



pisiquid.com



Parent Handbook

A Parent's Guide to the Sport of Canoe/Kayak and Pisiquid Canoe Club

2023

#pisiquidpride



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COMMODORE'S MESSAGE

I would once again like to welcome our new and returning paddlers and their families to the Pisiquid Canoe Club. Our board of directors are very excited for this upcoming season, and hope this year brings enjoyment, paddling success and fond memories to our athletes for years to come.

We are very excited to see the changes that were made to the club programming and structure at Pisiquid the past few seasons and offer our head coach Jeff Houser and his staff the upmost support for this exciting upcoming season. We share Jeff's vision to develop our young club into a group of competitive and high-performance athletes, while still maintaining our small-town team community. We are happy to continue to offer our families the opportunity of year-round program membership; intended to reduce the budget strain on our families through a reduced cost equal monthly payment option, for our year-round members.

In the Spring of 2022, the Pisiquid Canoe Club relocated on-water operations to Zwicker Lake. Although we will certainly miss our home on the Windsor waterfront; we are also excited to have a brand new home to make our own. Located on 6.5 acres of former equestrian property, our new property boasts over 300m of lakefront, a small beach and swimming area on a 1980m flatwater lake, a sand riding ring that was converted for beach soccer and volleyball, large garages and barns for our boat storage, shelter and social space for our athletes. It is our intent to install a new septic system and add seasonal washrooms to the site this spring season, in time for our 2023 summer.



We will be reinstating our weekly summer program in 2023; with the addition of 1-week and a multi-week flexible schedule option. This allows new participants to the sport to receive basic training to make their experience more enjoyable, with the hope to attract more long-term athletes to our sport. We also will continue our U8 full-day programming for the 2023 season. Pisiquid has also significantly increased the level of technical coaching at our club with the addition of Jeff Houser as our head coach, which will result in participation in more team boats, and improved overall safety and supervision of every program at our club.

With the move to Zwicker Lake for the summer, installation of a racecourse in the lake is planned for the future as we will need to procure the equipment required to install the lanes system. We will be looking to host at least one informal ADCKC event this season, including the potential of a U16+ long distance event to show off our new lake. We will continue to run our annual Pisiquid Survivor fundraiser throughout this summer as our major club fundraiser and hope to reach similar fundraising amounts from previous years with the support of our parent volunteers and our local business community.

A warm welcome goes out to our paddlers, parents, coaches and board members for the 2023 season, and best of luck to our high-performance athletes pursuing their goals for National and International success.
Kind regards,

Brad



1.0 PCC CONTACT INFORMATION:

- Website: www.pisiquid.com
- Facebook: www.facebook.com/pages/Pisiquid-Canoe-Club/219559431587227
- Twitter: www.twitter.com/pisiquid
- YouTube: www.youtube.com/channel/UC_nXZJDGyl1fyYNVnjq3MQ
- Instagram: <https://www.instagram.com/pisiquid/>
- TeamSnap: <https://go.teamsnap.com/6603961/home>
- E-mail: treasurer@pisiquid.com

Off-Season Location:

Pisiquid High-Performance Training Centre
8 King Street Ext, Windsor, NS B0N 2T0

Lake/Summer Location:

Pisiquid Canoe Club
1011 Highway #14, Upper Vaughan, NS B0P 1H0

1.1 PCC Coaching Staff:

Head Coach	Jeff Houser	902-452-4849	fastkayak@gmail.com
Asst. Head Coach	Jacob Naugler		
Assistant Coach	Kaden Hope		
Assistant Coach	Eva Bruce		
Assistant Coach	Brandi Briand		
Assistant Coach	Holly Schofield		
Assistant Coach	Kyanna Hope		
Assistant Coach	Amelia Frank		
Assistant Coach	Jo Hoegg-Chapman		

1.2 PCC Board of Directors:

Commodore	Brad Carrigan	bradcarrigan@eastlink.ca
Vice-Commodore	Sheldon Hope	shope7576@gmail.com
Registrar	Tanya Foggoa	tfoggoa@hotmail.com
Secretary	Tracey Sexton	tracey_sexton@hotmail.com
Treasurer	Karen Carrigan	treasurer@pisiquid.com
Fundraising	Sarah Jackson	sarahjackson918@gmail.com
Facilities/Equipment	Jason Frank	jfrank@superclean.ca
Communications	Tanya Foggoa	tfoggoa@hotmail.com
Member at Large	Ginette Pitcher	ginette.pitcher@gmail.com
Head Coach	Jeff Houser	fastkayak@gmail.com
Paddling Chair	Vacant	



1.3 Daily Summer Schedule (tentative):

07:30 – 08:00	Early Drop-Off (Additional Fees Apply)
07:30 – 09:00	High-Performance Program Morning Practice
08:00 – 09:00	Club Open for Regular Drop-Off
09:00 – 12:00	Morning Paddling Programming
12:00 – 13:00	Lunch
13:00 – 16:00	Afternoon Paddling Programming
16:00 – 16:15	Grounds & Club Clean up
16:00 – 17:30	High-Performance Program Afternoon Practice
16:15 – 17:00	Program Dismissal; Available for Regular Pick-Up
17:00 – 17:30	Late Pick-Up (Additional Fees Apply)
18:30 – 19:30	Adult / Masters Evening Practice / Open Dock (Evenings TBA)

1.4 Off-Season Schedule (tentative):

06:00 – 07:00	Before-School, High-Performance Program (Weekdays)
16:30 – 18:00	After-School, Junior HP and High-Performance Program (Weekdays)
10:00 – 12:00	After-School, Junior HP and High-Performance Program (Saturdays)
18:00 – 19:00	Masters Evening Practice (Evenings TBA)

Development & Junior High-Performance Group

Development and Junior High-Performance Group (U12 & Older) athletes must show interest in improving their ability and commitment to attending practices. There is no speed requirement, but athletes must have balance in a K1 or C1. All paddlers meeting this criterion are encouraged to participate in the Development or Junior High-Performance Groups. Parents may need to allow for additional training time, group teambuilding activities, as well as supplemental on-water and off-water races and time controls for paddlers in this group.

High-Performance Group

High-performance (U14 & Older) athletes must demonstrate the ability to perform well enough with the group, show dedication and work ethic to high-performance paddling. Invitation to the high-performance group is the decision of the head coach. Parents will need to allow for additional training time, group teambuilding activities, as well as supplemental on-water and off-water races and time controls for paddlers in this group. This group participates in the LTAD Learn-to-Compete athlete phase and will need to commit to additional training responsibilities and supplemental travel to enhance their training and level of competition.



2.0 PADDLING PROGRAMS:

2.1 Full Summer Program:

Our signature full summer program features all elements of sprint canoe and sprint kayak at a novice and competitive level. Conditioning, technique, skill development and safety all form elements of this program. The program is structured for U8, U10, U12, U14 and U16+ age categories. The summer program members participate in the divisional regattas and the sprint championships held in August. This full-day program includes a combination of daily on-water sessions as well as supervised physical activities and dry-land conditioning. Note that running, stretching and other warm-up activities are standard elements of training and conditioning for the summer paddling program.

2.2 JumpStart™ Weekly Learn-to-Paddle (LTP) Summer Programs:

Our JumpStart™ weekly Learn-to-Paddle (LTP) Summer Programs (Ages 8-14) are an introductory program to the sport of sprint canoe and sprint kayak. Programs are designed for those wanting to try the sport without committing to a full summer. Participants learn the basics of safe canoeing and kayaking skills and are introduced to team boats in kayaks and flat-water canoes. Programs are blocked into 1-week, 2-week and 2-week flexible schedule options, running throughout the summer (July-August). These full-day programs include a combination of daily on-water sessions as well as supervised physical activities and fun games for kids. The program for each of these sessions is very similar, so paddlers who have already completed a 2-week session are encouraged to try the full summer program.

2.3 Kiddie Canoe:

Kiddie Canoe (ages 5-8) is a fun program that introduces young children to the sport of paddling. Kids are familiarized with introductory water safety, and participate in short group paddles in recreational canoes, war canoe, sit-on kayaks and mini-kayaks under the direct supervision of the coaching staff.

2.4 Adult & Masters Paddling:

This evening and weekend paddling program is offered for adults 25 years of age and over. The adult paddling group includes both experienced paddlers and those new to the sport. The program teaches the technical, skill development and safety fundamentals of flat-water canoe and kayak. There are also divisional Masters regattas and national sprint regattas available to any adults interested in racing. The adult paddling program is an excellent recreational exercise program for those that want to get fit and enjoy the water.

2.5 Spring Training:

The Spring Training and June KickStart paddling programs are for previous members wanting to get a head start on their paddling and training before the formal summer program in July. This after school and weekend program includes a combination of daily on-water sessions as well as supervised physical activities and dry-land conditioning. Note that running, flexibility and other strength and conditioning activities are standard elements for the Spring Training programs.

2.6 Fall & Winter Training:

Fall and Winter paddling programs continue the progression of sprint canoe and kayak for members wanting to continue their conditioning and skill development throughout the rest of the year. These after-school and weekend programs include a combination of daily on-water sessions (when possible)



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as well as supervised physical activities and dry-land conditioning. Note that running, flexibility and other strength and conditioning activities are standard elements for off-season paddling programs.





3.0 AGE CATEGORIES:

U8	Under 8 years of age on January 1st of the year of participation
U10	Under 10 years of age on January 1st of the year of competition
U12	Under 12 years of age on January 1st of the year of competition
U14	Under 14 years of age on January 1st of the year of competition
U16	Under 16 years of age on January 1st of the year of competition
U18	Under 18 years of age on January 1st of the year of competition
U23	Under 23 years of age on January 1st of the year of competition
Masters	25 years of age or over on January 1st of the year of participation

3.1 U10 Athlete Model:

The U10 (atom) paddlers are an enthusiastic group of kids that spend their days learning to keep their balance in mini-kayaks and mini-canoes and join in with their peers for daily war canoe and team boats around the lake. More experienced U10 paddlers may progress to full-sized boats, though all racing is done in mini-style kayaks. When not on (or in) the water, the U10's spend time playing dryland games and outdoor activities like running, soccer or tag around the club grounds.

Coaches ensure the focus of their paddling experience on having as much fun as possible and start to work on some basic skill development. Competition and training are not the primary objective of this group but U10 summer paddlers will have the opportunity to participate at 2-3 fun club-level timed mini-regattas. These mini regattas are all about teamwork, learning the rules and finishing the race in a fun environment; and not about who finishes first, second or third.

U10 paddlers have the option to paddle in the Development Group once they have their balance in a K1 or C1. Some U10 paddlers will get to experience racing at the U12 level by "racing up" to fill war canoes, C4s, and K4s with their friends!

3.2 U12 Athlete Model:

The U12 (peewee) paddlers start to refine their basic paddling skills and transition into young athletes. These young paddlers start to master their balance, learn technique, learn to use larger and tipper boats. These kids really start to develop a love for the sport, including the additional fun and excitement to be had when competing against other clubs in local regattas as a team. The mix of dryland games and outdoor activities promotes overall youth fitness and solidifies the team atmosphere at the club.

Coaches ensure the U12 paddling experience continues with critical skill development in both canoes and kayaks; in singles, crews and war canoe. There is no distance specialization at this age.

Participation in team boats and multiple distances is fundamental for the development and sport enjoyment of these young paddlers. U12 paddlers are encouraged to participate at two mid-summer regattas and then show off their new skills and hard work at the "Peewee Champs" at the end of the summer. The overall goal is to maximize participation, do your best, and most importantly... to cheer on your teammates.



3.3 U14 Athlete Model:

The U14 (bantam) paddlers are now at the level where they start to emerge with their own personalities and many will start to treat their own training seriously. This group doesn't just want to finish a race, they want to win it. They get the opportunity to compete against their peers at the club for top spot and then will get in a boat with these same peers and compete with them. There are not many sports where you get to compete with and against your best friends all in the same day. Overall fitness helps their performance, so the U14 kids get a good share of dryland fitness and fun added in every day with flexibility and strength-building exercises, including running, soccer, basketball and other activities. U14's that are new to the sport can also learn and grow at their own pace and have the ability to practice with the experienced kids to help climb the learning curve very quickly.

Coaches ensure the U14 paddlers focus on technique development in both canoes and kayaks; in singles, crews and war canoe. U14 paddlers are encouraged to participate at the two mid-summer regattas, and then at the "Bantam Champs" at the end of the summer. Many of the older paddlers will also have the opportunity to get their first taste of Qualifying for National Sprint Canoe/Kayak Championships. And with enough hard work and training, many will get to experience going to Nationals, even as a first-year paddler.



4.0 PCC RULES:

4.1 General Club Rules:

1. Please keep the club and grounds clean. Place all litter in the appropriate garbage cans and recycling bins.
2. The club has adopted a Pack-In → Pack-Out program.
All garbage and organics are to be packed up and brought home each day; there is no organic storage at the site; this is to reduce attracting wildlife and rodents to the property.
3. PCC is not responsible for lost or stolen articles. Please do not leave personal items at the club. Please do not bring valuables or any electronics to the club.
4. Profanity, bullying, horseplay and any violence will not be tolerated.
5. Please report any damage of equipment or facilities to the coaching staff immediately.
6. Two or more paddlers are required to carry each club boat.
7. Please empty and dry all water from the boats and return them to the racks after use.
8. Please return all equipment to the club in a tidy fashion after use.
9. PCC is a completely smoke free environment.
10. Bicycles must be left outside of all club buildings.
11. Have fun and enjoy the water!

Pisiquid Canoe Club raises the majority of its revenue through fundraising to be able to repair and purchase boats and equipment. The coaches will instruct all paddlers on the proper care and handling of the boats and equipment. It is expected that paddlers will treat all equipment with respect and care and no form of abuse or mistreatment will be tolerated.

4.2 Safe Arrival & Departure Program:

Pisiquid Canoe Club has a safe arrival and departure program at the club. The safety of the children is the ultimate concern of our staff and our directors. Parents/guardians are required to sign their kids into and out of the club each day. There is an attendance sheet located inside the coaches building at the club to be used each day. If the need arises to sign out a child before the end of the regular program, parents are to notify their club coach or the club manager (not another child) that the child is leaving early. If a person other than parent/guardian is picking up your child, then a note or phone call is required.

We ask that parents **email or text your coach** by 8:30am if your children will be absent from their normally scheduled program. Your child's safety is our primary concern.

4.3 Incident Reporting:

Pisiquid Canoe Club enforces an incident reporting policy to ensure that parents/guardians are informed of any incidents and/or disciplinary warnings in a timely manner. If your children are involved in any form of first aid, near-miss, injury or other disciplinary incident involving your child; you will be asked to sign acknowledgement of the incident when you pick-up your children. The coaching staff will be pleased to take the time to explain the incident to you, and how they will take steps to eliminate reoccurrence.

Any incident reports will be reviewed at the end of the day by the entire coaching staff to ensure that all appropriate actions are implemented to prevent reoccurrence. These incident reports will also be reviewed the PCC board of directors to ensure actions are communicated, handled and actions implemented in a suitable and timely manner.



4.4 Disciplinary Policy:

Pisiquid Canoe Club enforces a no tolerance policy for inappropriate and disrespectful behavior towards coaches, paddlers, and equipment. This includes but is not limited to bullying, failure to follow club rules, disregarding coaches' directives, violence and/or any form of discriminatory behavior. PCC reserves the right to discipline any person who displays such behavior.

1st Offence: 1 day suspension and notification to parent/guardian

2nd Offence: 1 week suspension and written notification to both parents/guardians

3rd Offence: Expulsion from Pisiquid Canoe Club

There will be no refund of membership fees as a result of any disciplinary action.

4.5 Registration & Payment of Fees:

Registration fees shall be set by the PCC board of directors prior to the season commencing. Summer program registration will occur online and during PCC Open House events. Registration shall be considered complete only upon receipt of the following by the Registrar:

- completed registration form; and
- payment(s) covering all appropriate fees

For liability reasons, paddlers will not be permitted to participate in programming or events until registration is complete. Options for payment of registration fees are as follows:

- payment in full (cash, cheque or e-transfer to treasurer@pisiquid.com); or
- postdated cheques or pre-scheduled e-transfers; provided the full amount is paid prior to the start of the program
- arrangements may be made with the Treasurer for pre-authorized monthly payments, for year-round programming program members

All paddlers are required to pay their applicable CKC fees at registration. 100% of this fee is returned to Canoe Kayak Canada, the governing body, to assist in the promotion and development of the sport on a Provincial, National and International level.



5.0 2023 TENTATIVE SCHEDULE OF EVENTS:

April 1	Pisiquid Spring Training Begins (April-June)	Zwicker Lake
May 3-5	Milk Sport Fair Expo	Windsor, NS
May 20	U16+ Singles Long Distance Regatta	Lake Banook
June 1	Pisiquid June KickStart Program Begins (June Only)	Zwicker Lake
June 3-4	ADCKC Provincial Team Trials	Lake Banook
June 17	U12/U14 Singles Long Distance & 500m Regatta	Lake Banook
June 23-25	CKC National Team Trials Regatta	Montreal, QU
June 30 - July 1	Canada Cup Regatta	Ottawa, ON
July 3	Canada Day Holiday (no club programming)	Zwicker Lake
July 4	Pisiquid Full Summer Program Begins (July-August)	Zwicker Lake
July 6-9	2023 ICF Junior & U23 Sprint World Championships	Auronzo, Italy
July 15 am	U16+ Crew Boat Regatta	Lake Banook
July 15 pm	Masters Regatta #1	Lake Banook
July 17-20	North American Indigenous Games	Lake Banook
July 18	U10 Series Event #1 (SA/OR/BA/PI)	Lake Echo
July 22	U12 Status Regatta #1	Lake Banook
July 23	U14 Status Regatta #1	Lake Banook
July 25 pm	U10 Series Event #2 (MA/CH/KE)	Kearney Lake
July 26 pm	U10 Series Event #3 (SE/MM/AB)	Lake Banook
July 28-30	Nationals Qualifying Regatta (Atlantic Championships)	Lake Banook
August 4 pm	Masters Regatta #2	Lake Banook
August 5	U12 Status Regatta #2	Lake Banook
August 6	U14 Status Regatta #2	Lake Banook
August 7	Civic Holiday (no club programming)	Zwicker Lake
August 15 pm	U10 Series Final #1 (BA/SE/MM/AB/PI)	Lake Banook
August 17 pm	U10 Series Final #2 (OR/CH/MA/SA/KE)	Lake Banook
August 18	Pisiquid 1-week & 2-week Programs End	Zwicker Lake
August 24-25	U12/U14 Atlantic Championships (Heats)	Lake Banook
August 26	U12/U14 Atlantic Championships (Finals)	Lake Banook
August 23-27	2022 ICF Senior Sprint & Para World Championships	Duisburg, Germany
August 29 - Sept 2	2023 CKC Sprint National Championships	Lake Banook
September 3	2023 CanMas National Championships	Lake Banook
September 1	Pisiquid Summer Program Ends	Zwicker Lake
September 4	Labour Day Holiday (no club programming)	Zwicker Lake
September 5	PCC Fall Training Begins (September-November)	Zwicker Lake
October 1	Masters Championships	Lake Banook
September 15-17	Olympic Hopes Regatta	Poznan, Poland
September 16	U12/U14 Long Distance Regatta	Lake Banook
September 21-22	Pan Am National Team Trials (Men's Kayak)	Montreal, QU
September 23-24	Pan Am National Team Trials (All Other Disciplines)	Lake Banook
September 29 pm	2023 PCC Awards Banquet (tentative date only)	Windsor, NS
October 7	U16+ Long Distance Regatta	Lake Banook
TBA	Just Paddle It Festival	Eskasoni, NS
TBA	Arthur Weston – Fred Lynch Marathon Event	Lake Banook





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TBA
October 29 - Nov 4
[December 1](#)
TBA

Richard Dalton Winter Classic
Pan American Games
[PCC Winter Training Begins \(December - March\)](#)
ADCKC Winter Combine Series Events

Lake Thomas
Santiago, Chile
[Windsor HPTC](#)
TBA



6.0 LONG-TERM ATHLETE DEVELOPMENT (LTAD):

6.1 FUNDamentals (U8/U10):

- *Fun and skill development while giving participants fun race opportunities*
- *Conduct multisport regattas, paddling, games, running, biking, swimming, etc.*
- *Include both Canoe and Kayak; no boat specialization*
- *Focus on participation in team boats*
- *Utilization of age-appropriate equipment; mini-kayaks, mini-canoes, Lightning kayaks*
- *Gain race day protocols, etiquette, rules and routines in a fun environment*
- *Minimize financial stress on parents and club to purchase high-end boats and equipment*

6.2 Train to Train (U12/U14):

- *Multiple distances; no distance specialization*
- *Include both canoe and kayak; athletes may begin to specialize in a discipline*
- *Focus on participation in team boats*
- *Learning to paddle and build aerobic machines; understand PHV variance in athletes*
- *Minimize travel and financial commitments for parents and club*
- *Minimize high-level regattas (Qualifying & Nationals)*

6.3 Learn to Compete (U16/Junior):

- *Multiple distances; race across as many race distances as possible*
- *Consideration given to school/work transition, part-time jobs, etc.*
- *Proficiency in paddling single boats*
- *Development of wash-riding skills and boat control skills*
- *Foster participation in team boats to accommodate late entry of athletes into the sport*
- *Bridge gap from U6 to U18*
- *Regular off-water team building activities*
- *Introduce higher-level competition (Qualifying & Nationals)*

6.4 Train to Compete (Junior):

- *Specialization in canoe vs. kayak*
- *Specialization in distance; following PHV/growth spurt*
- *Specialization in crew boats vs. singles*
- *Competition analysis and debriefs*
- *High Performance identification; recognize Domestic and International HP pathways*

6.5 Training to Win (Senior):

- *Provincial and National Coaching*

6.6 Active for Life (Adult, Masters, PaddleAll, Para):

- *Facilitate paddlers' continued involvement by pursuing personal goals and by promoting boats which foster their continued participation; crew boat 4's and war canoe*



7.0 PARENT'S GUIDE TO PADDLING:

7.1 Clothing:

Pisiquid Canoe Club requires paddlers to dress appropriately for all practices and regattas. Female paddlers are to wear at minimum a one-piece bathing suit and ideally would wear shorts and a t-shirt or tank top. Male paddlers should wear shorts and a t-shirt or tank top. It is strongly suggested that children wear water shoes or sport sandals for foot protection and must bring dry sneakers for dry land activities. Paddlers are to bring hats, sun block, bug spray and an ample supply of drinking water (2L+) on a daily basis.

Appropriate spare clothing and a dry towel should accompany the member to the club and should be carried in a gym bag along with plastic bags for wet clothing. Clothing and towels are not to be left at the club. It is also recommended that other personal belongings (phones, electronics) are not brought to the club. PCC is not responsible for any lost or stolen clothing, towels or personal belongings.

For all ADCKC regattas, paddlers are required to wear a club uniform, called a singlet as their outer layer (club or blue tee shirts are suitable for U10). Singlets and tee shirts are normally kept in stock and are available for purchase from the club. Parents may also ask the coaching staff if any pre-owned singlets are available for purchase. The club also has seasonal clothing orders available for Pisiquid Gear (track suits, t-shirts, hoodies, shorts, hats, etc).

7.2 Equipment:

Pisiquid Canoe Club attempts to make all of the required equipment available to its members to maintain a low cost for families. The club provides the boats and paddles, as well as regatta-specific items like boat numbers, back numbers, boat tie-down straps, etc. Diligent care of all club equipment is a necessity due to the high cost of this equipment.

Paddlers are responsible for bringing their own properly fitted and CSA certified life jackets (required for all U8 through U16 age categories). Coaches can assist parents in sourcing life jackets that will give athletes better movement during paddling activities and keep them safe. It is recommended that paddlers bring and return their own life jacket every day and have them properly labeled with their name to prevent loss. Note that annual swim tests are also mandatory for all new and returning paddlers each summer season.

7.3 Canteen:

Pisiquid Canoe Club operates a small canteen throughout the summer with some healthy option foods to help support our families. Note that selection and stock may vary week to week and that parents should always pack box lunches and water for their paddlers to last the entire day. The canteen is normally stocked with items such as freezies, juice boxes and sports drinks, granola bars, trail mix, bagels and individually packaged cookies.

Throughout the week, we also offer a pizza day and/or a barbeque day for our paddlers. These days will be communicated to the parents ahead of time. To help keep kids and coaches from needing to handle cash, the club will set up pre-paid expense tabs for each of our families. This can be done by sending an e-transfer to our treasurer, specifying which paddler the expense tab is for.

7.4 Regattas:

There are multiple regattas held throughout the summer, most of them on weekends. If you are unable to attend a regatta or choose not to race, please speak to your coach early in the season as



your name will have to be removed from the draw (schedule of races and paddlers). Paddling is a team sport. An athlete who signs up to race and doesn't come to the regatta will be disappointing his/her crew members; as they are taking away others' opportunities to compete. If you are unable to take your son or daughter to a regatta, please speak to their coach in advance and take advantage of carpooling with other paddlers.

Paddlers are required to arrive at least 1 hour in advance of their first race. It is wise to bring lots of extra clothes in case the wind picks up or it starts to rain. It is also important for paddlers and parents to bring sun block and a lawn chair. We suggest you pack lots of healthy food and water for your paddlers, as athletes tend to eat all day long.

While the coaches try to be very approachable and are always available to talk with parents about their child's progress, race day is not the time for discussions. There are many children that need to be attended to and while your child might not be in the boat they would like to be, be assured that the coaches are responsible for selecting crews. If you would like to discuss your child's specific needs, please do so on a non-race day. Once crews are selected, the coaches are not able to make changes. Remember that parents are spectators and must remain outside of the athlete's pavilion.

Plan to be in attendance for the whole day. Races are sometimes pushed back due to weather or other delays. If your child is racing, try to keep the whole day open. Other paddlers may be depending on your child for a crew boat and leaving before a race affects many kids and coaches. Bring a book, cheer on the other kids and enjoy the fresh air atmosphere and excitement of the races.

For most weekend regattas, the boat trailer will be loaded on Friday at lunch time to transport the boats to the upcoming regatta. All paddlers are required to help out with both the loading and unloading of the boats at the regatta site. When the regatta is over, all paddlers and parents are expected to return to Pisiquid to help unload the boats.

Parents note that a draw may be printed in advance of the regatta, however it is always available online (the draw is often 100 pages long). This draw will help you to follow the racing schedule and see the race results and times. Coaches will be on hand to help ensure paddlers prepare in advance for their race. A life jacket and singlet must be worn in the boat. If a paddler falls out of the canoe or kayak, a rescue boat will pick them up and bring them back to the dock or will assist them to get back in their boat. <https://www.adckc.ca/schedule-results>

7.5 Parent Volunteers:

The Pisiquid Canoe Club is a not-for-profit organization that relies on the team efforts of volunteers to be successful. Volunteers are required throughout the season to help with many different activities. We ask that all parents consider volunteering some of their time each year to assist the club in making the program enjoyable and sustainable for the future. If you are able to volunteer to help with any of the following items, please ask the coach to put you in contact with our parent volunteer coordinators.

Fundraising	Individuals to staff canteen BBQ's and volunteers for Pisiquid hosted events
Maintenance	Individuals with experience for carpentry, welding, machining, electrical, plumbing, drywall repair, painting, motor repair and most other trades
Boat Hauling	Individuals capable of hauling boat trailers; with own truck w/hitch
Safety Boats	Individuals capable of staffing safety boats for various ADCKC regattas
Sponsorship	Individuals to provide or promote annual corporate sponsorship
Board Members	Individuals interested in joining our Board of Directors



7.6 Paddling Terms... so that you know what your kids are talking about!

ADCKC	abbreviation for the Atlantic Division CanoeKayak Canada, the sport's regional/provincial governing body
Back Number	number worn to distinguish lanes during a competition; in crew boats the person at the back of the boat wears the back number
Blade/Shaft	on a paddle, the blade is the wide end part that grips the water and the shaft is the cylindrical connector. A kayak paddle has two blades and a canoe paddle has one blade and a "t-grip" on the other end
Boat Number	a number placed on the rear deck of the boat indicating the lane drawn by the competitor or crew for a race
Boot/Block	with a starting system the paddler places the nose of their boat in a boot or block which drops below the surface with the starting signal. Placing one's nose on the start line is also called "checking the boat"
Bow	the nose or front of a boat
Burgee	a paddling championship typically in the shape of a nautical flag
C1	a canoe paddled by one person. C2 is for 2 people and C4 for four
CanMas	Canadian Masters Championship, held each year immediately after the National Canoe Championships wherever the CKC Nationals are held; this is a one-day event
Catch/Exit	the catch is the first part of the stroke where the paddler grabs the water with their paddler. The exit is at the end of the stroke when the paddler takes the paddle out of the water
Chief Official	The top official at a regatta; among their duties are to receive and resolve any protests that may be filed; verify and approve all crew substitutions; in the event of inclement weather or other unforeseen circumstances, which makes it impossible to carry out the competition, postpone the competition and decide on another time when it may be held
CKC	abbreviation for the CanoeKayak Canada, the sport's national governing body
Cockpit	the open part of a kayak in which a kayaker sits
Commodore	The chief executive officer of the canoe club
Cox/Coxswain	steersperson and captain in the war canoe
DNF	did not finish the race
DNS	did not start the race
Floorboard	a canoer's knee rests in a foam block that is molded for the athlete. They brace their back foot against a foot piece and their setup connected with a floorboard
Footboard	an apparatus in a kayak used to push off for greater stroke strength
Gunwale	the top edge of a canoe that runs around the big open area in which a canoer kneels
Headwind/Tailwind	wind from the front slows paddlers down while a tailwind from behind speeds them up. Side winds are difficult to paddle in and when the wind is on an angle, it can be an advantage or disadvantage to either right-sided canoers or left-sided canoers
J-Stroke	a steering stroke used to maintain a straight line in the sprint canoe



K1	a kayak paddled by one person. K2 is for 2 people and K4 for four
Lactic Acid	something every high-performance athlete is all too familiar with. As athletes push their limits, their muscles don't get enough oxygen and will produce lactic acid. The athlete experiences a burning feeling. Athletes train to deal with lactic acid and those who can manage it the best are the ones who are able to hang on for the victory
One Minute to Start	a command by the starter to call competitors to the line. Preliminary warnings of five and three minutes are also usually given. Once all the competitors are lined up evenly, the start will call "ready, set" followed by a loud blast that signals "go."
Paddler, Canoer, Kayaker	all acceptable words to describe someone doing the sport. Canoer is specific to canoe and the same with kayak. Rowing is a different sport where the athlete faces the rear and uses an oar instead of a paddle. Try to steer clear of those rowing words when discussing CanoeKayak with your kids, or they will likely correct you
Paddle Twist	the two blades of a kayak paddle are angled differently so that a kayaker actually twists the paddle on each stroke. A paddler with a left-twist holds their left hand firm and allows the right side of the shaft to slide. A special grip is usually used for the fixed hand while rolled up tape is used to mark hand positions on a paddle
Pogies	specially designed outerwear to cover the hands while allowing the paddler to paddle without hindrance in cold conditions; there are canoe pogies and kayak pogies
Referee	an on-water official who follows a race down the course; he/she has the power to judge the race, stop the race, caution or disqualify any crew or competitor failing to race within the rules
Regatta	a competition in sprint canoe/kayaking
Rotation	using predominately the muscles of the torso and lower body for the forward acceleration of the boat.
Rudder	a small blade underneath a kayak at the back of the boat used to steer. The front paddler in the kayak moves the rudder stick with his or her feet to steer. Canoes do not have rudders but are steered entirely with the paddle
Singlet	CKC approved racing shirt to be worn by a competitor to identify the club to which he/she belongs
Splashguard/Spray Skirt	made of water resistant fabric or another material. In sprint kayak, a skirt is loose enough that it will come off if a paddler tips over
Shoot	throwing your weight on the last stroke to jolt the nose of your boat to the finish line a little faster in an effort to edge out your competitors. A successful shoot can lead to the exhilarating announcer's call of "he just got him at the line." An unsuccessful shoot can lead to a competitor falling out of their boat before touching the finish line which can result in a disqualification if no part of the paddler's body is touching the boat when they cross
Sprint	short high-tempo, high intensity burst of high speed
Start	a series of different strokes used to accelerate the boat from a stationary position to top speed



Starter	an on-water official who starts the race; the objective is to give all competitors an even start on the start line; a starter can stop a race and/or disqualify a competitor
Stroke	person in the front of the boat that controls the pace of the crew during the race
Stroke Rate	the number of strokes a paddler takes per minute. Coaches use a special stroke rate watch to measure this and 200 metre sprinters can hit rates of 180 strokes per minute – that’s three strokes a second ... or from a spectator’s point of view, really fast!
Technique	proper application of physiological principles to most efficiently propel the boat
The “Black”	legendary Junior Men’s C-4 cup raced annually at Nationals
War Canoe	traditional name of a C15 (large team canoe with 14 paddlers and 1 coxswain)
Wash	waves that come off the back of another canoe, kayak or safety boat
Wash Riding	using the wash of another boat to propel forward a boat (like paddling downhill)
Divisional Clubs	<p>AB Abenaki (Bell Lake, Dartmouth, NS) BA Banook (Lake Banook, Dartmouth, NS) CH Cheema (Lake Thomas, Waverley, NS) KE Kennebecasis (Kennebecasis River, Rothesay, NB) KI Kinap (Porters Lake, NS) MA Maskwa (Kearney Lake, Halifax, NS) MI Milo (Lake Milo, Yarmouth, NS) MM MicMac (Lake Banook, Dartmouth, NS) OR Orenda (Lake Echo, NS) PEI Brudenell Canoe Kayak Club (Brudenell River, PEI) PI Pisiquid (Zwicker Lake, Upper Vaughan, NS <u>and</u> Windsor, NS) SA Sackawa (First Lake, Lower Sackville, NS) SE Senobe (Lake Banook, Dartmouth, NS)</p>