

# Whitewater Slalom Racing For kids, Spring 2007

This new program is part of Ottawa River Runners (ORR) Whitewater Slalom Development Program.

**For kids 11 – 14 years old with some whitewater experience, interested in learning to race in whitewater slalom.** This is not a beginner level paddling program. Kids should be comfortable paddling to class 2 and working on or have a whitewater roll. Some slalom boats K1, C1 and C2 and equipment are available through the ORR.

**The program will provide excellent coaching for 4 to maximum of 6 kids for a 6 to 8 week spring session.** Start date depends on weather and open water. Earliest start would be mid April in flat water gates and it would end by June 15<sup>th</sup>. Coaching would be provided for training for whitewater slalom racing including two novice races. There will be opportunities to train in Kayak, C1 and C2 then to choose preference for racing. More than one event can be competed in at races. Training at the Pumphouse (Lebreton flats) will include flatwater gates, whitewater gates (pending opening Pumphouse Slalom Training Site, spring 2007) and river training.

Cost of the program: minimum 4 boats  
8 weeks: \$165.00 (22 sessions) 2/week April (2 weeks), 3/week May-June (6 weeks)  
Tentative schedule T and Th or F and Sa., 1 hour on water. Race level – novice/cadet.

**Membership in ORR is required for insurance purposes. See ORR website.**

**Coaching will be provided by Marcela Prskavcová**, recently relocated to Canada from Czech Republic. As an international whitewater slalom athlete, Marcela brings her excellent coaching skills to Ottawa to encourage young paddlers to develop their technique in whitewater slalom racing.

Summer and fall sessions are also being planned with coaching by Senior level slalom athletes during the summer and Marcela will be available to coach again in August – October.

**Contact: Sherri Audet for more information or to register. Tel: 613-832-4119**  
[sherri\\_audet@hotmail.com](mailto:sherri_audet@hotmail.com) (underscore after Sherri)

Ottawa is the Centre of Excellence for Whitewater Slalom racing for Canada and home to our National slalom team training site and National team coaches. Take advantage of this opportunity to learn more about this exciting challenging sport!