



**Winter Training Program (WTP)**

The **goal** for this program is to educate athletes about how to train and succeed in the sport of Slalom Canoe and Kayak. Through a variety of dry-land, river and pool sessions, as well as classroom learning, athletes receive a program appropriate to their age and stage while preparing them for the next stage in their slalom development.

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

WTP, now in its fifth year, has proved to be a valued program. Athletes enjoy greater continuity and feeling of community, 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 encourages clubs to run pool sessions through the winter as well as hosting full summer programming for these athletes. We also expect that athletes will be engaged in other sport activities throughout their Fundamental and Developmental stages and into the Transformations (Training to Train) stage of the Long Term Paddler Development framework. Sport scientists agree that participation in a variety of sport activities are important to creating a strong athletic foundation before specialization in one sport is recommended.

<b>Winter Training Program (WTP)</b>		
\$350 payable	7 months  Oct 1 to Apr 30	<b>Discounted extra sessions</b> throughout year: \$20/session (reg \$25) or \$30/day (reg \$40)
		<b>Discounted Camps</b> – 20% off per camp
		<b>Sibling Discount</b> - \$150 for 7 months (1/2 off) note: sibling discount does not apply to drop-in, weekly or monthly training fees.
		<b>Club coaches and parents</b> are encouraged to observe the sessions free of charge to learn about the sport.
		<b>Calgary Option</b> – Full payment due at the beginning of each month by post dated cheque. Additional sessions – reconciled monthly

**Coaches**

Head Coach – Mike Holroyd  
 Assistant coaches – TBD as needed

**Obligations**

Each Athlete is responsible for filling a minimum of one casino shift at each ASCK Casino. This means two shifts for a family with two athletes in the program. Casinos occur every 18-24mo

If an athlete does not complete his/her required shifts, \$150 will be deducted from their athlete account.

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

**WTP 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 stage, age and commitment to year round monitoring.

Coaches will vary throughout the year. Sometimes it will be the HP coach, sometimes HP athletes, and sometimes other individuals. We will strive to provide the best person at the time. We appreciate that from time to time both coaching consistency and exposure to new coaches are beneficial to athletes. Visiting coaches offer exposure to different coaching styles , experience and skills sets that may appeal to different learners. Ultimately athletes are responsible for their own progress.

**Sample Topics for Monthly Outreach Sessions**

October	FWD Stroke, CKC Test; Other 'Moves'; Group; Energy Systems
November	Visualization; Strength; Organization; Agility; Training Nutrition
December	Self Talk; Aerobic, Flexibility; Repairs; Fluids
January	Paddle set up; Travel; Races; Other Modes of Recovery
February	Back Stroke; Boat Set up; Sponsor
March	Testing, Edging, Draws; Offsets; Progression; Gates
April	Sweeps; Upstreams; Fear of Failure, Debrief

**Contact Us:**

- For **Program Information**: Mike Holroyd at [mholroydcoach@gmail.com](mailto:mholroydcoach@gmail.com)
  - For questions related to **Athlete Invoicing**: Bridget at <mailto: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](#). (hyperlink)
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