



ASRCA COMPETITION TEAM

2023 Canada Cup East (CCE), Ottawa



Saturday, we attempted an online info meeting but had technical problems. We appreciate the shrinking timeline to get the final details and information.

~~NEW INFO MEETING:~~

- *Date* Thursday, June 15
- *Time* 6:30 pm
- *Place* Calgary Canoe Club
- *Please review this document and contact Mike or Ornmadee with time-sensitive questions.*

The Alberta Sprint Racing Canoe Association (ASRCA) will compete at the 2023 Canada Cup East (CCE) Regatta as 'Team AB'. The Team AB CCE competition team has been selected from the results of Alberta Team Trials 1 (ABT1) – June 4, 2023.

Nominated Athletes

Mens Kayak

Joshua Rowe
Max Zabarka
Milo Jackson
Quinlan Kane

Men Canoe

Nikita Ciudin
Justin Boyko
Max Angus
Ferris Nimmon

Women Kayak

Devon Angus
Julia Demchuk
Kristiane Free
Lauren Rentz
Meera Kalar
Nienke Albricht

Women Canoe

Ekko Blix
Gillian Kurelski
Kiira Saarenoja
Lilah Lessard Propp

Coaches

Mike Robinson (NCCP Comp-Dev, ChPC)	el@asrca.com
Ornmadee Baxter-Lovo (NCCP Comp-Dev, ChPC)	ornmadee@calgarycanoecub.com

Key Dates

Sat Jun 17, 2023	Boat loading (Calgary)
Sun Jun 18, 2023	Trailer Departs
June 21-26, 2023	Trailer at NTT1 in Montreal
Tue June 27, 2023	Team Trailer arrives in Ottawa
Wed Jun 28, 2023	Arrival in Ottawa & Check-in
Thu Jun 29, 2023	Training/Preparation Day
Fri Jun 30, 2023	Competition Day 1
Sat Jul 1, 2023	Competition Day 2
Sun Jul 2, 2023	Check-out & Depart
Thu Jul 6, 2023	Trailer arrives in Calgary

Accommodation & Meals

The Team has booked accommodation and cafeteria meals at the Carleton University [Lennox and Addington House](#) Residences. Meals (Breakfast/Lunch/Diner) are provided at Carleton University and



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are provided to the team June 29-July 1. Athletes are responsible for meals on the day of arrival (Wednesday, June 28) and departure (Sunday, July 2). Athletes will walk between the residence to the competition site (2.5km) along the Rideau Canal to the Rideau Canoe Club.

Arriving from Calgary (or Montreal)

Athletes are responsible for any additional out-of-province medical insurance. The ASRCA CCE event project begins Wednesday, June 28th in Ottawa. Ornmadee will be returning to Calgary after NTT and then flying back to Ottawa. Mike and many on the Team will be at NTT in Montreal the week before and make their way to Ottawa.

Athletes booking flights from Alberta should try to arrive in Ottawa before 8 pm to be met once they land. Please try and coordinate flights with other team members. Once in Ottawa, 18+ athletes may travel by taxi or Uber from the airport to the team's accommodations at Carleton University. Please communicate with coaches once in Ottawa. For U18 age team members, coaches will coordinate airport pick-ups/drop-offs; share your travel information with the coaching team.

Reasonable Return Flight Options are presented below. Other options may be possible, and flight availability and prices do change.

Track prices Jul 2 Date grid Price graph

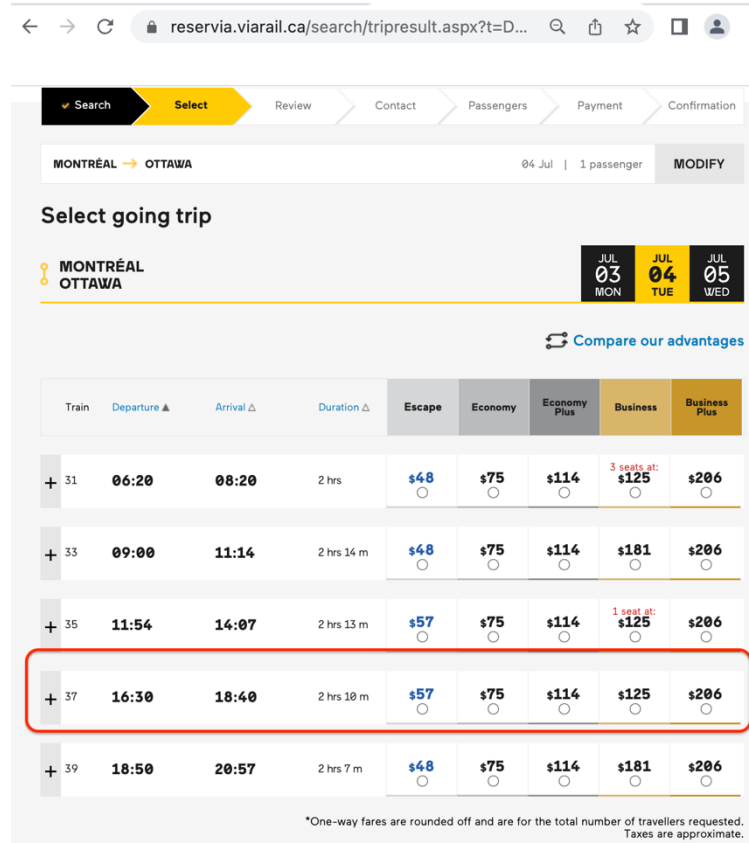
Best flights

Ranked based on price and convenience ⓘ Prices include required taxes + fees for 1 adult. Optional charges and [bag fees](#) may apply. [Passenger assistance](#) info. Sort by: ⬆️

	Departure · Sun, Jul 2	152 kg CO ₂ -36% emissions ⓘ	Select flight	CA\$180
○	8:30 AM · Ottawa International Airport (YOW)	✈️ Below average legroom (29 in)		
	Travel time: 4 hr 25 min	🌫️ Carbon emissions estimate: 152 kg ⓘ		
○	10:55 AM · Calgary International Airport (YYC)			
	Flair Airlines · Economy · Boeing 737MAX 8 Passenger · F8 557			
	Departure · Sun, Jul 2	195 kg CO ₂ -17% emissions ⓘ	Select flight	CA\$192
○	7:55 PM · Ottawa International Airport (YOW)	✈️ Average legroom (30 in)		
	Travel time: 4 hr 23 min	📶 Wi-Fi for a fee		
○	10:18 PM · Calgary International Airport (YYC)	✈️ In-seat power & USB outlets		
	WestJet · Economy · Boeing 737 · WS 613	📺 Stream media to your device		
		🌫️ Carbon emissions estimate: 195 kg ⓘ		

FROM MONTREAL - The NTT is organized as a club project, the CCE is a Provincial Team project, and these are two separate organizations. The NTT information is organized by the club or athlete directly. NTT racing takes place June 23-25 (Fri-Sun). The ASRCA CCE team project begins Wednesday, June 28th and athletes are asked to arrive on this day. If NTT athletes stay in the region, they must

make arrangements until Wednesday, when they join the ASRCA CCE plan. In the past, we found the short trip from Montreal to Ottawa on VIA Rail easy and cost-friendly. [Tickets can be purchased online](#) by the athletes in advance. In 2022 the athletes stayed in Montreal for one day before moving to Ottawa, giving the athletes a chance to sightsee. Again, some athletes said they would like a day in Montreal to sightsee. The Calgary Canoe Club team booking for NTT has the athletes checking out of rooms the Monday following NTT. See the image below with the suggested Tuesday train if sightseeing in Montreal.



reservia.viarail.ca/search/tripresult.aspx?t=D...

Search Select Review Contact Passengers Payment Confirmation

MONTREAL → OTTAWA 04 Jul | 1 passenger MODIFY

Select going trip

MONTREAL OTTAWA JUL 03 MON JUL 04 TUE JUL 05 WED

Compare our advantages

Train	Departure	Arrival	Duration	Escape	Economy	Economy Plus	Business	Business Plus
+ 31	06:20	08:20	2 hrs	\$48	\$75	\$114	3 seats at \$125	\$206
+ 33	09:00	11:14	2 hrs 14 m	\$48	\$75	\$114	\$181	\$206
+ 35	11:54	14:07	2 hrs 13 m	\$57	\$75	\$114	1 seat at \$125	\$206
+ 37	16:30	18:40	2 hrs 10 m	\$57	\$75	\$114	\$125	\$206
+ 39	18:50	20:57	2 hrs 7 m	\$48	\$75	\$114	\$181	\$206

*One-way fares are rounded off and are for the total number of travellers requested. Taxes are approximate.

In Ottawa, Carleton University said they have space for those 'in-between' days (Mon, Tues) but must know by Thursday if we want to add extra nights to our team booking. The per-night room fee in Ottawa is \$41/night plus tax. Meals in the University Cafeteria can be requested for these days (Breakfast \$10.92, Lunch \$13.59, Dinner \$15.94 + tax).

Please help us nail down some of these options with this short form.

<https://form.jotform.com/231637258115253>

To see results others have entered use this link (password is 'TeamAB')

<https://www.jotform.com/table/231637442394055/>



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Equipment (boats)

The ASRCA relies on boats drawn from member club inventories. Clubs will be asked to provide boats for the CCE team. Individuals named to the team and wanting to take private boats may do so. However, personal boats may be treated as 'team' boats due to limited trailer space and to minimize boats taken from clubs. The specifics of the competition fleet will depend on the specific requirements of the athletes selected. Confirm with Mike or Ornmadee about your boat.

The Calgary Canoe Club Van and trailer will depart on Sunday, June 18th, and attend the National Team Trials in Montreal the weekend before the CCE. All CCE team boats must be on the trailer; if an Alberta athlete is attending NTT but not the CCE, space is available in addition to the CCE boats. Owners must ensure private boats. Private boat owners are responsible for delivering their boats to and from Calgary. If Edmonton club boats are required, ASRCA will arrange transportation.

Authority

While on Team assignment with CCE Team, the coaches are the authority. Athletes must respect and follow the guidance of the coaching team. If increased or constant supervision is required, if the paddler struggles or needs to be chaperoned in mixed company, they should not accept a nomination. Athletes must work well with teammates. Coaches are very busy, and athletes must be able to function reliably and independently.

Coaches have sole discretion to determine Team AB entries. Results at ABT1 do not determine event entries at the CCE. For example, a win at ABT1 does not guarantee a singles entry at the CCE.

Athlete Fee

The cost per athlete is estimated at \$1250. With support from our partners, ASRCA has lowered the per athlete fee to \$400. Support is provided by the Calgary Canoe Club, Province of Alberta through the Canada Summer Games Training Grant, and ASRCA athlete development fund. Included in the per athlete cost are: race entry fees, team race shirt, accommodation, cafeteria meals, coach and trailer costs. Flight costs are the responsibility of the athletes. For payment please go [HERE](#).