

Summer Training Information



WHAT IS THIS PADDLING THING?

Paddling is a sport which offers kids the chance to improve balance, strength and confidence, to make new friends and to have FUN. The summer program is geared for kids who would like to participate in paddling and perhaps go to some competitions (regattas). The main focus of coaches for first year paddlers is to ensure that athletes gain balance, make new friends and become comfortable paddling on the river.

Athletes will learn basic skills in both canoeing and kayaking as well as War Canoe and Dragon Boat. Along with paddling, we do many other activities such as soccer, swimming, water safety, and capture the flag.

WHAT SHOULD ATHLETES BRING TO TRAINING?

The highly variable climate in Saskatchewan requires athletes to be ready for all weather situations at all times. It is important that athletes bring clothes for both paddling and off water activity. Also, athletes should be prepared for sun and hot weather. The following is a check-list of what athletes should bring to each practice:



- Bathing Suit and/or light clothes that can get wet
- Cold weather clothes such as long sleeve T-shirts and sweats or tights
- Running/Cross Training Shoes (Skate shoes are not acceptable)
- Hat/Sunglasses
- Sun Screen (SPF 20 +)

Athletes with medical conditions such as asthma or allergies to bees or other insect bits must have their inhalers/ventolin with them in order to go on the water.

HOW TO GET INVOLVED?

The Club is quite small and it is important for parents to help with regattas as well as to attend club meetings. There are many jobs that must be done during a regatta. These include driving motor boats, working the concession, timing races and managing results to name but a few jobs. The Club has approximately 8 meetings per year in order to discuss funding, fundraising, programs, Club purchases, regattas, bingos and other topics. The Club sends notice of meetings via email and phone messages and posts notices on the website. The more you are involved in the Club, the more you will appreciate your child's potential and the beauty of paddling.