

Jerome's Picks

The Provincial Coach's Recommended Events for the 2016 Season

Provincial Team and competitive club athletes & their families



Training:

Athletes are encouraged to attend a minimum of 3-5 practices/week, during the summer, for optimal skill development. Interested athletes may train more often, up to twice daily, depending on their level of commitment. It is very important to record your **kilometer totals**, as this determines your eligibility for Provincial Team Status, special awards, and is essential in your development as an athlete. The number of kilometers paddled as a 14 year old is directly proportional to medals won as an 18 year old – so remember, the more, the better!

Recommended Races, Training Camps & Events:

The following events & training camps are recommended for all competitive club and provincial team athletes, except for Saskatoon Open, National Championships and Canada Games (shaded in grey), which are for advanced athletes only. Athletes under the age of 13 and those in their first year of competition should check with their coach regarding which events are most important when planning their season.

Event	Date(s)	Location	Estimated cost
Winter Test #1	Oct 17, 2015	Winnipeg MB	No Cost
Winter Test #2	Dec19, 2015	Winnipeg MB	No Cost
Winter Training Camp	Dec 27 – 31, 2015	Kenora ON	\$375
Winter Test #3	Jan 23, 2016	Winnipeg MB	No Cost
Spring Camp #1	Feb 1 – 18, 2016	Corpus Christi, TX	\$1100 to \$1300
Winter Test #4	Mar 12, 2016	Winnipeg MB	No Cost
Indoor DB Festival	Feb 28, 2016	Winnipeg, MB	No Cost
Spring Camp #2	Mar 14 – Apr 12, 2016	Corpus Christi, TX	\$900 to \$1600
Cooks Creek Classic	May 7, 2016	East Selkirk, MB	\$20
Winnipeg Open	May 8, 2016	Winnipeg, MB	No Cost
Club Membership	Due May 15, 2016	Your local club	Depends on level
Saskatoon Open	May 28 – 29, 2016	Saskatoon, SK	\$400
Officials Clinic	Jun 2016	Winnipeg, MB	No Cost
June DB Festivals	Jun 5 – 7, 2016	Winnipeg, MB	No Cost
Manitoba Cup #1	Jun 14, 2016	Selkirk, MB	No Cost
Junior Trials	Jun 24 – 26, 2016	Montreal, QC	\$500
Canada Day DB Fest	Jul 1, 2016	Portage la Prairie, MB	No Cost
Canada Day Regatta	Jul 2 – 3, 2016	Regina, SK	\$350
Summer Training Camp	Jul 4 – 10, 2016	Selkirk or Winnipeg, MB	\$100
Manitoba Cup #2	Jul 10, 2016	Winnipeg, MB	No Cost
Prairie Divisionals	Aug 6 – 7, 2016	Regina, SK	\$400
Sprint Nationals	Aug 29 – Sep 03, 2016	Dartmouth, NS	\$800
World DB Championships	Sep 8 – 11, 2016	Moscow, Russia	\$2000
September DB Festival	Sep 9 – 10, 2016	Winnipeg, MB	No Cost
International Sprint Regatta	Sep 17 – 18, 2016	Poland or Germany	\$2500
Long Distance Provincials	Oct 2, 2016	Winnipeg, MB	No Cost
Annual Awards Banquet	Oct 30, 2016	Winnipeg, MB	No Cost

- estimated costs include transportation in the team van, accommodations, entry fees, boat transportation fees, and costs associated with coach/manager/chaperones
- costs may be reduced through providing own transportation, fundraising, etc
- estimated cost does not typically include food, sight seeing & spending money; these costs usually amount to approximately \$30 per day

Manitoba Paddling Association
 145 Pacific Avenue Winnipeg MB R3B 2Z6
 P 204-925-5681 204-925-5792 F
mpa@sportmanitoba.ca www.mpa.mb.ca

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Overview of Club Competitive Programs



To: Parents of youth registered in club competitive programs

From: Jerome Seremak & Rob Page, Provincial Team Coach

Welcome to the world of competitive paddling! For those of you who don't know us, we are the Manitoba Provincial Team Paddling Coaches. We train the Provincial Team athletes and work with club coaches in Winnipeg, Selkirk, Minnedosa, Sanford and Brandon to help them develop local talent into Provincial Team athletes. While the emphasis of all our paddling programs is on fun, fitness and paddling skill development, some youth seek the challenge of competition. There are many opportunities to race and attend training camps each season, which may or may not be appropriate, depending on the age, maturity, and skill level of the individual. The following are my views on what training, competitions, and training camps are important for young paddlers, especially those with aspirations of being named to the Provincial or Canada Games Team. A copy of the Provincial Team Criteria and Games Selection Criteria are available from me or your club coach on demand.

Training

- a) Summer – for young paddlers ages 14 and under, 3-5 practices per week is ideal. Children with parents who work during the day may be welcome to spend the day at their respective clubs, and play games, relax, or just hang out between practices. Paddlers ages 15-18 are encouraged to practice up to twice daily depending on their level of commitment and the programs offered at their clubs. Paddling as many kilometres as possible is the best way to improve as a paddler, and keeping track of kilometer totals is emphasized at all clubs.
- b) Winter – paddlers 14 and under should ideally attend 1-3 practices per week for aerobic & strength training, flexibility and games. Ages 15-18 may practice up to twice daily, depending on their level of commitment. Youth with other winter sport interests may not come as often, but are encouraged to participate whenever possible, as this strengthens the unity of the training group. Winter is a time when everyone's interest level wanes, and having a solid training group improves participation, and makes for more intense and enjoyable work-outs. You don't need fancy equipment, weights or a gym to form a winter training group – just a few enthusiastic individuals and a place to meet. We are always available to come out to your practices or design a training schedule.

Training Camps

- a) Summer Training Camps – each summer, we run one or two 3-7 day training camps, usually at clubs outside of Winnipeg. Ages 12 and older are welcome to attend, provided they can paddle a minimum of 6km without stopping or capsizing. Younger paddlers may also attend provided their club coach feels they are mature enough and physically capable of participating with the others at the camp.
- b) Winter Training Camp – each winter, we run a 5-7 day training camp during school Christmas break. Usually the camp is held at a remote location, such as Hecla Island Resort or Giant's Ridge and involves lots of running and cross-country skiing. Ages 12 and older are welcome to attend, provided they can run a minimum of 6km without stopping and have (or rent) cross-country skis. Younger paddlers may also attend provided their club coach feels they are mature enough and physically capable of participating with the others at the camp.
- c) Spring Training Camp – each spring, we drive to the southern US for a 4 week on-water training camp, which overlaps school spring break. Individuals who fly can attend for less than 4 weeks (no less than 1 week is recommended), but those who travel with the van are committed to 4 weeks. Ages 12 and older are welcome to attend, provided they can paddle a minimum of 6km without stopping or capsizing. Younger paddlers may also attend provided

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their club coach feels they are mature enough and physically capable of participating with the others at the camp. Parents are welcome should they wish to attend and are required to attend if the athlete is younger than 12.

Competitions

- a) General information – paddlers compete in age groups: 9-10 are Atom, 11-12 are Peewee, 13-14 are Bantam, 15-16 are Midget, 17-18 are Juvenile, and over 18 are junior. All ages are as of Dec. 31 of the year of competition.
- b) Manitoba Cups - these competitions are all held in Manitoba (one at each club) and are ideal for the young competitor. Points are awarded to clubs to encourage participation, so everyone who crosses the finish-line is a winner. Race distances are 200m and 500m and only singles events are run (no doubles or fours). I encourage all young paddlers, even if they're not competitive, to participate in these fun events. Parents are also encouraged to race in the Master's events or to assist with officiating, timing or safety boats.
- c) Western Canada/Canada Summer Games Trials & Sprint and Long Distance Provincial Championships – these events are important for athletes hoping to achieve Provincial Team status or qualify for the Western Canada or Canada Summer Games Teams. Athletes named to the training roster for these teams may be eligible for additional funding to attend training camps or out-of-province races. These events are usually held in conjunction with a training camp or Manitoba Cup.
- d) Canada Day Regatta in Regina – a very large event, with lots of events suitable for new paddlers. This is a great race to attend as a first out-of province competition, but is less important than the Manitoba Cup races. All age categories from Atom and up, are welcome, as are parents.
- e) Divisionals – a qualifying event for National Championships, this race is not always appropriate for young or new paddlers. Check with your club coach before planning to attend this race.
- f) National Championships – not usually appropriate for young paddlers unless part of a team-boat with Provincial Team athletes. Check with your club coach before planning to attend this race.
- g) Other races – young competitors are welcome to participate in all other local races, but this is not essential. Contact your club coach for details.
- h) Winter Tests – participation in our winter testing program is required for Provincial Team athletes to maintain their carding status and is encouraged for all club athletes. Four or five tests are held each winter, testing strength in Bench Press, Bench Pull & Chin-ups and endurance in a 1000m Rowing Machine time trial.

Manitoba Paddling Association

Information Sheet



Payment Practices for Team Trips

1. Athletes must indicate their intent to participate in a regatta or training camp to the MPA office by the deadline provided on the trip information sheet, and if required, pay a non-refundable deposit. Athletes who fail to do so, but make a last minute decision to attend the event may not be permitted to, or may be charged more.
2. Athletes must pay the balance of the cost of the trip to a representative of the MPA office by the payment deadline. If the payment is not received, the athlete will be removed from the event roster. The deposit will not be refunded.
3. Any outstanding balance from a previous trip must be paid off or dealt with to the satisfaction of the MPA office prior to registering for another MPA out of town event.
4. The MPA office must be notified of any changes in your plans to attend an event, should be the recipient of any payments for trips, and should provide written confirmation of having received your information and/or payment. It is your responsibility to ensure you receive that confirmation.

MPA Financial Practices on Team Trips

1. Budgets for MPA trips to regattas & training camps are developed by MPA's Provincial Coach who has 15 years of experience in this regard.
2. MPA's goal is to enable as many athletes as possible to participate in these activities and tries to keep the athletes' baseline costs as low as possible. All athletes are assessed the same baseline costs. Additional subsidies are applied to further lower individual athletes' costs through the MPA's Provincial Team Carding Policy, Bingo's, and Sport Manitoba Athlete Support Programs. To be eligible for these subsidies, athletes must travel as part of the team unless the other arrangements have been approved by the Provincial Coach.
3. Given there are many variables on trips such as fluctuating exchange rates, gas prices, gas consumption, and athletes who sign up or withdraw at short notice, any budget is a rough estimate at best, and some difference between the actual & budgeted costs is anticipated.
4. When differences arise between the actual & budgeted costs for a given trip, MPA absorbs this difference. When a trip costs more than budgeted, MPA assumes the loss. When a trip costs less than budgeted, the balance is used towards future trips. MPA's experience is there is no significant gain or loss when all trips are considered in a given season. Regardless of direct financial contributions, MPA contributes significant resources just in organizing the trip itself, a hidden cost that is not typically included in a breakdown of trip costs.
5. Given that not all paddlers participate in all trips in a given season, it is conceivable that an individual athlete may pay less or more on a particular trip than is strictly dictated by the actual revenues & expenses. The MPA acknowledges that this is a limitation of the current system, but not one as significant as to warrant changing what has otherwise been an effective method of financing trips.
6. The greatest benefit of the current system is that athletes are almost never subjected to a second invoice when a trip costs more than expected. In the past, MPA has received the most negative feedback when this situation has arisen. Under the current system, this now happens only rarely, under unusual or extreme circumstances.
7. Parents or athletes who want more financial information may request a copy of the budget for a given trip. Those who disagree with the fees they are asked to pay can choose not to participate, or make their own arrangements.

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