



## CALGARY CANOE CLUB - WINTER SPRINT TEAM (2023-2024)



*Photo of a CCC athlete taking part in a winter training run.*

### **Dear Parents/Guardians/Athletes,**

We are excited to have you join the team. Please read through all the information in this email. You may occasionally receive emails from coaches regarding activities/events. Follow day-to-day training on our [Official CCC Instagram Page](#).

We are a Competitive Racing Team. We encourage all athletes to advocate for their needs and communicate directly with their coaches when appropriate. We are lucky to have an extensive coaching team; each athlete may work with several coaches.

### **Please Review the Winter Schedule; click below.**

- [U12 \(on Jan 1, 2024\)](#)
- [U14 \(on Jan 1, 2024\)](#)
- [U16 \(on Jan 1, 2024\)](#)
- [U18 \(on Jan 1, 2024\)](#)
- [18+ \(on Jan 1, 2024\)](#)

### **Athletes Require:**

- A light or headlamp for any afternoon/evening runs
- Pair of indoor shoes (specifically for inside only)
- Pair of running shoes (outside only shoes, should have good traction for icy paths and are waterproof)
- Appropriate clothing for the weather and the activity (Reflective clothing for running outside, layer clothing)
- A water bottle.

Note: It is best to avoid bringing expensive items to the Canoe Club.



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### Frequently Asked:

- 1. Training Times:**  
Practice Start and End times are available on the schedule (link above). Athletes must arrive and depart on time to ensure smooth operations. For late pickups, please inform the coach. Athletes are not to be left alone at the club.
- 2. Club Usage Outside Training:**  
Athletes are permitted in the club premises only during scheduled training under the supervision of a coach.
- 3. Dealing with Injuries:**  
Contact your coach immediately if you experience discomfort during training. Coaches can assist in identifying the severity of the injury and suggest modifications to your training routine.
- 4. Running after Dark:**  
With winter sunsets, athletes must carry headlamps and are told not to run alone. Coaches organize runs with specific durations to get everyone back simultaneously.
- 5. Mandatory Attendance:**  
While consistent participation is encouraged, communication of scheduling conflicts is vital for maintaining a strong team dynamic.
- 6. Additional Training and Training Groups:**  
Coaches follow a structured approach to training, emphasizing gradual step-by-step progression. Early specialization is not required in our sport.
- 7. External Trainer Requirements:**  
The expert CCC coaches can cater to all aspects of athletes' progress. Please communicate any concerns to your coach.
- 8. Communication:**  
Coaches aim to respond within 48 hours. For urgent matters, don't hesitate to get in touch with the head coach.
- 9. WhatsApp Chat:**  
The team's WhatsApp chat lets athletes communicate with peers and coaches about the training activities. Any schedule or program changes are communicated directly to parents via email or newsletter. Parents are not missing important info by not being part of the chat.
- 10. Newsletter Subscriptions:**  
To receive the CCC newsletter, subscribe at the bottom of the CCC web page. For any subscription issues, contact [admin@calgarycanoeclub.com](mailto:admin@calgarycanoeclub.com).
- 11. Personalized Training Plans:**  
Coaches tailor training programs for each group's age and discipline. Individual adjustments are made when necessary, so athletes' unique requirements are met.
- 12. Event Participation Costs:**  
Detailed event information, including fees, is available on the CCC home page. Coaches can guide athletes in selecting appropriate events for their development.



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### 13. Team Building Meals:

Monthly team meals are organized during winter, promoting camaraderie among athletes of different ages and fostering a supportive team environment.

### 14. Personal Equipment:

The club provides a good range of boats for younger athletes. Athletes often acquire personal equipment as they get older. Speak to your coach for equipment advice.

### 15. How Can I Help?

The CCC has many ways our members can contribute to the success and growth of the team. The team regularly needs the support of volunteers to host events and take on various committee roles. You can help build our fundraising committee or lend a hand setting up for one of our regattas. You may have a background in PR and can share ideas to promote our great club. Maybe bringing people together is your skill and can help organize social events for our members. Perhaps you want to help but don't know how to contribute, if any of these sound like you, feel free to reach out to our Sprint Program Director at [sprintdirector@calgarycanoeclub.com](mailto:sprintdirector@calgarycanoeclub.com).

## Special dates:

- Nov 11 - NO TRAINING
- Nov 15 - First Wednesday swim (U of C)
- Nov 26 - NO Sunday swim (U of C)
- Dec 10 - Last Sunday swim before the break (U of C)
- Dec 13 – Last Wednesday swim before the break (U of C)
- Dec 16 - Team Meal, XMAS Party
- Dec 17 - Winter break begins
- Jan 2 - Midwinter re-start, fees due
- Jan 10 - First Wednesday swim (U of C)
- Jan 12 - First Friday swim (MRU)
- Jan 14 - First Sunday swim (U of C)
- Feb 4 - No Sunday Swim (U of C)
- Feb 19 - No Training (Family Day)
- Feb 28 - The last Wednesday swim (U of C)
- March 1 - The last Friday swim (MRU)
- March 2 - Senior Florida Camp Begins
- March 9 - Junior Florida Camp Begins
- March 11-16 CCC Spring Break Holidays
- March 29 - No Training
- March 31 - No Sunday swim (U of C)
- Apr 1 - No Training (Easter Monday)
- April 14 - NO Sunday swim (U of C)
- April 21 - Last Sunday swim (U of C)
- May 1 - Spring training fees due



## **CALGARY CANOE CLUB - WINTER SPRINT TEAM (2023-2024)**

### **Message From the Coaches**

Welcome to Winter Training! Our primary goal as your coaching team is to support and empower you throughout your athletic journey, fostering a collaborative team environment where each athlete's contribution is valued and essential. Together, we are all keepers and creators of the Calgary Canoe Club legacy, dedicated to building upon its strong foundation and carrying it forward into the future.

In our collaborative coaching environment, we value your growth and progress, aiming to create a supportive atmosphere that encourages you to overcome challenges, embrace a growth mindset, and push the boundaries of your potential. With a coaching style emphasizing positivity and encouragement, we are here to motivate you and help you realize your capabilities.

Guided by principles of teamwork and respect, we are dedicated to fostering a strong team dynamic built on mutual support and collaboration. By setting attainable goals and emphasizing a collective approach to success, we aim to provide you with the tools you need to thrive both as an athlete and as a valuable member of our team.

We understand that your athletic journey may come with its share of hurdles. Our coaching team is here to help you navigate these challenges, build unwavering confidence, and foster a strong sense of belief in your abilities. As part of our team, we encourage you to actively engage in the training process, maintain a positive attitude, support your fellow teammates, take responsibility for your actions, remain adaptable in the face of adversity, and communicate effectively with your peers and our coaching staff.

Each coaching team member brings unique skills and experiences, ensuring a comprehensive approach to your development as an athlete. We are excited to have you as part of our team and look forward to a journey of continuous growth and improvement together.

Now, let's introduce you to our coaching team, individuals dedicated to your success and growth:



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### Mike Robinson - Head Coach



Mike's coaching philosophy centers around a mastery approach, emphasizing the comprehensive development of athletes to excel. This approach prioritizes the refinement of technical skills, strategic understanding, and mental resilience, fostering a deep and thorough understanding of the sport.

Mike's academic background in sports science from Dalhousie University and the University of Calgary, complemented by a graduate certificate in High-Performance Coaching and Technical Leadership from the University of British Columbia, underlines his commitment to evidence-based coaching methods. Mike is a [Chartered Professional Coach](#), and his rich history within the Canadian canoe and kayak coaching landscape, including his roles at various prominent clubs and contributions to the development of world championship medalists and Olympians, reflects his dedication to nurturing athletes towards their full potential.

Moreover, his active involvement in Canoe Kayak Canada, along with his published scientific works focusing on topics such as injury prevention, biomechanical analysis, and technological development, highlights his dedication to advancing the sport through comprehensive expertise and continuous learning.

### Graham Schiebel – Lead for the men's kayak discipline



Graham's journey within the Calgary Canoe Club began in 2002 when he joined as an athlete. In 2009, driven by his passion for the sport and a desire to contribute to the CCC, he joined the coaching team. This shift not only underscored Graham's dedication to the sport but also highlighted his commitment to sharing his expertise and fostering a new generation of talented athletes within the club.

Graham's desire to develop has led him to earn a bachelor's degree in Physical Literacy from Mount Royal University and certification as a personal trainer accredited by the Canadian Society of Exercise and Physiology (CSEP). Additionally, Graham holds a Competition Development certification through the National Coaches Certification Program. This education and certification speak to his competency in designing comprehensive training programs and fostering the holistic development of athletes under his guidance.





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### Ornmadee Baxter-Lovo – Lead for the women's kayak discipline



Ornmadee is a [Chartered Professional Coach](#) and is certified as a Competition-Development coach through the National Coaching Certification program. She is known for her demanding yet enjoyable training programs she brings a wealth of expertise and a profound understanding of practical coaching methodologies to her practice.

Her connection with paddling began at the Calgary Canoe Club at age 10, igniting her lifelong passion for the sport. Transitioning to coaching in 2010, she has since contributed her skills to various clubs in Nova Scotia, including Maskwa and Sackawa, establishing herself as a versatile and seasoned coach.

A lifelong learner, Ornmadee is dedicated to continuous professional development in areas such as pedagogy, strength and fitness, and coach education facilitation while advocating for women's representation in coaching. Holding a Bachelor of Arts degree from Mount Saint Vincent University and an education degree from Ambrose University, Ornmadee's academic background is a strong foundation for her coaching abilities, allowing her to connect with athletes of all ages effectively.

Beyond training sessions, she prioritizes maintaining open communication with athletes and parents, tailoring her coaching style to meet specific goals. Operating within a mastery-based framework, she fosters a supportive yet demanding training environment, emphasizing the importance of collaboration between coach, athlete, and parent.

### Emily Raymond – Winter Yoga and Florida camp coach



Emily Raymond brings a rich history as a former Canadian Team kayak athlete and over 15 years of coaching experience, contributing significantly to the Calgary Canoe Club's coaching team. Her deep understanding of competitive kayaking stems from her expertise in representing Canada in international competitions.

Emily's coaching expertise is fortified by her B.A. in Psychology and High Five certification in principles of healthy child development. Additionally, she holds certifications from the National Coaching Certification Program (NCCP) for Fundamental Movement Skills. Beyond her coaching role, Emily is a 200-hour certified yoga teacher specializing in dynamic and Yin Yoga and a 28-hour certified family



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yoga instructor. Emily's multifaceted skills provide a comprehensive coaching approach, emphasizing athletic excellence and holistic well-being for the athletes at the Calgary Canoe Club.

### Helen Obrecht – U14 Coach



Helen began her coaching career in the summer of 2022, dedicating her time to the development of U12s and U14s. Throughout this period, she cultivated a profound passion for guiding athletes, aiding them in realizing their potential and refining their talents. In 2023, Helen participated in the Florida Training Camp, gaining valuable experience and insights into the sport at a high level. During this camp, she achieved her Entry Level Competitive Coach (ELCC) certification from the National Coaching Certification Program. The camp exposed her to other club teams and the opportunity to spend time with the National Team coach, where she learned extensively from the experience.

Helen's dedication plays an important role in shaping our next generation of athletes.

### Lynda Roberts – Club Manager & Coach



Lynda's background in competitive paddling started in high school, and although she was a late joiner to the sport, she was part of a very successful CCC women's war canoe crew program and developed a passion for sprint canoe. While completing her Physical Education degree in Calgary, Lynda worked as a recreation instructor and coach at the Club, completing her Competition Development coach certification.

After a few years of on-and-off travelling and coaching, Lynda returned to Calgary and took on the role of Club Manager as an interim position, which ended up being a rather long temporary position. Lynda's primary management duties today include the building, recreation staff and programs. Lynda leads the very successful Outrigger program. Lynda has taken on many Board roles in various paddling organizations over the years and currently sits on the International Va'a Federation's Board as a Technical Director supporting host countries in running the World Championship events. Specific to the Sprint program, Lynda works with Mike



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and Kirsten to support administrative work such as the budget, programming, grant applications for equipment purchase and various other tasks, including the odd road trip here and there moving the trailer to various events.

Lynda's dedicated involvement and extensive knowledge have significantly contributed to the Club's growth and success.

### **Kirsten Klotz – Administration and Coach**



Kirsten, our Assistant Manager, is truly a 'jack of all trades.' In addition to her role as assistant manager, she seamlessly transitions into the role of recreation instructor and coach as needed. Throughout the season, Kirsten plays a crucial role in facilitating communication, working closely with coaches to ensure a smooth and well-coordinated experience for everyone. Be sure to connect with Kirsten, her versatility and dedication greatly contribute to our team's success.





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## DRAFT PLAN OF 2024 SEASON

Updated Nov 10, 2023

Week # (Saturdays)		Age on Jan 1, 2024 -->	10->11	12 & 13	14 & 15	16 & 17	18->
January	1	Jan 06, 2024					
	2	Jan 13, 2024					
	3	Jan 20, 2024					
	4	Jan 27, 2024					
February	5	Feb 03, 2024					
	6	Feb 10, 2024					
	7	Feb 17, 2024					
	8	Feb 24, 2024					
March	9	Mar 02, 2024					18
	10	Mar 09, 2024		13	14 15	16 17	18
	11	Mar 16, 2024		13	14 15	16 17	18
	12	Mar 23, 2024			14 15	16 17	18
	13	Mar 30, 2024			?	16 17	18
April	14	Apr 06, 2024				17	18
	15	Apr 13, 2024				?	18
	16	Apr 20, 2024					
	17	Apr 27, 2024				17	18
May	18	May 04, 2024			14 15	16 17	18
	19	May 11, 2024					
	20	May 18, 2024		12 13			
	21	May 25, 2024			? ?	? ?	?
June	22	Jun 01, 2024	?	12 13	14 15	16 17	18
	23	Jun 08, 2024		? 13	14 15	16	?
	24	Jun 15, 2024					
	25	Jun 22, 2024			15	16 17	18
	26	Jun 29, 2024			?	? ?	?
	July	27	Jul 06, 2024			?	? ?
28		Jul 13, 2024					
29		Jul 20, 2024	11	12 13	14 15		
30		Jul 27, 2024					
August	31	Aug 03, 2024		? 13	14 15	16 17	18
	32	Aug 10, 2024					
	33	Aug 17, 2024					
	34	Aug 24, 2024		?	14 15	16 17	18
September	35	Aug 31, 2024	--	--	--	--	--
	36	Sep 07, 2024	11	12 13	14 15	--	--
	37	Sep 14, 2024				16 17	18
	38	Sep 21, 2024	11	12 13	14 15	16 17	18
	39	Sep 28, 2024					
October	40	Oct 05, 2024	11	12 13	14 15	16 17	18
	41	Oct 12, 2024	11				
	42	Oct 19, 2024		12 13			
	43	Oct 26, 2024			15	16 17	18
November	44	Nov 02, 2024					
	45	Nov 09, 2024			?	? ?	?
	46	Nov 16, 2024					
	47	Nov 23, 2024					
December	48	Nov 30, 2024					
	49	Dec 07, 2024					
	50	Dec 14, 2024					
	51	Dec 21, 2024					
	52	Dec 28, 2024					