



## Alberta Slalom Program Overview

Programs	Cost	Duration	# of days/ mo	Benefits
<b>High Performance</b>	\$2200/Year	1 Year; October 1– September 30	Unlimited	ALL
<b>Winter Training</b>	\$350/7months	October 1 – April 30	1 group session + 1 session in region / month	YTP, Monthly schedule, Testing, ASDC regional, Camp discounts
<b>Calgary - Monthly Drop-in</b>	\$75/month	Payable at the start of the month	2x/week with main training group	
<b>Drop in</b>	\$25/session \$40/day			

**Contact:**  
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## Alberta Winter Training Program 2012/13

We are continuing and building on the past years' success of the program for 2013. From 2012's Winter Training program athletes, several athletes are ready to graduate into the HP program for 2013.

It is our hope that athletes enjoy greater continuity, thereby increasing their engagement with the sport and increasing their chances of success in the sport. This program is not meant to be a comprehensive year round plan. ASCK/AWA encourages the clubs to run part-time pool programming through the winter as well as full summer programming for these athletes. We also expect that athletes will be engaged in other sports activities throughout. The goal of the Winter Training program is to educate athletes about how to train and succeed in the sport of Slalom Canoe & Kayak. We also encourage club coaches and parents to attend the sessions and learn about the sport, free of charge.

This program is open to any athlete, young or old, who wants to participate in some Slalom training year-round.

### 1. **Program Duration**

October 1, 2012 – April 30, 2013 (7 months)

### 2. **Coaching Cost**

#### 2.1 Base cost - \$350 for 7 months – payable at start of season

- Discounted rate on extra sessions throughout the year - \$20/session; \$30/day (regular price is \$25/session and \$40/day)
- Discounted coaching rate on other ASCK Camps – On a per camp basis at a 20% discount.

#### 2.2 Drop in - \$25/session and \$40/day

#### 2.3 Calgary Monthly Option - \$75.00/mo (\$600 total for 7 months) payable monthly (2x/week Details below)

#### 2.4 Additional family members - \$175 for 7 months (please note that the 2nd family member discount does not apply to drop-in, weekly or monthly training costs.

Athletes participating in the Winter Training Program, can transition to HP without a late enrollment penalty.

### 3. **Other Obligations**

- Each athlete/family is responsible for two casino shifts at both of the AWA and the ASCK casinos. These casinos occur in alternating years approximately 10 months apart. Each athlete must post a \$200 cheque dated September 30, 2013, which will be cashed in the event that two casino shifts are not worked.

- Each Development athlete is encouraged to complete a new whitewater leadership or safety certification course each year.

#### 4. **In Good Standing**

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.

Athletes are considered in good standing when fees, AWA membership and expenses up to date. If fees are not paid athletes will not be permitted to participate in program activities and/or ASCK events. You must be a full AWA member of an AWA affiliated club.

#### 5. **Fees Due**

- Full base amount due October 21, 2012
- Calgary Option – Full payment due at the beginning of the month
- Additional sessions – reconciled quarterly

#### 6. **Coaches**

Head Coach – Mike Holroyd  
Assistant coaches – TBD as needed

Coaches will vary throughout the year. Sometimes it will be the HP coach, sometimes HP athletes, and sometimes other individuals. We will strive for the best person at the time but cannot guarantee one person or another due to the sporadic nature of the events.

#### 7. **Eligible Athletes**

Athletes interested in the program 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 age, and commitment to year round monitoring.

#### 8. **Training Group Status**

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 \$350. This is being done to increase participation within specific regions leading to a more sustainable group of athletes for the club.

- Eg.
  - $4 = 350 \times 4$  //  $5-7 = 350 \times 4$  //  $8 = 350 \times 5$  //  $9 = 350 \times 9$

## 9. **Base Program**

- Based at Canoe Kayak Canada Regional Development Center – Calgary, with whitewater at the Kananaskis River
- Overview Yearly Training Plan (YTP)
- Weekly training opportunities using the HP Google schedule
- Monthly strength and core plan will be provided on paper (the plan will be designed around being able to do it all at home. If more training is wanted the athlete is encouraged to contact their local gym and trainer)
- Fitness testing – Two times per year using CKC protocol
- Monthly day camps in Calgary Region – One group day per month
- Once per month evening session in each of the regions with athletes (eg. Edmonton, Calgary, Central, South)
- Calgary Option – Athletes can drop into 2 sessions/wk – on water and gym (Mt Royal). On it's own the Calgary option does not include a Year Training Plan, athletes must be in the Development Program to get this.
- Additional sessions for out of Calgary participants will be \$20/session, \$30/day, up to \$75/month
- Facility access is extra (gym/ ski/etc pass)
- Athletes in the Development Program living in rural areas will be referred to their local Alberta Sport Development Centre (Red Deer, Lethbridge, Medicine Hat, Grand Prairie, Ft Mac, Edmonton).

### Separate Events:

- Training camps – dates to be confirmed and subject to change
  - X-Mas ski camp – Canmore (free to WTP Athletes)
  - February - 1-2 week Warm Weather training camp over Reading week (Mex, CA, TX, etc)???
  - Easter Camp – 1 wk Spring Break Camp – March/April Chilliwack. Cost \$125 (WTP); this fee covers coaching only. Transportation, accommodation, meals, etc. are extra
  - A parental chaperone is mandatory for each Development Camp. Parents are encouraged to volunteer to accompany a camp opportunity per year. Failing parent availability a chaperone cost may be added to the camp fee.
  
- Races
  - Pool race, January, TBD
  - March – Sundre Pool Race TBD
  - April 27 – Penguin Race

- Extra races (summer fees)
- May 25/26 Minden, ON- National Team Trials SR/U23/Jr
- July - Junior/U23 World Championships
- August 3/4 - National Championships, Kananaskis
- Alberta Cups – ~1x/month
- Provincial Championships –Aug 31 - September 3

10. **Expectations**

- Each athlete will have 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 (see bottom)
- Intention to maintain clear lines of communication with the Coaches
- Determination to train year round – be active in kayaking and in other sports to build fitness and body awareness
- Ability to be flexible
- Dedication to attending sessions, on time and ready to go
- Consistency to keep a record of daily training
- Bring watch/water/food/proper equipment to each workout
- Full participation in ASCK sponsorship agreements
- Be a student of the sport. Absorb as much information from all sources as you possibly can!
- Support your club by attending club sessions and events when possible.

11. **Some Basic Objectives:**

1. Learning 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

Training to Train (learning to race)

- 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

### **2012/13 Winter Training/ Coach Mentorship Program Topics**

October - FWD Stroke; Other 'Moves'; Group; Agility; Training Nutrition

November - Visualization; Strength; Organization; Other Modes of Recovery

December - Self Talk; Aerobic, Flexibility; Repairs; Fluids

January - Paddle set up; Travel; Races

February - Back Stroke; Boat Set up; Sponsor

March - Edging, Draws; Offsets; Progression; Gates

April - Sweeps; Upstreams; Fear of Failure, Debrief

# Alberta Slalom Canoe & Kayak

## ATHLETE CODE OF CONDUCT

As an athlete, competitor, and participant in events hosted by the Alberta Whitewater Association, I agree that:

1. I am responsible for all of my actions.
2. I will compete and participate in a spirit of fair play and honesty, and within the rules of the competition and or activity.
3. I will not use any illegal or banned substances or practices. I will also not advocate, condone, promote, or distribute illegal or banned substances or practices (as outlined in the Drug Classification published by the Canadian Centre for Ethics in Sport).
4. I will refrain from using tobacco products within the competition area.
5. I will refrain from using alcohol at athletic events (and other sport activities) or in victory celebrations at the competition site. I will also avoid providing alcohol to under age individuals.
6. I will refrain from using profane, insulting, harassing or otherwise offensive language in the context of the activities of Whitewater Canoe Kayak.
7. I will address fellow athletes, coaches, officials, volunteers, event organizers, spectators, and others, in a courteous and respectful manner.
8. I will not participate in improper and unlawful behavior, which could result in physical violence, willful destruction of property, and theft of personal or public property.
9. I will act in a manner that will bring credit to the Whitewater Canoe Kayak community and me, both at and outside the training and competition venues in the community.
10. I will respect all individuals' dignity. I will not use verbal or physical behaviours that constitute harassment or abuse.
11. I will ensure the safety of myself and others when taking part in every Whitewater Canoe Kayak activity.

The penalty of any infraction of the above, at any venue, can lead to consequences ranging from missing a training session to expulsion from all Association sanctioned activities without a refund. These penalties are decided by the ASCK Board and Coach.

By signing this document I understand and agree to all the above policies.

\_\_\_\_\_  
Athlete's Name (please print) + Signature

\_\_\_\_\_  
Parent's Name (please print) + Signature  
(for athletes under 18 years of age)

\_\_\_\_\_  
Witness

\_\_\_\_\_  
Date

## Commitment to the ASCK HP/Winter Training Program

Participant's Name: \_\_\_\_\_

Please circle one program:      High Performance      Development

\_\_\_\_\_ I have read the HP/Development Program and am committed to taking part to the best of my ability

\_\_\_\_\_ I will keep up to date with the Payment schedule as outlined in the program document

Please circle your method of Payment:

                         Full year payment                                      Post dated cheques

\_\_\_\_\_ I will participate in the Casinos as outlined

\_\_\_\_\_ \$200 bond cheque (post dated to the end of the season) included (HP Only)

\_\_\_\_\_ I understand the expectations as outlined

\_\_\_\_\_ I am excited to paddle and train!

\_\_\_\_\_  
Athlete

\_\_\_\_\_  
Parent or Guardian (if under 18)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date

Please return to the Alberta HP coach by October 21<sup>th</sup>.  
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