

Ripples Clinics: Cub-Cadet (under 12 years of age)

Location	Dates	Eligibility	Cost	Notes
<u>Pumphouse</u>	June 10-11	8-11yrs, previous experience	\$150	weather dependent, season warm-up for 8-11yr olds with previous experience,,; not an Introductory Clinic
Gull River, Minden	June 30- July 3	8-11yrs, previous experience	\$250	daily sessions
MKC, Barry's Bay	July 4, 5, 6	8-11yrs, previous experience	\$250	daily sessions, fun event on the 6th
Pumphouse, Ottawa	July 4-7	8-11yrs, no previous experience required, comfortable swimmer	\$150	Tuesday to Friday 9-12 ORR Day Camp
Pumphouse, Ottawa (potential off-site paddling as well)	July 8-13	8-11yrs, Level 1+ experience (Level 2 preferred)	\$175	one session per day; technical skills and games, boater cross intro, slalom boat intro
Pumphouse, Ottawa (potential off-site paddling as well)	July 18-23	8-11yrs, Level 1+ experience (Level 2 preferred)	\$175	one session per day; technical skills and games, boater cross intro, slalom boat intro
Gull River, Minden	Aug 3-6	8-11yrs, Level 1+ experience (Level 2 preferred)	\$250	daily sessions
Pumphouse, Ottawa	Aug 9-13	8-11yrs, Level 1+ experience (Level 2 preferred)	\$175	one session per day; technical skills and games, boater cross intro, slalom boat intro
MKC, Barry's Bay	Aug 15-16	8-11yrs, coaches' discretion	\$100 * + entry fee	one day practice, slalom on the 16th(short/novice course available), not an introductory clinic
Gull River, Minden	Aug. 21-27	National Championships Slalom/Boater Cross		Come on out to see the best in the country compete and/or volunteer!
Pumphouse, Ottawa	Tuesdays & Thursdays 6:30-7:30pm	8-14yrs, previous experience, Level II or equivalent	\$25/ session	Whitewater Skills/Drills in an informal practice setting 1hour sessions held twice weekly for Level 2 graduates May 25-Sept. 21 *Exceptions: July 4, 6, Aug. 22, 24
Pumphouse, Ottawa	Wednesdays 6:30-7:30pm	8-11yrs, previous experience, Level 1, comfortable with wet exits	\$25/ session	Flatwater Skills & Drills Sessions, 1 hour sessions held weekly May 24-Sept 27. Exceptions: July 5, Aug. 16 & 23 May 24,31, June 7,14,21,28, July 12,19,26,Aug 1,8,29 Sept 6,13,20

Participants will be required to have a Whitewater Ontario membership(included in Ottawa River Runner membership). Additional fees may apply to the Clinics offered such as transportation costs, accommodation(camping/motel costs), entry fees, membership fees (Ottawa River Runners, Whitewater Ontario), equipment fees...

Participants are expected to have a parent/guardian on site to help with session preparation, equipment carrying, emptying boats etc. In some cases, parents may be able to paddle and act as additional safety for the group. In some cases, parents may not be required to be on site once the session(s) begin.

Please send inquiries to: coaching@ottawariverrunners.com .

If you are interested in registering please send notice of your interest to coaching@ottawariverrunners.com Please wait for confirmation of space and eligibility.

Wave Clinics-Cadets (12-14years of age)

Location	Dates	Eligibility	Cost	Notes
Pumphouse	June 10-11	13-15yrs, Level 1 9am-4pm	\$350	weather dependent, Level 2 “Rapid Track” course for those not interested in a week long day camp, successful completion of skills will allow participants to opt-in to the Summer Junior Programs and /or Whitewater Open Sessions
Gull River, Minden	June 30- July 3	12-14yrs, Level 2 or previous experience	\$250	daily sessions (~6 on water sessions)
MKC, Barry's Bay	July 4, 5, 6	12-14yrs, Level 2 or previous experience	\$250	daily sessions, fun event on the 6th
Pumphouse, Ottawa Ottawa River/OWL July 8/9	July 8-13	12-14yrs, Level 2 or previous experience	\$175	one session per weekday; technical skills and games, boater cross intro, slalom boat intro
Pumphouse, Ottawa Ottawa River/OWL July 22/23	July 19-23	12-14yrs, Level 2 or previous experience	\$175	one session per weekday; technical skills and games, boater cross intro, slalom boat intro
Gull River, Minden	Aug. 3-6	12-14yrs, Level 2 or previous experience	\$325	Training Camp Format, Technical Skills, Slalom and Boater Cross
Pumphouse, Ottawa	Aug 9-13	12-14yrs, Level 2 or previous experience	\$175	one session per day; technical skills and games, boater cross intro, slalom boat intro
MKC, Barry's Bay	Aug 15-16	12-14yrs, Level 2 or previous experience and coaches' discretion	\$100 * + entry fee	SLALOM CLINIC one day practice, slalom on the 16th(short/novice course available)
Pumphouse, Ottawa	Tuesdays & Thursdays 6:30-7:30pm	8-14yrs, previous experience, Level II or equivalent	\$25/ session	Whitewater Skills/Drills in an informal practice setting 1hour sessions held twice weekly for Level 2 graduates May 23-Sept. 21 *Exceptions: July 4, 6, Aug. 22, 24
Pumphouse, Ottawa	Wednesdays 6:30-7:30pm	8-14yrs, previous experience, Level I or equivalent	\$25/ session	Flatwater Skills & Drills Sessions, 1 hour sessions held weekly May 24-Sept 27. Exceptions: July 5, Aug. 16 & 23 May 24,31, June 7,14,21,28, July 12,19,26,Aug 1,8,29 Sept 6,13,20

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