



**High Performance Program: \$2555* (\$2180 for out of region participants)
Year Round: January 1st, 2024 - December 31, 2024**

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:

- ORR / WO membership
- Storage at the Pumphouse
- Regularly scheduled coached sessions in Slalom and Kayak Cross at ORR Pumphouse from breakup to freeze-up
- 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 15 - October 31 \$1655***

Eligibility/Target Group:

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

Included:

- ORR / WO membership
- Storage at the Pumphouse
- Regularly scheduled weekly coached sessions at ORR pumphouse including flatwater/whitewater sessions with/out gates
- river runs
- Coaching at Provincial training camps (dates and locations to be confirmed)
- Coaching at additional events (to be confirmed)
- Coaching at Nationals August 12-18, 2024 at Kananaskis, Alberta
- NOT included is Coaching at National Team Trials in May 2024. Athletes in this program must sign up for the "National Team Trials training camp", cost \$500 (see below)
- NOT included is the Spring Break training camp scheduled for March 9-17 either in Charlotte, NC or Montgomery, AL Additional Cost \$500



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, etc
- 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 may be eligible to receive the following support when invited to participate 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
- Coaching at CKC National Training Squad projects

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 15-September 30 Cadet and Junior Development: \$655

Regularly scheduled twice weekly (weekday) 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. About 36 sessions.

*No scheduled sessions August 5-18 due to National Championships Trip.



May 15-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. About 14 sessions.

Cadet and Junior Development May 15-June 30 and May 15-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 ~\$500/6 days
- National Championships training camp ~\$500/6 days



How to Register

1. Registration:
 - a. Go to the 2023-24 ORR Coached Programs page on Zone4 and complete the Registration Form:

[2023-24 ORR Coached Programs | Zone4 Online Registration](#)

2. Payment

- a. Provide payment to payments@ottawariverrunners.com
 - i. Include **Name** and **Zone4 Receipt #** in the Interac notes field
- b. Early Bird Fees
 - i. Fees listed in this document.
 - ii. If you have a sibling discount please apply to the lower priced option.
 - iii. If paid after deadline \$100 fee is added for each participant.
 - iv.
- c. Deadlines
 - i. See table in Appendix B

3. Membership

- a. Complete your membership for the year:

[Membership – Ottawa River Runners](#)

Note: Please wait a few days to receive a discount code from the club if the athlete remains a member in good standing for the current year.

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.

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 for payment plan in Appendix A 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 head 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.

APPENDIX A – Whitewater Ontario > Canoe Kayak Canada Slalom Pathway

Program	2023-24 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	\$1,500.00	5-6 Month Development group					
High Performance Racer	\$2,400.00	 ** High Performance (Provincial Team, JR/U23/SR National Team Program)					
CKC National Training Squad	\$2,400.00	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 \$2100 for the annual high performance program. *More than 100km away
Fees are based on team status on Dec 1, 2023
Athletes from the same family receive a 10% discount on additional registrations

Note: ORR fees are slightly higher than the 2023-24 Annual Fees column above for a number of programs. Club program pricing includes club membership and boat storage for a number of offerings which are detailed in Appendix B – 2023-24 ORR/WO Coaching Program Fees on the next page.



APPENDIX B – 2023-24 ORR/WO Coaching Program Fees

Program	Coaching	Membership	Boat Storage	TOTAL	Optional Payment Schedule				
		(paid at registration)			Nov Camp	At Registration	28-Jan-24	28-Feb-24	Late Fee
Paddling Initiation (as offered)	variable	\$30.00	usage included	variable	fees due prior to program start				\$100.00
Emerging (spring, boat usage)	\$625.00	\$30.00	usage included	\$655.00	Fees Due: 1 May 2024				\$100.00
Developing (spring/summer)	\$1,500.00	\$30.00	\$125.00	\$1,655.00	Fees Due: 15 April 2024				\$100.00
High Performance Development (annual)	\$2,400.00	\$30.00	\$125.00	\$2,555.00	\$250.00	\$800.00	\$800.00	\$705.00	\$100.00
HP - more than 100km away (annual)	\$2,100.00	\$30.00	\$50.00	\$2,180.00	\$250.00	\$650.00	\$650.00	\$630.00	\$100.00

Notes:

- 1- A code will be provided for 1 membership including boat storage per program participant if club membership has not opened at time of registration.
- 2- Late fee for annual programs will be charged if more than 2 payments are late and/or fees are not paid in full by 15 Feb 2024.
- 3- Sibling discount: 10% discount on cost of the lower program, not including membership and boat storage.
- 4- Athletes will be prevented from participating if fees not been received in advance of training.
- 5- Boat storage for out of town athletes applies only when visiting, if annual storage is required the \$125 fee applies.
- 6- Boat storage and membership are subject to confirmation.
- 7- Expense fees for projects are estimated and will be shared equally amongst the project participants.
- 8- Early registration or indication of registration is encouraged to facilitate program planning.

Program	March Break Camp		Team Trials	2024 Nationals	
	Project Fee	Expenses		Project Fee	Expenses
Paddling Initiation (as offered)	not applicable		not applicable	not applicable	
Emerging (spring, boat usage)	not applicable		not applicable	by invitation	
Developing (spring/summer)	\$500	\$250 (est)	by invitation	\$500	\$250 (est)
High Performance Development (annual)	included	\$250 (est)	included	included	\$250 (est)
HP - more than 100km away (annual)	included	\$250 (est)	included	included	\$250 (est)