



www.asck.ca

High Performance Program (HPP)

& CKC Regional Development Center (RDC)

Initiated in 2007, the Alberta High Performance program, based in Calgary, strives to provide Alberta slalom athletes the opportunity to excel while training at home. 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, within the resources of ASCK. 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.

| High Performance Program (HPP) | | |
|--------------------------------|---------------------|---|
| \$2,200 \$1800 | 12 months | Camps & Races – coaching is included in HPP – expenses are split between participants |
| | Oct 1 to Sept 30 | C2 or Sibling Discount 2 nd family member pays \$900 for 12 months or \$75 /month |

Fees and Payment Details:

Option 1: Full amount \$1,800 (cheque dated October 1)

- Option 2: Installments
- 12 x \$150 + \$60 admin fee, for a total of \$1,860
 - First payment
 - \$360 (2 x 150 + \$60) due October 1
 - Monthly Payments
 - 10 x \$150
 - postdated cheques dated the 1st of November, December, January, February, March, April, May, June, July, August.

For sibling discount, the second paddler pays:

- Full amount of \$900 or
- Installments of \$75 per month x 12 + \$60 Admin fee = \$1,160

-
- First payment is $2 \times \$75 + \$60 = \$210$
 - Monthly payments
 - 10 x \$75
 - Postdated cheques dated the 1st of November, December, January, February, March, April, May, June, July and August.

Athletes transitioning up, from one program to the next, 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.

Additional Services:

National A & B Team, U23 Team and Junior National A & B Team members are the only athletes eligible for the CKC projects (based on CKC's coaching priorities).

Athletes who are nationally carded are eligible for Canadian Sport Institute-Calgary (CSI) services.

Non-Carded, HP athletes are eligible for Alberta Sport Development Centre-Calgary (ASDC) services. Only HP/HP Lite 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 ASDC to maximize benefits and opportunities to our athletes.

Obligations:

- Each athlete family is responsible for filling a minimum of TWO casino shifts at each ASCK Casino, per athlete. For a family with two athletes, this means four shifts. Friends or family can be engaged to satisfy this requirement. Casinos occur every 18 to 24 months in Calgary.
- If an athlete does not complete his/her required shifts, \$200 will be deducted from their athlete account.
- Each athlete is encouraged to complete a new whitewater leadership or safety certification course each year.
- Each HP athlete owes 16 'service' hours per year to ASCK. These must be approved by the HP Coach, and may include; mentor coaching in another club, coaching other development athletes, visiting sponsors, attending special events, etc.

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.

Other Program Configurations:

Shorter duration HP Coaching is available, based upon the following fee schedule:

1. \$40/day for 1 to 4 days (\$40 - \$160)
2. \$150/week for 1, 2 weeks (\$150 - \$300) *(National Team Trials – Premium Camp +\$50)
3. \$366.67 /month for 1 month

Please note that the 2nd family member discount does not apply to shorter duration programs.

HP - 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 athletes and the HP Coach
4. the approval of the HP Coach

ASCK will make available to HP \$50/athlete (HP Lite \$25) 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 sought.

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.

Other

Senior National Team (A,B,U23, Junior) athletes involved in the RDC program are able to attend National training camps and races and receive 'National' coaching at CKCs rates. For more information on the RDC reciprocal agreement, and camps, contact CKC-W or visit www.canoekayak.ca.