



## Whitewater Canoe/Kayak Club Programming

It's often difficult for club volunteers to know what programs to offer year after year. As volunteers turn over there is often lost knowledge about what works in your community. This is meant as a starting point for the club executive looking to set up programs over a full year.

The year will be broken into the seasons in order to compartmentalize what type of learning and activities can be done when. This is assuming a fairly cold winter location where it doesn't make sense to try and take kids outside in the cold.

### Starting point – Winter (November – March)

#### *For current members*

*Keep them involved so they are eager to join club activities in the spring*

#### Club nights

- Pool (polo, stroke improvement)
- Dryland (circuits, videos,

#### *For New Members*

*Recruit in the Fall/Winter and then those people have a leg up on the paddling season.*

#### Beginner Lessons

- 4-6 weeks
- November/December
- January/February

#### Roll Lessons

- 1 off sessions

#### Stroke Improvement

- 4 weeks
- March

#### *Events*

*Invite club members only or include out of town. Entry fees and paid lunch can generate revenue, or at least cover pool expenses.*

#### Pool Slalom

- Head to Head, out and back, needs just 4 wires with 2 gates on each.
- Time Trial on longer course

### Polo Tourney

- 3 on 3 – small pool
- 5 on 5 – larger pool

## **Open Water! Spring, April – June**

### *For Current Members*

#### Club Nights

- Consistent place to meet
- A gathering and an opportunity to develop a community with parents and kids

#### River Runs

- Any moving water to work on skills
- Can progress to harder water as the paddlers improve

#### Training Nights

- Slalom, Polo, etc.
- Focus on skills and fitness to improve Athletes. The difference from recreation, is that training has a goal of competing in the end.

### *For New Members*

#### Summer camps

- Week long – great for kids and their busy parents

#### Beginner Lessons

- Weekend or over a series of weeks

#### Schools

- Run 1 day or half day Lessons for local schools to expose kids

### *Events*

- Take your rising stars to one of the competitions or tournaments around the province
- Host a Club Competition or rendezvous have been pretty lucrative in recent years if you can get enough people to come (30ish people can bring in ~\$400 for the club). Donated food, which is sold is great revenue generator
- Host an early season fun Slalom Race. Loose rules, fun prizes
- Host an Alberta Cup. Could be at your local course, or you can apply to host one at another venue (eg. ROCK in Edmonton hosted Jasper)

## **Summer! July – August**

### *For Current Members*

#### Club nights

#### Training Nights

#### Trips

- River day/weekend trips

- Lake or River expeditions

#### Events

- Attend Alberta Cups
- National Championships (Slalom/Polo)
- AWA Camps

#### Camps

- Summer camps for intermediate kids

#### *For New Members*

#### Summer kids camps

- Week long – great for kids and their busy parents

#### **Wrap-up - September**

#### September Paddling

- Club nights
- Training nights

#### Provincials – September Long Weekend.

- Each Club makes a meal
- Everyone camping
- Slalom, Freestyle, Downriver events

#### In-Town

- Night of slideshows, food, stories
- Host a Provincial wide wrap-up Gala (make \$\$). Awards, music, food, fun!

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**& Sport Canada**