



SPRING CAMP - FLORIDA 2024



Cape Crossing Resort & Marina 2750 Tingley Dr. Merritt Island, FL 32953, USA

Key Dates:		Main Events:						
Mon, Nov 06, 2023			Camp applications open					
Mon, Nov 27, 2023			Applications due					
Mon, Dec 04, 2023			1st Payment due (\$1000)					
Tue, Jan 02, 2024			2nd Payment due (\$1000)					
Mon, Jan 29, 2024			3rd Payment due (remainder)					
Sat, Feb 17, 2024			Trailer loading begins					
Wed, Feb 21, 2024			Trailer loading complete					
Sat, Feb 24, 2024			Trailer departs					
Thu, Feb 29, 2024			Trailer arrives in Florida					
Sat, Mar 02, 2024	2-week Intro (14-15)	3-week (15-16)	4-week (16-17)	5-week (17-18)	6-week (17+)	7-week (18+)	1	Senior paddlers arrive early
Sat, Mar 09, 2024	1	1	1	1	1	2	2	All paddlers in camp
Sat, Mar 16, 2024	2	2	2	2	2	3	3	Team outing (theme park)
Sat, Mar 23, 2024	END	3	3	3	3	4	4	Winter Park 10km Run & Volcano Bay
Sat, Mar 30, 2024	END	END	4	4	4	5	5	April 1-4: world cup trials - Chula Vista
Sat, Apr 06, 2024	END	END	END	5	5	6	6	Team outing (TBA)
Sat, Apr 13, 2024	END	END	END	END	6	7	7	Final week of camp begins
Sat, Apr 20, 2024	END	END	END	END	END	END	END	Last athletes fly home
Sun, Apr 21, 2024								Trailer departs for home
Fri, Apr 26, 2024								Trailer arrives home

Why?



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The Florida Spring Camp has proven to be one of our athletes' best training experiences. The spring camp extends the paddling season and provides needed on-water preparation for early-season competitions. Most athletes reaching national championship finals will have participated in a spring camp. Younger or first-time paddlers attending the camp get a glimpse into a high-level training environment. The Florida camp is a significant milestone on the athlete development pathway. Calgary paddlers are often distanced from the bulk of Canadian clubs in central and eastern Canada. Coaches will leverage the proximity to other club and provincial camps to connect our paddlers to the more extensive Canadian sprint system.

The Florida Camp is for mature, responsible, dedicated paddlers committed to improving their performance. Although paddling with the dolphin and manatee sounds wonderful, it is NOT a sports vacation. Paddlers and parents are asked to consider carefully if the camp is for them. Speak with your coach if you have any doubts.

Location

The camp is at [Cape Crossing Resort & Marina](#), 2750 Tingley Dr., Merritt Island, FL 32953, USA. The location features a sheltered intercoastal waterway 65km east of the Orlando International Airport and within reach of Ontario and Quebec Provincial Camps and Canadian National Team training locations.

First time at camp

Athletes entering the final year of the U14 age class who have shown exemplary training commitment and readiness may apply for the 2-week 'intro' camp. The short-term exposure introduces athletes and parents to the camp.

Visiting Paddlers

The paddling community is tight, and we receive requests from paddlers outside the Calgary Canoe Club who want to join us in camp. The paddler or coach should contact Mike Robinson (mike@calgarycanoeclub.com) and discuss if the camp is a good fit. Paddlers who bring a positive attitude, are committed to improving themselves, and do so in a manner that improves everyone around them may be accepted.

Camp Expectations

- If increased or constant supervision is required, if the paddler struggles with academics or needs to be chaperoned in mixed company, they should not attend. Athletes must work with housemates to maintain a clean and respectable living space. Athletes will collaborate for meal planning and preparation. Coaches are very busy while at camp, and athletes are mainly independent.
- The camp is for well-prepared athletes, and camp coaches must be sure athletes can accommodate the training. Athletes must have a high fitness level to participate in the camp. A sudden significant increase in training load is not recommended.
- Suppose an athlete has not been attending regular club training sessions; in that case, it is an excellent plan to have a training journal detailing the training history for the months before the camp to support their camp application.



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- Camp athletes are expected to use [trainingpeaks.com](https://home.trainingpeaks.com) (TP) to log training at the camp. The TP system can also show the training preparation leading into the camp and help coaches ensure camp readiness. Camp coaches will use TP to post training plans when in camp. TP athlete accounts are free at: <https://home.trainingpeaks.com/attachtocoach?sharedKey=5QGAXIEJ57GEE>.
- While in camp, all paddlers must participate in multiple training modalities, including a high volume of paddling, running and strength training. Injuries that prevent the paddlers from participating in typical activity may impact acceptance.
- A safe training environment requires group training with others of similar speed. If the applicant is not a suitable speed match with others, the athlete will not be accepted to attend. The application will ask for on-water performance time estimates to help with the assessment.
- All camp participants must be fully vaccinated for Covid 19 and complete a daily questionnaire for symptoms of illness each morning and before training. This is a carry-over from 2021, and although the pandemic environment is not the same as it was then, daily monitoring remains prudent.
- A certified Competition Development Level or club head coach must endorse each application. The endorsing coach may be required to justify their endorsement with winter training records and fitness statistics.
- Coaches must be notified before athletes leave the resort property. Parents should discuss with the athlete the importance of not venturing alone in unfamiliar areas in Florida.

Students

Athletes must be responsible and disciplined to maintain their studies. Students are encouraged to speak with teachers as early as possible regarding assignments and study guides while away. Although coaches may be able to aid students, coaches are not there as student assistants. In the past, athletes have managed their studies well; however, if athletes/students cannot commit to academic and athletic excellence, this camp is not for them.

Transportation

Athletes are responsible for flight booking. Coach flights will be shared so paddlers may choose to travel with coaches. Younger paddlers are encouraged to fly with a coach, and where reasonable, younger paddlers should select non-stop options. Transportation to and from the airport will be by team van on designated arrival and departure days. Flights should arrive at Orland International (MCO) on Saturday, March 2nd, between 5 PM and 10 PM. Coaches will meet athletes as they come. Once all athletes have landed and gathered, they will travel together to the resort.

Returning athletes should book flights departing Orlando on Saturday and be flights departing later than 3 PM. Coaches will transport athletes to the airport. Do not make plans that involve



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U18 athletes going to or coming from the airport by taxi, uber or bus. Coaches are responsible for participants and will not want to send U18s off independently.

Do not select alternate flying days; we cannot remove coaches from training duties. A link to a Google sheet is provided so athletes can share flight information. We suggest creating a Google flight alert or another online price tracker to get a good deal when one arises. Below is a list of good flights at a low cost, found on Oct 25th.

Preferred Flights to Orlando (prices as of Oct 25)

Saturday, March 2

	1:00 PM → 8:01 PM		\$109
YYC	MCO		
Nonstop · 5 hr 1 min · Lynx Air · -35% emissions ⓘ			
	9:55 AM → 4:55 PM		\$249
YYC	MCO		
Nonstop · 5 hr · WestJet · Delta · -26% emissions ⓘ			

Saturday, March 9

	1:00 PM → 8:01 PM		\$131
YYC	MCO		
Nonstop · 5 hr 1 min · Lynx Air · -35% emissions ⓘ			
	9:55 AM → 4:55 PM		\$393
YYC	MCO		
Nonstop · 5 hr · WestJet · Delta · -26% emissions ⓘ			

Preferred Returning Flights

Saturday, March 23

	8:00 AM → 11:42 AM		\$146
MCO	YYC		
Nonstop · 5 hr 42 min · Lynx Air · -34% emissions ⓘ			
	8:00 AM → 11:46 AM		\$342
MCO	YYC		
Nonstop · 5 hr 46 min · WestJet · I · -6% emissions ⓘ			

Saturday, March 30

	8:00 AM → 11:42 AM		\$248
MCO	YYC		
Nonstop · 5 hr 42 min · Lynx Air · -34% emissions ⓘ			
	8:00 AM → 11:46 AM		\$510
MCO	YYC		
Nonstop · 5 hr 46 min · WestJe · -6% emissions ⓘ			

Saturday, April 6

	8:00 AM → 11:42 AM		\$117
MCO	YYC		
Nonstop · 5 hr 42 min · Lynx Air · -34% emissions ⓘ			
	8:00 AM → 11:41 AM		\$1,007
MCO	YYC		
Nonstop · 5 hr 41 min · WestJet · -8% emissions ⓘ			

Saturday, April 13

	8:00 AM → 11:41 AM		\$342
MCO	YYC		
Nonstop · 5 hr 41 min · West. · -8% emissions ⓘ			
	5:55 PM → 9:36 PM		\$396
MCO	YYC		
Nonstop · 5 hr 41 min · West. · -25% emissions ⓘ			

Saturday, April 20

	8:00 AM → 11:41 AM		\$315
MCO	YYC		
Nonstop · 5 hr 41 min · WestJet · -8% emissions ⓘ			
	5:55 PM → 9:36 PM		\$315
MCO	YYC		
Nonstop · 5 hr 41 min · WestJet · -25% emissions ⓘ			

We have created a Google sheet to share your flight booking. This helps other paddlers book and travel as a group. Coaches must be informed so they can monitor flight schedules.



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Medical & Covid 19

All participants must provide proof of COVID-19 vaccination to attend the camp. If required, the camp staff will organize hospital visits while in Florida. The cost of testing and medical procedures is the responsibility of each participant.

The local major Hospital in the area is the Cape Canaveral Hospital located at 701 W. Cocoa Beach Cswy, Cocoa Beach, FL 32931

<https://hf.org/healthcare-home/location-directory/cape-canaveral-hospital#-about-this-location->

Meals

A 'food-first' approach is promoted in the camp. If athletes are to bring nutritional supplements into the camp, they should only do so under the advice of a qualified dietitian, nutritionist or medical professional.

Meal planning and shopping are skills practiced at the camp. Athletes collaborate with roommates for meal planning, grocery shopping and meal preparation. We understand that some athletes have individualized food requirements/restrictions; however, we have found that meal plans and solutions are doable as a group. Practicing the skill of collaboration is a key element of the camp environment.

Grocery stores are within walking distance from the resort, and every three days, the coaches will drive one athlete from each townhouse to the grocery store. All roommates in the townhouse must compile a 3-day meal plan and grocery list to support it. Coaches are available to guide and support the meal planning process when needed.

Athlete Conduct

Attending the Florida camp is a privilege and consideration for fellow athletes, roommates, camp coaches, managers, and facility personnel must always be shown. Athletes are expected to conduct themselves as good representatives of their team, province and country in an exemplary manner and bring pride to themselves and the sponsoring sports organizations.

Only athletes assigned to a townhouse will be permitted in the unit. Roommates are to respect the space allocated to each. All athletes must be in their townhouses by 9:00 PM and bed by 10:00 PM each night. The 9 pm time is not a restriction but a reflection of the training commitment and the importance of adequate rest.

Smoking, vaping and alcohol, along with any illegal substance, must not be consumed by anyone participating in the camp. Taking part in prohibited substances will not be tolerated, resulting in immediate expulsion from the camp.

Vandalism to the camp premises or improper use of camp equipment will not be tolerated. Restitution for all damages will be required.

The enforcement of camp expectations is the responsibility of the camp coaches and staff. Enforcement may include being sent home at personal expense and restrictions from future camps and team events. Costs due to change of flights, etc., resulting from offences is the athlete's responsibility.



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In applying to the 2024 Spring Training Camp, you agree with the Camp expectations and conduct.

Camp Staff

- Mike Robinson - Project Lead
- Emily Raymond
- Ornmadee Baxter-Lovo
- Graham Scheibel
- Additional staff may be added
- Both male and female staff will be on-site

Camp Fees

Camp fees are based on past budgeting and dynamic factors such as foreign currency value, fuel costs, and the number of paddlers attending. If a surplus remains at the end of the camp, a portion of the camp fee may be refunded. It is not the intention of CCC to profit from the camp.

2 Weeks: \$2650

3 Weeks: \$3200

4 Weeks: \$3750

5 Weeks: \$4300

6 Weeks: \$4850

Camp fees include all housing, training and team activities. Activities may include:

- Off-Site gym access
- Team outings
- Winter Park 10km Road Race

<http://www.trackshack.com/events-detail.php?id=103>

All payments will be made via the CCC website. At checkout, payment by e-transfer or by credit card can be selected. Credit card payments will be charged a processing fee and displayed before checkout.

Travellers Checklist:

- 1) Out-of-country health insurance and a valid passport
- 2) All travelling athletes must be in good financial standing with the CCC.
- 3) Private boats transported on the team trailer are the responsibility of the owner. The team does not insure personal or club equipment.
- 4) Paddlers under 18 travelling outside the country must complete the [Athletes Information Form](#) and the ["Consent to emergency medical care for minor children"](#) form.
- 5) Minors must carry the ["consent of travel"](#) form to go through customs. This form should be notarized. Athletes under 18 are regularly stopped at customs entering the USA. The coach and administrator should have a copy of this form as well.
- 6) Athletes are advised not to carry large sums of money or valuables. Debit cards will not work at Florida merchants, and athletes must get cash at ATMs. Most merchants require a **credit card, rather than debit cards.**
- 7) Parents may select to deposit money to the account every week or as needed to ensure the paddler manages their funds while away. Coaches will not hold money for the athletes.



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- 8) It should be made clear how expensive out-of-country calls can be. Internet calling is a good option. Computer-based solutions like WhatsApp or purchasing a local Florida sim card are alternatives.
- 9) Paddles can be put in the trailer for transport, but all other equipment should be taken with the athlete. Canada/USA border agents periodically check the trailer, valuables should travel with the athlete.
- 10) Athletes are responsible for the camp rooms and the cost of any damage.
- 11) While in Florida, athletes need to inform the coaching staff immediately in case of an injury, illness or any problems.
- 12) If there are other questions, please feel free to call Mike Robinson. While in Florida, Mike can be reached at (403) 615-7606