

Cadet/Junior Emerging Paddler (10-17yrs) May 23-September 21, 2024 (36 Session Program)

Fee: \$655.00

Registration Deadline: **May 3, 2024**

Upgrade to Development Program Deadline: June 28, 2024 + \$875.00

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

When: Session Options: Tuesdays: 6-7pm, Thursdays 6-7pm, Saturdays 10:30-11:30am
36 sessions total. Additional sessions above 36 will incur an additional fee. No refunds for fewer than 36 sessions.

Summer schedule may vary.

Link to google calendar schedule to be sent after registration.

Who: Paddlers 10-17years of age who have experience on the Pumphouse whitewater course through a previous program. Participants should have comfort around running water, confidence with wet exits and have or be learning the kayak roll.

Included:

- * 2 regularly scheduled weekly coached sessions at the Pumphouse including flatwater and whitewater sessions with/without gates (2x per week excluding August 12-18)
- * introduction to slalom skills and boats
- * flexible schedule options
- * combination of disciplines: hybrid plastic boats, slalom sessions, kayak cross, freestyle, downriver...

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
- * Participants must be Level 2 ORR Camp graduates or equivalent and comfortable paddling on the Pumphouse site

Equipment:

Cadet and Junior Emerging Paddler Program 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 Paddling Options(depending on availability of space):

See attachment with the proposed 2024 schedule:

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

