on Twitter and Like them on Facebook

Contact Us:

- For **Program Information:** Mike Holroyd at mholroydcoach@gmail.com
- For questions related to **Athlete Invoicing:** Bridget at bridget@bpcbookkeeping.com

- The **Board of Directors** is always keen to hear from paddlers and their families. Please see contact information for ASCK Board members at the [ASCK website](#).
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