

**High Performance Program: \$2200* (\$1900 for out of region participants)
Year Round: November 1st, 2022-October 31, 2023**

Eligibility/Target Group:

Athletes committed to an annual training program and who wish to receive coaching at international events through CKC (additional fees may apply).

Included:

- regularly scheduled coached sessions in Slalom and Slalom Cross at ORR Pumphouse from breakup to freeze-up,
- periodized annual training program,
- strength and conditioning program,
- coaching at major domestic events including National Team Trials, National Championships, Provincial championships, provincial races and provincial training camps.
- eligibility for CKC** projects as applicable (see below)

Athletes are strongly encouraged to cross-train in the off-season months with a combination of independent and coached sessions. Please speak with your coach.

**Cadet/Junior Performance Paddling Program
Five-Six Months: May 17 - October 31 \$1200***

Eligibility/Target Group:

Athletes who are interested in training on the water during the summer and competing in domestic (provincial and national events)

Included:

- Regularly scheduled weekly coached sessions at ORR pumphouse including flatwater/whitewater sessions with/out gates.
- river runs
- Provincial training camps (dates and locations to be confirmed)
- additional events (to be confirmed)
- Nationals August 21-27, 2023 at the Minden Whitewater Preserve and Provincial Championships.
- NOT included is Coaching at National Team Trials in May 2023. Athletes in this program must sign up for the “National Team Trials training camp”, cost \$500 (see below).

Expectations:

To participate in either program the participant and their guardian(s) must agree to the following:

- Keep things fun!
- Costs incurred by coaches' travel/accommodation will be shared between athletes/participants attending.
- Athletes/participants' personal expenses are their responsibility. E.g.travel, accommodation, food, entry fees, travel insurance...
- Winter facility fees such as gym and pool fees are extra.
- Ottawa River Runner Membership is mandatory for all programs. Whitewater Ontario membership is included in the ORR membership.
- Adhere to the provisions of Rowan's Law, CKC Safe Sport Policy
- Participate regularly and with enthusiasm!
- Parents and guardians are encouraged to support the program by learning about canoe-kayak from and with the athletes, and volunteering at events.

****Canoe Kayak Canada Projects:**

With the caveat that CKC may charge extra fees, athletes registered in the Year-Round High-Performance Program are eligible to receive the following support when available in CKC projects:

- Coaching at Jr/U23 Worlds
- Coaching at pre worlds camps
- Coaching at European Canoe Association (ECA) races
- Coaching at domestic training camps and events

Equipment:

Participants in the **HPD annual program or HPD 5 month program** should have their own boat/ equipment or plan to obtain equipment within a reasonable time frame (during the season).

Club equipment will be available at the pumphouse sessions for an additional \$150 program fee towards the maintenance fund.

Equipment off-site will be subject to availability and additional fees.

May 17-September 30 Cadet and Junior Development: \$625

Regularly scheduled weekly pumphouse sessions including flatwater/whitewater sessions with and without gates, in both slalom and plastic boats. River runs, training camps and events will have additional fees. 36 sessions

May17-June 30 Cadet and Junior Development: \$290:

Includes two pumphouse sessions per week that will be a mix of flatwater and whitewater sessions in slalom and plastic boats. 14 sessions.

Cadet and Junior Development May 17-June 30 and May 17-September 30 can include all equipment for on-site pumphouse sessions. Any off-site sessions will be

subject to equipment availability and a fee towards the maintenance fund. Personal equipment is encouraged.

Additional Training Subscription Options:

*WO membership/insurance required

- Weekend training camp \$175
- 3 day training camp \$250
- 4 day training camp \$325
- 5 day training camp \$400
- 7 day training camp \$500
- National Team Trials training/camp \$500
- National Championships training camp \$500

Coaching Program Policies and Agreement:

The Ottawa River Runner Coaching Program operates with a combination of provincial and grant funding and participant registration fees.

To ensure a high quality, sustainable program, each program cycle is based on athlete participation. To enable planning and program development, program registration implies a commitment from participants to participate for the full duration of the program for which they register. Recognizing that individual circumstances change over time and there should be mechanisms to reasonably accommodate individual needs, the policies listed below are in place to inform and support athletes, coaches, and Ottawa River Runners.

In selecting the program of choice, athletes commit to fully participating and paying for the program of choice.

1. Upon registration either the payment in full is due or 50% of the payment with the remaining 50% due 30 days before the program start date. See the additional option above for the annual HPD program only.
2. By invitation, athletes can join the program or change programs midstream. An administration fee of \$50 will also be charged.
3. By agreement of the coach, athletes from out of province/program may register for short periods of time at a price determined by Ottawa River Runners and Whitewater Ontario plus an administration fee.
4. Under exceptional circumstance (e.g. injury, move, leaving the sport...), athletes may withdraw from the program. This should be done in writing to the ORR Representative to WO. The balance of fees owing + an administration fee will be determined on a case-by-case basis.
5. Athletes and parents agree to review, understand and abide by Canoe Kayak Canada Policies, particularly Whitewater policies, as available here: [Policies | Canoe Kayak Canada](#). Athletes and parents will also refer to the [Safe Sport Screening Matrix](#) and [Concussion Protocol](#) and complete the necessary training modules.
6. Athletes who are receiving Quest for Gold funding and who withdraw from a program mid-cycle should expect to pay the full cycle of fees, however the final decision about fees owing will be determined on a case-by-case basis.

BY REGISTERING FOR ANY PROGRAM, YOU ARE INDICATING THAT YOU HAVE READ AND ACCEPT THE ABOVE TERMS FOR PROGRAM PARTICIPATION AND PAYMENT.

Participant Signature: _____ Date: _____

Parent / Guardian if under 18: _____ Date: _____

Program (check items that apply)

- | | |
|---|---------------|
| <input type="checkbox"/> Year Round | \$2200 |
| <input type="checkbox"/> Boat and Equipment Maintenance (optional) | \$150 |
| <input type="checkbox"/> Year Round – Out of Region | \$1900 |
| <input type="checkbox"/> Boat and Equipment Maintenance (optional) | \$150 |
| <input type="checkbox"/> Cadet/Junior Performance Paddling Program Five-Six Months | \$1200 |
| <input type="checkbox"/> Boat and Equipment Maintenance (optional) | \$150 |
| <input type="checkbox"/> May 17-September 30 Cadet and Junior Development: | \$625 |
| <input type="checkbox"/> May 17-June 30 Cadet and Junior Development: | \$290 |
| <input type="checkbox"/> 10% sibling discount applied to second and subsequent registrations from the same family | |

How to Register:
















1. Membership:
 - a. Complete your membership for the year:
Ottawa River Runners / Whitewater Ontario Membership

2. Registration:
 - a. Complete Page 4 of this document:
Coaching Program Policies and Agreement
 - b. Send completed document to:
coaching@ottawariverrunners.com

3. Payment
 - a. Provide payment to:
payments@ottawariverrunners.com
 - b. Early Bird Fees:
 - i. Fees listed in this document.
 - ii. If paid after deadline \$100 fee is added for each participant
 - c. Deadlines:
 - i. Annual program – full payment
February 15 for Early Bird (for 22-23 only)
 - ii. All other programs – full payment
April 17 for Cadet and Junior, 5-month programs

Note: The Coaching Committee has agreed to allow payments using this process, primarily to save participants the fees charged by registration platforms. Your committee is volunteer based and does not have time to pursue you for your fees.

APPENDIX A – Whitewater Ontario > Canoe Kayak Canada Slalom Pathway

Program	2023 Annual Fees	Description	Fundamentals Club Programs	Learn To Train Club/Provincial Development	Train To Train Club/Provincial Performance	Train To Compete CKC National Centre of Development (Ottawa)	Trian To Win CKC International Centre of Excellence
Paddling Initiation	Dependant on course/camp registration	Summer Camps and Minnows					
Emerging Paddler	\$625.00	Intro to slalom, kayak cross, river runs, and competition. Seasonal program					
Developing Slalom Racer	\$1,200.00	5-6 Month Development group					
High Performance Racer	\$2,200.00	 ** Annual High Performance (Provincial Team, JR/U23/SR National Team Program)					
CKC High Performance Squad	\$1,200.00	Nominated to CKC Fall/Winter Training Squad (Starting Fall of 2023)					
Sport Canada Carded Racer	CKC	Sr or Development Carded Athletes					



Invite Only - Non-team athletes in this bracket MAY be invited to CKC coaching/camps if space is available.

** Athletes from outside the *Ottawa/Outaouais area pay \$1900 for the annual high performance program. *More than 100km away

Fees are based on team status on Nov 1, 2022

Athletes from the same family receive a 10% discount on additional registrations