

## **Cadet/Junior Development Paddling Program(13-17yrs) May 14-October 25, 2024**

**Fee:** \$1500.00

Registration Deadline: **May 3, 2024**

Upgrade from Emerging Paddler Deadline: June 28, 2024

Late Registration/Upgrade: Add a \$100.00 late fee.

### **Included:**

- \* regularly scheduled weekly coached sessions at the Pumphouse including flatwater and whitewater sessions with/without gates( 3+ per week)
  - weekday options usually 5:30-6:30pm, Saturdays 10:30-12
- \* Access to google calendar schedule and sign-ins for up-to-date session options
- \* combination of slalom sessions, kayak cross, freestyle, downriver
- \* river runs
- \* Provincial training camps
- \* Nationals training camp and Championships
- \* additional events

### **Expectations:**

To participate in the program, the participant and their guardian must agree to the following:

- \* Keep things fun!
- \* Costs incurred by coaches' travel/accommodation will be shared between participants attending the event.
- \* Ottawa River Runner Membership is mandatory for all programs.
- \* Adhere to the provisions of Rowan's Law and CKC Safe Sport Policy
- \* Participate regularly and with enthusiasm.
- \* Parents/guardians are encouraged to support the program by learning about canoe/kayak from and with the athletes, other guardians and volunteering at events

### **Equipment:**

Participants should have their own boat and personal equipment or plan to obtain equipment within a reasonable time frame (during the season).

Club equipment will be available at the pump house sessions for an additional \$150 equipment maintenance fee.

Equipment offsite will subject to availability and additional fees.

Additional Paddling Subscription Options(dependent on availability of space):

See attachment with the proposed 2024 schedule

\*WO membership/insurance required(included with ORR membership)