



## **ORR – Slalom Canoe & Kayak Development Programs**

Ottawa River Runners (ORR) offers year-round and seasonal slalom canoe and kayak programs for Cadet, Junior, U23, and Senior athletes. Programs focus on skill development, fitness, and confidence in a safe, athlete-centred environment led by experienced coaches. Athletes may access national events, international training camps, and locally hosted competitions supporting long-term development and competitive progression.

### **High Performance Development Program (HPDP)**

Athletes: Cadet, Junior, U23, and Senior

Duration: January-December

#### **Categories:**

- HPDP– Athletes within 100 km of the Pumphouse
- HPDP NCR – Athletes residing more than 100 km from the Pumphouse
- HPDP Full-Time Seasonal (FTS) – Mid-May to Mid-September

#### **Included:**

- Regular coached Slalom & Slalom Cross sessions at the ORR Pumphouse
- Annual training program
- Strength and conditioning program
- Winter pool sessions in Ottawa (does not include FTS)
- ORR and Whitewater Ontario (WO) membership
- Storage for one boat at the clubhouse
- Coaching at major domestic events (shared travel expenses apply)
- Spring Training Camp (shared travel expenses apply )

**\*\*See Schedule of Events\*\***

### **Cadet / Junior Emerging Paddler Program (CJEP)**

Athletes: Cadet & Junior paddlers new to or developing in slalom (coach's discretion)

#### **Categories:**

- CJEP – Season (4-Month) (Mid-May to Sept)
- CJEP – Spring (4-Month) (Mid-May and June, 6 weeks)
- CJEP – Fall (4-Month) (September, 4 weeks)

#### **Included:**

- Regular coached sessions (2× per week+) at the ORR Pumphouse +
- ORR and Whitewater Ontario (WO) membership
- Access to Club Slalom Boats and Equipment (during training sessions)

**\*\*See Schedule of Events\*\***



## **Registration Details and Policies**

In selecting the program of choice, athletes and their parents agree to the following:

### HPDP Programs:

1. Complete payment of 50% at time of registration.
2. Finalize payment of all fees prior to April 17.
3. Complete payments of Travel Fees and extra costs in full before the deadline provided for each event.
4. 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.

### CJEP Programs:

1. Complete payment at time of registration.
2. Complete payments of Travel Fees and extra costs in full before the deadline provided for each event.
3. 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.

### General:

1. 10% Sibling discount applied to second and subsequent registrations from the same family (applied to cost of lower priced program)
2. Parents / Guardians are required to contribute volunteer time to support ORR activities.
3. Mid season registration will be handled on a "as available" basis, and fees are due in full prior to start.
4. By invitation, athletes can join the program or change programs midstream. An administration fee of \$50 will also be charged.
5. Under exceptional circumstances (e.g. injury, move, leaving the sport...), athletes may withdraw from the program. This should be done in writing to the ORR Coach and ORR Director of Competition.



## Schedule of Events and Fees Per Program

Subject to change - based on participation and event scheduling.

			HPDP		HPDP (>100km)		HPDP-FTS		CJEP (Season)		CJEP (Spring)		CJEP (Fall)	
Program Fees			\$2,825.00		\$2,625.00		\$1,500.00		\$700.00		\$350.00		\$300.00	
Major Events			Full time annual program		Full time annual program		Full Time Seasonal mid May - mid Sept		2x/week mid May - September		Spring 2x/week mid May - June		Fall 2x/week September	
Date	Event	Location	Program	Shared Expenses (estimated)	Program	Shared Expenses (estimated)	Program	Shared Expenses (estimated)	Program	Shared Expenses (estimated)	Program	Shared Expenses (estimated)	Program	Shared Expenses (estimated)
March 16-29	Spring Training, US Selections	Oklahoma City, Oklahoma	included	\$700-900	included	\$700-900	\$600.00	\$700-900	n/a	n/a	n/a	n/a	n/a	n/a
May 2-10	Team Selections	Minden Hills, Ontario	included	included	included	included	\$600.00	included	n/a	n/a	n/a	n/a	n/a	n/a
July 27 - Aug 9	Nationals and PanAms	Kananaskis, Alberta	included	\$500-700	included	\$500-700	included	\$500-700	\$600.00	\$500-700	n/a	n/a	n/a	n/a

## Local Races and Training Camps

(dates, locations, and shared expenses, to be confirmed)

Date	Event	Location	Program	Shared Expenses (estimated)	Program	Shared Expenses (estimated)	Program	Shared Expenses (estimated)	Program	Shared Expenses (estimated)	Program	Shared Expenses (estimated)	Program	Shared Expenses (estimated)
April TBD	Weekend Training Camp	VF/Minden/PH	included	included	included	included	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
April TBD	Weekend Training Camp	VF/Minden/PH	included	included	included	included	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
May 17 -	Slalom - Race	Pumphouse	included	included	included	included	included	included	included	included	included	included	n/a	n/a
June 6-7	Slalom/Cross - Race	MKC	included	included	included	included	included	included	\$100.00	included	n/a	n/a	n/a	n/a
June 13	Slalom - Race	Pumphouse	included	included	included	included	included	included	included	included	n/a	n/a	n/a	n/a
July 18-19	Slalom/Cross Race	Pumphouse	included	included	included	included	included	included	included	included	n/a	n/a	n/a	n/a
August 29-30	Slalom/Cross Race	Pumphouse	included	included	included	included	included	included	included	included	n/a	n/a	n/a	n/a
Sept.12-13	Slalom/Cross Race	Minden Hills	included	included	included	included	included	included	\$100.00	included	n/a	n/a	n/a	n/a
October	Slalom/Cross - Camp/Race	TBD	included	\$100-600	included	\$100-600	\$200.00	\$100-600	n/a	n/a	n/a	n/a	n/a	n/a