



A GENERALIZED FRAMEWORK OF THE SPRINT PADDLER PATHWAY

Initiation (Paddlers begin at Canoe Club)				Foundation		Performance Track		Podium Track	Sr. Development	Podium Potential	Podium
				LEARN TO COMPETE		TRAIN TO COMPETE		TRAIN TO WIN (INTERNATIONAL)			
				15	16	17	18	18 + SENIOR ICF AGE			
APPROX. AGE	9-10	11-12	13-14	15		16		18 + SENIOR ICF AGE			
OFFERED	Summer (July-Aug)	Spring (June) Summer (July-Aug) Fall (Sep-mid Oct)	Spring (May-Jun) Summer (Jul-Aug) Fall (Sep-Oct) Winter (Nov-Apr)	Spring (May-Jun) Summer (July-Aug) Fall (Sep-Oct) Winter (Nov-Apr)		Year-Round Training Activities. Rather than seasonal registration, now paddlers often register for the full year option.		Year-Round Training Activities			
CLUB LIFE	First time paddlers 'often' start under 15 years of age. Summer (8:30am - 4:30pm), Fall & Spring: (AM & PM)			New paddlers may join at this age. AM and PM training		Few new paddlers join in this age. AM and PM training		Club, Provincial and National Program Activities			
SPECIALIZATION	Summer - Both Canoe AND Kayak, Spring/Fall - Canoe OR Kayak Multisport is encouraged but only one main sport typical by age 16			Paddlers have specialized in either canoe or kayak Paddling is a late-specialization sport but by 17 most have selected paddling as the primary sport.		Competitive high level paddlers dedicated to sport. Many recreational sport activities included and encouraged for cross-training and enjoyment.		Paddlers have Personal Equipment			
EQUIPMENT	Paddlers typically rely on club supplied boats and paddles			Paddlers begin to purchase boats and paddles		Typically paddlers have personal boats & paddles		CCC Casino, ASRCA Casino, Other (Paddlers now over 18 can work Casino) Sport Canada Athlete Assistance ('Carding')			
FUNDRAISING	CCC Casino (Parents) Other (Parents & Paddlers)			CCC Casino, ASRCA Casino (Parents) Other (Parents & Paddlers)		CCC Casino, ASRCA Casino (Parents) Other (Parents & Paddlers)		National team and even Olympic athletes continue in demanding education programs. Consult with academic advisors to manage course load. Continue to select lighter loads in the Spring term.			
BALANCING EDUCATION & TRAINING	Develop effective study skills and time management			Communicate with teachers in advance of Florida camp.		If possible select lighter school load in Spring or do on-line learning so not to fall behind while in Florida		SENIOR INTERNATIONAL			
COMPETITION	LOCAL	PROVINCIAL	REGIONAL	NATIONAL		JUNIOR INTERNATIONAL		SENIOR INTERNATIONAL			
EVENTS				Florida		Florida		Florida			
MARCH	Week 1			Florida	Florida	Florida	Florida	Florida			
	Week 2			Florida	Florida	Florida	Florida	Florida			
	Week 3				Florida	Florida	Florida	Florida			
	Week 4							Florida			
APRIL	Week 1					Florida	Florida	Florida			
	Week 2					Florida	Florida	Florida			
	Week 3						Florida	Florida			
	Week 4							Florida			
MAY	Week 1	Reservoir Opens		Reservoir Opens		Reservoir Opens		Reservoir Opens			
	Week 2							Reservoir Opens			
	Week 3			AB Trials #1	AB Trials #1	AB Trials #1	AB Trials #1	AB Trials #1			
	Week 4					National Team Trials 1 (Top Juniors)	National Team Trials 1 (Top Juniors)	National Team Trials 1			
JUNE	Week 1	Spring Paddling Begins	Ted Houk (Seattle)	Ted Houk (Seattle)				National Team Trials 2			
	Week 2							National Team Trials 2			
	Week 3	Local Long Distance	Local Long Distance	Local Long Distance		National Team Trials (National Level Juniors)	National Team Trials (National Level Juniors)	National Team Trials 2			
	Week 4							National Team Trials 2			
JULY	Week 1	Summer paddling begins		Canada Cup #1 (Ottawa)	Canada Cup #1 (Ottawa)	Canada Cup #1 (Ottawa)	Canada Cup #1 (Ottawa)	National Team Trials 2			
	Week 2	CCC FunGatta	Canada Cup (Regina)	Canada Cup (Regina)	Canada Cup #2 (Regina)	Canada Cup #2 (Regina)	Canada Cup #2 (Regina)	National Team Trials 2			
	Week 3							National Team Trials 2			
	Week 4	CCC FunGatta	CCC FunGatta	Local Regatta	Local Regatta	Local Regatta	Local Regatta	National Team Trials 2			
AUGUST	Week 1							National Team Trials 2			
	Week 2	CCC FunGatta	CCC FunGatta	Prairie Champs	Prairie Champs	Prairie Champs	Prairie Champs	National Team Trials 2			
	Week 3							National Team Trials 2			
	Week 4	No training while team is at the Canadian Championships			Canadian Championships	Canadian Championships	Canadian Championships	Canadian Championships	National Team Trials 2		
SEPTEMBER	Week 1							National Team Trials 2			
	Week 2			Local Long Distance	Local Long Distance	Local Long Distance	Local Long Distance	National Team Trials 2			
	Week 3							National Team Trials 2			
	Week 4		AB Trials	AB Trials	AB Trials #2	AB Trials #2	AB Trials #2	National Team Trials 2			
OCTOBER	Week 1							National Team Trials 2			
	Week 2			Season End Event	Season End Event	Season End Event	Season End Event	National Team Trials 2			
	Week 3							National Team Trials 2			
	Week 4							National Team Trials 2			
NOVEMBER	Week 1	Reservoir Closed		Reservoir Closed		Reservoir Closed		Reservoir Closed			
	Week 2							Reservoir Closed			
	Week 3					Provincial Team Warm Water Crew Camp	Provincial Team Warm Water Crew Camp	Reservoir Closed			
	Week 4							Reservoir Closed			
DECEMBER	Week 1							Reservoir Closed			
	Week 2							Reservoir Closed			
	Week 3							Reservoir Closed			
	Week 4		Club Holidays	Club Holidays	Club Holidays	Club Holidays	Club Holidays	Reservoir Closed			
JANUARY	Week 1		Club Holidays	Club Holidays	Club Holidays	Club Holidays	Club Holidays	Reservoir Closed			
	Week 2							Reservoir Closed			
	Week 3							Reservoir Closed			
	Week 4							Reservoir Closed			
FEBRUARY	Week 1							Reservoir Closed			
	Week 2							Reservoir Closed			
	Week 3							Reservoir Closed			
	Week 4							Reservoir Closed			