



pisiquid.com



Parent Handbook

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

2022

#pisiquidpride



TABLE OF CONTENTS

Head Coach`s Message
Commodore`s Message

- 1.0 Contact Information**
 - 1.1 2022 PCC Staff**
 - 1.2 2022 PCC Board of Directors**
 - 1.3 2022 Daily Summer Schedule**
 - 1.4 2022 Off-Season Schedule**

- 2.0 Paddling Programs**
 - 2.1 Full Summer Program**
 - 2.2 JumpStart™ 2-Week Summer Programs**
 - 2.3 Kiddie Canoe**
 - 2.4 Adult Paddling**
 - 2.5 Spring Training**
 - 2.6 Fall & Winter Training**

- 3.0 Age Classifications**
 - 3.1 U10 Athlete Model (Atom)**
 - 3.2 U12 Athlete Model (Peewee)**
 - 3.3 U14 Athlete Model (Bantam)**

- 4.0 PCC Rules**
 - 4.1 General Club Rules**
 - 4.2 Safe Arrival & Departure Program**
 - 4.3 Incident Reporting**
 - 4.4 Disciplinary Policy**
 - 4.5 Registration & Payment of Fees**

- 5.0 2022 Schedule of Events (Tentative)**

- 6.0 Long-Term Athlete Development (LTAD)**
 - 6.1 FUNdamentals (U8/U10)**
 - 6.2 Train to Train (U12/U14)**
 - 6.3 Learn to Compete (U16/Junior)**
 - 6.4 Train to Compete (Junior)**
 - 6.5 Training to Win (Senior)**
 - 6.6 Active for Life (Masters)**

- 7.0 Parent`s Guide to Paddling**
 - 7.1 Clothing**
 - 7.2 Equipment**
 - 7.3 Canteen**
 - 7.4 Regattas**
 - 7.5 Volunteer Committee**
 - 7.6 Paddling Terms**



COMMODORE'S MESSAGE

June 20, 2022

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.



HUGE NEWS for Spring and Summer 2022, is the relocation of the Pisiquid Canoe Club to Zwicker Lake for the foreseeable future. Although gathering immense community support to return fresh water to Lake Pisiquid in Windsor, the DFO Ministerial Order has not been rescinded or modified. This has forced our board to make the difficult decision to relocate to a nearby lake, which will allow the continuation of our programming and survival of our club. Although we will certainly miss our original 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 we are converting for beach soccer and volleyball, large garages and barns for our boat storage, shelter and social space for our athletes. In the near future, we are planning to install a new septic system and add seasonal washrooms to the site; however it is our plan to operate with portable toilet facilities for this 2022 summer.

Once again, we will be reinstating our two 2-week summer programs in 2022 during the first week of July and the first week of August. 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 2022 season. Pisiquid has also significantly increased the level of technical coaching at our club with the addition of Jeff Houser as our new head coach, which will result in participation in more team boats, and improved overall safety and supervision of every program at the club.

With the move to Zwicker Lake for the summer, installation of a race course in the lake will be delayed, as we apply for necessary permitting to install the system. We will also be abandoning two of our annual ADCKC hosted events this season, including a U10 event in August as well as our annual long distance LD event in October. We will continue to run Pisiquid Survivor fundraiser throughout this summer as our major club fundraiser, and also plan to host an online auction fundraiser this summer. We are hoping to reach similar



PISIQUID CANOE CLUB
2022 Parent Handbook



fundraising amounts from previous years with the support of our parent volunteers and our local business community.

Now in our 47th year of paddling in our community, our overall vision for the Pisiquid Canoe Club remains:

- *Offer Recreational and Competitive Paddling Opportunities for All Members*
- *Provide an Affordable and Inclusive Program for our Community*
- *Ensure the Safety of our Participants and our Equipment*

A warm welcome goes out to our paddlers, parents, coaches and board members for the 2022 season.

Kind regards,

Brad Carrigan
Commodore



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: coach@pisiquid.com or treasurer@pisiquid.com

1.1 2022 PCC Staff:

Head Coach	Jeff Houser	902-452-4849	fastkayak@gmail.com
Asst. Head Coach	Jacob Naugler		
Club Manager	Jenna McCulloch		
Assistant Coach	Hali Wile		
Assistant Coach	Eva Bruce		
Assistant Coach	Kaden Hope		
Assistant Coach	Maya Faucher		
Assistant Coach	Joe MacLean		

1.2 2022 PCC Board of Directors:

Commodore	Brad Carrigan	bradcarrigan@eastlink.ca
Vice-Commodore	Sheldon Hope	shope7576@gmail.com
Registrar	Tanya Foggoa	tfoggoa@hotmail.com
Secretary	Sarah Jackson	sarahjackson918@gmail.com
Treasurer	Karen Carrigan	treasurer@pisiquid.com
Fundraising Chair	Sarah Jackson	sarahjackson918@gmail.com
Facilities Chair	Jason Frank	jfrank@superclean.ca
Head Coach	Jeff Houser	fastkayak@gmail.com
Paddling Chair	Vacant	



1.3 2022 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 (U8 Lunch TBA)
13:00 – 16:00	Afternoon Paddling Programming
15:30 – 16:30	High-Performance Program Afternoon Practice
16:00 – 16:15	Grounds & Club Clean up
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 (Evenings TBA)

1.4 2022 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)
09:00 – 11:00	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 2022 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™ 2-Week Summer Programs:

Our CT JumpStart 2-Week Summer Programs (Ages 8-14) are an introductory program to the sport of sprint canoe and sprint kayak. This program is 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. This program is blocked into 2-week programs, running throughout the summer (July-August). This full-day program includes a combination of daily on-water sessions as well as supervised physical activities and fun games for the kids. The program for each of these 2-week sessions is very similar, so paddlers who have already completed a 2-week camp 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 those 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 program is for previous members wanting to start their paddling and training before the formal summer program in July. This evening 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 program.

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) 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 off-season paddling program.



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
U22	Under 22 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
Junior	Under 25 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 own 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 e-transfer; 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 2022 SCHEDULE OF EVENTS:

April 1	PCC Spring Training Begins (April-June)	Zwicker Lake
May 2-5	CKC National Team Trials #1	Lake Banook
May 21	Long Distance Regatta #1 (U16/Open)	Lake Banook
June 1	PCC June KickStart Program Begins (June)	Zwicker Lake
June 3-5	ADCKC Canada Games & U18 Provincial Team Trials	Lake Banook
June 18	Long Distance Regatta #1 (U12/U14)	Lake Banook
June 24-27	CKC National Team Trials #1	Montreal, QU
July 1	Canada Day	Zwicker Lake
July 1-2	Canada Cup East Regatta	Ottawa, ON
July 4	PCC Full Summer Program Kick-off (July-August)	Zwicker Lake
July 4	PCC 2-Week LTP Program Camp #1 Begins	Zwicker Lake
July 9	Masters & U16-Open Regatta #1	Lake Banook
July 14	U10 Series Event (SA, MA, PI, BA, MM)	First Lake
July 16	U12 Regatta #1	Lake Banook
July 17	U14 Regatta #1	Lake Banook
July 22-24	Nationals Qualifying (Atlantic Championships)	Lake Banook
July 30	Masters Regatta #2	Kearney Lake
July 31 - August 4	2022 ICF Junior & U23 Sprint World Championships	Szeged, Hungary
August 1	Civic Holiday (no club programming)	Zwicker Lake
August 2	PCC 2-Week LTP Program Camp #2 Begins	Zwicker Lake
August 3-7	2022 ICF Senior Sprint World Championships	Lake Banook
August 10-12	2022 Pan American Canoe Championships	Lake Banook
August 14	U10 Series Event (All Clubs)	Lake Banook
August 16-19	Canada Games, Canoe/Kayak Sprint Events	Welland, ON
August 17-18	U12/U14 Atlantic Championships Heats	Lake Banook
August 19	U12/U14 Atlantic Championships Finals	Lake Banook
August 23-28	2022 CKC Sprint National Championships	Shawingan, QU
September 2	PCC Summer Program Ends	Zwicker Lake
August 4-10	Athlete/Coach Recovery (no club programming)	Zwicker Lake
September 10 (pm)	2021 PCC Awards Banquet (tentative date)	Windsor
September 11	Masters Atlantic Championships	Lake Banook
September 12	PCC Fall Training Begins (September - November)	Zwicker Lake
September 11	Masters Atlantic Championships	Lake Banook
September 16-19	Just Paddle It Festival	Eskasoni, NS
September 17	Arthur Weston – Fred Lynch Marathon Event	Lake Banook
September 24	Long Distance Regatta #2 (U12/U14)	Lake Banook
October 8	Long Distance Regatta #2 (U16/Open)	Lake Banook
TBA	Richard Dalton Winter Classic	Lake Thomas
December 1	PCC Winter Training Begins (December - March)	Windsor
TBA	ADCKC Winter Combine Series Events	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. The club has a buy-back program for singlets that are still in like-new condition. Parents may 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. There are a minimal number of life jackets at the club. 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. Note that annual swim tests are mandatory for all paddlers.

7.3 Canteen:

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

Throughout the week, we also try to offer both a pizza day and 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 the paddlers/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 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 the 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 for your paddlers, as they 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 the 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 atmosphere and excitement.

For most weekend regattas, the boat trailer will start being 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, fiberglass repair, welding, machining, electrical, plumbing, drywall repair, painting, motor repair, and other trades

Boat Hauling Individuals capable of hauling the boat trailer for various regattas; with truck/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 the Pisiquid 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 place 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, Canoeer, Kayaker	all acceptable words to describe someone doing the sport. Canoeer 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	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)