

Alberta Provincial Team Criteria – 2014

Class	Age	A - Team	B - Team	C - Team
Cadet	14 & under	160%	200%	L to T Skill Checklist + 75% of gates (500%)
Open		110%	120%	L to T Skill Checklist + 140%
Junior	18 & under	120%	140%	L to T Skill Checklist + 250%
Masters	35 & over	140%	180%	L to T Skill Checklist + 75% of gates (500%)

Qualifying races

- May Alberta Cup #1 & #2 Kananaskis;
- June Alberta Cup #3 & #4 Crowsnest Pass;
- August Alberta Cup #5 Red Deer River,
- September – Provincial WW Championships, Kananaskis River

Athletes can also use one of the results from these 2 National ranking races

- National Team Trials, June, Rutherford, BC
- National Championships, August, Madawaska, ON

- The Alberta Provincial Team will be based on results from the Alberta Cup series. In order to qualify for the Provincial Team, you must attend one of the Alberta Cup races & qualify (see exclusions in Notes)
- To qualify for the A Team athletes must post 2 A team results from 2 separate races. One of the races must be in Alberta.
- Overall placing will be based on combined points from two of the five Alberta Cups. 30 for 1st, 29 for 2nd, 28 for 3rd, etc
- Ties are broken by the first run of the first day.
- Where no Open A-Team Athlete is present, a virtual Athlete's time will be produced using the next best ranked athlete's average time behind the A-Team athlete.

Notes on Provincial Team Criteria:

- Where ranking between classes is necessary the following class adjusted policy applies.
 - Best two percentages of Alberta Cups.
 - The athletes percentage = Athlete's Adjusted Time / Fastest Albertan's Adjusted Time X 100%

- C1 times divided by 110%; K1W and C2 divided by 118%; C1W 157%. Note: Adjusted K1W, C1 or C2 may be the fastest time.

Interclass Comparison - Calculating Percentages:

- The above percentages are based on Men's kayak.
- In order to get a class adjusted result the following interclass percentages are used.
 - C1 times divided by 110%;
 - K1W and C2 times divided by 118%;
 - C1W times divided by 157%
- To get your percentage:

Athlete's best run / percentage = Adjusted interclass time

Adjusted interclass time / Fastest time x 100 = Percentage Time

◦ eg Junior C1. 140sec / 110%) = 127.3 sec

127.3 / 102sec x 100 = 124.8% off the fastest boat = (B-Team)

- Exclusions - Athletes may receive a bye if the Alberta Cups conflict with National Team commitments. Notification of this should be sent in writing to the ASCK President prior to the first Alberta Cup. Other reasons for a bye, including injury, will be considered by the ASCK executive.
- Regulation slalom boats (or plastic slalom boats) are required to make a Provincial Team except for Cadets.

A special Note to Juniors, Cadets, Midgets and Parents: The results of all Novice and Whitewater Races will be posted on the ASCK website as well as the percentages. This objective criteria will help paddlers of all levels to set goals and see their improvement.

ASCK hopes to have a large and successful team wearing our Provincial Team Uniforms at the National Championships. We want to see all of you as part of the Alberta Team accepting the Brian Creer Trophy this year for the top province in 2010.

Please remember:

if you were out there on a whitewater slalom course, that is an accomplishment to be proud of

- if you train regularly, you will improve
- you will do better at some races than others
- you can always learn from your mistakes
- you have lots of years of paddling ahead of you
- and you will only meet your potential in those years if you train regularly
- have fun!

Benefits:

ASCK's goal is to have a rotation for the Uniforms. In this way, people on the team for multiple years continue to get new gear. New athletes coming onto the Team can purchase the previous years' uniform at Team pricing (subject to availability).

Alberta Cup Series

Class	Age
Cub-Cadet	12 & under
Cadet	14 & under
Junior	18 & under
Open	
Masters	35 & over

- Four individual race series – Hosted by clubs

May AC #1 Kananaskis (ASCK);
 May AC #2 Kananaskis (ASCK);
 June AC #3 Pincher Creek (POCC);
 June AC #3 Pincher Creek (POCC);
 July AC #4 Red Deer River (SKC).
 September Provincial Championships Kananaskis (AWA)

Appendix

2011 Alberta Team Selection Criteria

K-1	100%			
	Class	Age	A - Team	B - Team
	Cadet	14 & under	160%	200%

K-1W	115%			
	Class	Age	A - Team	B - Team
	Cade	14 & under	184%	230%

Junior	18 & under	120%	140%
Open		110%	120%
Masters	35 & over	120%	140%

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Junior	18 & under	138%	161%
Open		127%	138%
Masters	35 & over	138%	161%

C-1	109%		
Class	Age	A - Team	B - Team
Cadet	14 & under	174%	218%
Junior	18 & under	131%	153%
Open		120%	131%
Masters	35 & over	131%	153%

C-1W	140%		
Class	Age	A - Team	B - Team
Cadet	14 & under	224%	280%
Junior	18 & under	168%	196%
Open		154%	168%
Masters	35 & over	168%	196%

C-2	115%		
Class	Age	A - Team	B - Team
Cadet	14 & under	184%	230%
Junior	18 & under	138%	161%
Open		127%	138%
Masters	35 & over	138%	161%

Learn to Train Checklist

Personal Paddling Skills

Demonstration	Yes	No	Recommendations
Efficient forward paddling			
Uses acceleratory strokes			

Uses cruising strokes			
Uses efficient blade recovery			
Ability to perform a reverse figure 8			
Demonstrates bow draw & duffek			
Performs a draw stroke on the move			
Able to link eddy turns			
Able to perform an S-Turn			
Uses/avoids features to help descent			
Able to front surf			
Shows understanding of pivot turns			
Shows understanding of boofing			
Able to run grade 2-3 drops			
Has a moving water roll			
Performs a moving water upstream			
Performs a moving water offset			
Performs moving water offsets (3 gates)			
Understands spinning the gate			
Understands Merano gates			
Understands how to bogi a gate			
Understands dive gates			