

THE OTTAWA RIVER RUNNERS

www.OttawaRiverRunners.com

Les Coureurs de la Rivière des Outaouais

Ottawa's White Water Kayak Club

Spring 2007 Newsletter

Tailrace Course Update (D.C.)

April 10th we are scheduled to meet the City planning and zoning committee to rezone the area so that city staff can go forward with an access agreement. My understanding is that this meeting is open to the public. I will confirm the date and details in an April newsletter closer to the date. We have every expectation that the remaining landscaping will be completed and that we will have access to the site in early June. There are a number of hurdles, including installation of permanent posts for gates and the hosting of events. More on that later.

The NCC has insisted that the Tailrace area be open to the public. City staff had requested a security fence around the perimeter of the area. It appears that the City will be forced to adopt our original proposal for a low wrought iron type fence between the water's edge and the coaching trail, thanks in part to the NCC's intransigence. Detailed plans for a prefabricated steel building were submitted to the NCC for review earlier this winter. The NCC did not wish to consider a more permanent structure but have concerns about the aesthetics of a steel building. They have assured me that they are actively considering this proposal and trying to come up

with a viable alternative to shipping containers.

I anticipate that facility construction will be paramount this year, with the above provisos.

It is fortuitous that we are not hosting any major events this year. Our neighbour, Valleyfield, is home to the National Junior Team Trials May 19th – 20th. Senior Trials are, of course, in Charlotte at the end of April, and Chilliwack is host to the Nationals the first weekend of August.

New Club Coach (D.C.)

Last October, Jiri Prskavec arrived to take over duties as our club coach. By all indications, he is an excellent technician and highly organized. While there have been growing pains, feedback has been generally extremely positive. We have been successful in obtaining a three year Quest for Gold coaching grant which comes into effect on April 1st. Jiri has agreed to stay on for the next three years to coach. As per the terms of reference of Quest for Gold, he will be developing a program which will integrate everyone from slalom debutantes to national team aspirants. As the facility issues are settled, we will be starting to develop this programming. More on this later.

Trillium Grant (D.C.)

Somebody must love us. Earlier this month we were successful in our Trillium grant application in the amount of \$14,500 with the province. Approximately \$5000 is earmarked for a club trailer, \$5000 for docks and permanent gate installation costs, and the remainder for building outfitting. We have also been designated the Centre of Excellence for whitewater slalom by CKC. The future is bright.

2006 – 2007 ORR Pool Sessions (R.C.)

2007 ORR Carleton Pool Sessions

We ran 11 pool sessions through the winter and have had excellent attendance, with a large number of new people attending. Open sessions have served both slalom and playboaters, and the deep end has been rented on occasions to supplement the regular shallow end rental.

The following courses have been run:

Kids' courses – something like 10 kids have been coached by Marcela and Kathleen, for a total of 10 sessions. Some children were completely new to kayaking, and others had previously had some instruction from Jen last year. The coaching has introduced the basics of kayaking, strokes, wet-exits, hip-flicks, gate-work, etc. Parents have been thrilled to see how the kids have developed their confidence and skills.

Youth and adult courses taught by Jen. 6 adults and 4 youth have been taught over 4 evenings. This was again an introductory course and very successful.

Rolling clinics taught by James to 6 adults and youth (mainly those from Jen's course). Doug Poulter also provided some rolling instruction on an ongoing basis.

Whitewater Programs. Programs are currently being developed for some of the newer paddlers, for the spring and summer, and will be announced over the coming month.

Thanks to Jen and all the club members who have loaned boats and equipment for the pool sessions. Also thanks to all the instructors and others who have donated their time and efforts to making the pool sessions so successful.

2007 Dickerson Training Camp (J.T.)

For the second year in a row a number of ORR cadets and juniors participated in the March Break Training Camp at the Dickerson Whitewater site in Maryland. Head his wife Marcela and Laura Boudens. The training camp consisted of two sessions per day as well as video analysis in the evenings. Groups were small and the coaching staff were able to provide ongoing feedback and support for each participant. Every paddler improved over the course of the week which started with warm temperatures in

the 70's and ended with a snow storm. The camp was very well-organized and provided great opportunities for our athletes to push themselves and develop their skills. Thanks also to Kevin Grady, Ceilidh Snider, and Jim Tayler for providing the parental support that also helped to make the camp a success. Check out the ORR Junior Development blog at <http://orrjuniordevelopment.blogspot.com/>

2007 Club Membership Fees.

Please send your signed waiver form (attached) and your cheque for this year's membership dues.

Container rentals: Present inhabitants have until May 1st after which it is first come for remaining spaces.

Your Club needs an IT volunteer (who is, preferably, an active paddler as well). If you have any experience with building and maintaining websites; managing ftp sites for members; operate an active email communication facility; have familiarity with on-line services such as interactive on-line calendars and communications tools...PLEASE contact Doug dougsyl@magma.ca

2007 Competition Schedule

49th Annual Credit River Downriver Race

March 31
Barbertown Road, Streetsville
Contact: Linda Reiche
lreiche@hostman-steinberg.net

49th Annual Credit River Slalom Race

April 1
Streetsville Memorial Park, Mississauga
Contact: Jeff McColl
jedi_jeffi@hotmail.com

Humber River Downriver Race

April 14
Finch and Islington Ave. Toronto
Contact: Harold Van Winssen
Hvw@tmlegal.ca

Level Six Rodeo

April 21-22
Bates Island, Ottawa
Contact: amber@levelsix.com
Website: www.levelsixinc.com

National Downriver Team Trials

April 21
St. Charles River, PQ
Contact: Harold Van Winssen
Hvw@tmlegal.ca

Moira Downriver

April 29
Moira River, Roslin
Contact: Harold Van Winssen
Hvw@tmlegal.ca

National Senior Team Trials

April 27-29
Charlotte, NC
Contact: Sven Pinkert
svenpinkert@canoekayak.ca

2007 World Freestyle Championships

April 29-May 5
Ottawa River
Contact: Joe Kowalski
joe@wildernesstours.com

Elora Gorge Downriver/Slalom Race

Provincial Junior Team Trials
May 12-13
Elora Conservation Park
Contact: Harold Van Winssen
Hvw@tmlegal.ca

National Junior Team Trials

May 19-21
Valleyfield, PQ
Contact: Sven Pinkert
svenpinkert@canoekayak.ca

Palmer Rapids Slalom Kayak/Open Canoe Race

June 10
Palmer Rapids
Contact: Steve Pomeroy
spomeroy@rogers.com

21st Kipawa River Festival

June 22-24
Laniel, Quebec
Contact: Peter Karwacki
kayaky@hotmail.com
Website: www.kipawariver.ca

Andrew Westlake Memorial Slalom Race

June 24
Gull River, Minden
Contact: Steve Pomeroy
spomeroy@rogers.com

Junior Development Training Camp

June 25-29
Gull River, Minden
Contact: Jim Taylor
jetaylor@rogers.com

Gull Fest Slalom Kayak/Open Canoe Race

June 30
Gull River, Minden
Contact: Steve Pomeroy
spomeroy@rogers.com

National Slalom Championships

August 4-5
Chilliwack, B.C.
Contact: Sven Pinkert
spinkert@canoekayak.ca

Introduction to Slalom Training Camp

August 20-25
MKC
Contact: Claudia Van Wijk
paddle@owl-mkc.ca

MKC Open Canoe/Kayak Slalom Race

August 26
MKC
Contact: Claudia Van Wijk
paddle@owl-mkc.ca

Upper Gatineau Whitewater Festival

August 24-27
Gatineau River
Website: www.cckevm.org

Gull River Open Canoe Slalom Race

September 8-9
Contact: Beth Kennedy
bethkennedy@vianet.ca

ORR Pumphouse Slalom Race

September 17
Ottawa
Contact: Doug Corkery
dougsyl@magma.ca

Useful websites:

Canada: www.whitewatercanada.ca/
Ontario: www.whitewaterontario.ca/
Quebec: www.kayak.qc.ca/
Alberta: www.wsaa.ca/
BC: www.kayakrdc.org/
U.S. www.usack.org/