



Canoe Kayak Ontario Sprint

www.ckosprint.ca

Member of:



Supported by:



NOTICE OF ANNUAL GENERAL MEETING

Take notice that the 2019 Annual General Meeting of Canoe Kayak Ontario Sprint will take place via:

Teleconference (details to be provided at a later date)

Wednesday, November 6, 2019
7:30 pm



CANOE KAYAK
ONTARIO
SPRINT

Canoe Kayak Ontario Sprint

www.ckosprint.ca

Member of:



Supported by:



Annual General Meeting
Wednesday, November 6, 2019

7:30pm – 9:30

Via Teleconference

AGENDA

Call to Order

Approval of the Agenda

Approval of 2018 AGM Minutes

Chair's Report

Treasurer's Report – Auditor Approval

Western Ontario Division Flag Officer Report

Eastern Ontario Division Flag Officer Report

Northern Ontario Representative Report

Technical Director's Report

2020 Directors

Other Business

Minutes of Annual General Meeting

Saturday, November 24, 2018

Peterborough, Ontario

Board of Directors present: Joanne Bryant – WOD/chair; Ted Roworth – WOD; Heather MacIntosh – EOD; Paul Vincent WOD/Treasurer; Rick Mroz – Northern Rep; Charles Slade – EOD

Ryan Blair — tech. director

| Club | Voting Rep. | Club | Voting Rep. |
|--------------------|---------------------------|--------------------|---|
| Burloak Canoe Club | Connie-Lee Oldershaw | Petrie Island C.C. | Sarah Kennedy Proxy to HM |
| Cobourg | Jeremy Fowlie | Peterborough | Jim Stewart Proxy to HM |
| Rideau C.C. | Hector Caranco | Ottawa River C.C. | Sherry Goodyear Proxy to Joel Hazzan |
| Richmond Hill | Anne Collins | Balmy Beach | Eleanor McIntyre Proxy to TW |
| Past President WOD | Judy Tutty Proxy to JB | | |
| Club | Representative | Club | Representative |
| Peterborough | Joe vanKoeverden | Rideau | Cheyenne Farquharson |
| Richmond Hill | Andrew Ivanov | CKO | Orest Stanko |
| Ottawa River | Joel Hazzan | | |

Quorum being declared, the meeting was called to order by the Chair, Joanne Bryant at 10:15 a.m.

Approval of Agenda: Moved by Heather MacIntosh, seconded by Paul Vincent. Carried

Approval of Minutes of 2017 AGM: Moved by Connie Lee Oldershaw, seconded by Ted Roworth. Carried

Reports

Chair

Joanne Bryant referred to the written report in the AGM package. She thanked clubs from both divisions for hosting events, including coaches and officials and Ryan Blair.

Division reports

Ted presented the WOD Flag officer's report as included in the AGM package.

Heather MacIntosh presented the EOD Flag officer's report as included in the AGM package.

Rick Mroz presented the Northern representative report as included in the AGM package. Noted the difficulty in recruiting coaches for clubs and will work with Ryan Blair on solutions

Treasurer

Paul presented financials for March 31, 2017 which had been reviewed by auditing firm RLB.

Paul moved that the OCSRA accept the Review Engagement report and the financial statements contained therein as the official financial results for OCSRA for Fiscal Year ending March 31, 2017, seconded by Ted Roworth. Carried

Paul presented the pro-forma results for the fiscal year ended March 31, 2018 and the budget for the fiscal year ended March 31, 2019.

Paul moved that the OCSRA appoint RLB LLP of Guelph, On. to conduct our annual Engagement Review for the Fiscal Year ending March 31, 2018, seconded by Joel Hazzan, Carried

Paul moved that the OCSRA appoint RLB LLP of Guelph, On. to conduct our annual Engagement Review for the Fiscal Year ending March 31, 2019, seconded by Charles Slade, Carried

Charles Slade moved to thank Paul for the excellent work on the financials, seconded by Joanne Bryant, Carried.

Technical Director

Ryan presented his report, and reviewed what we did well, what need to improve on, and future goals.

2019 Directors

The 2018 board of directors will serve in 2019 with the exception of Bob Rainboth from EOD. Fourth EOD board position still open.

Other Business

Christian Sprang presented his findings on barriers to Special O programs at the club level.

Paul Vincent moved for adjournment, seconded by Heather MacIntosh. Carried

Treasurers Report - F2019 AGM

F2018 Results

At last years AGM, I presented Proforma statements that showed:

- Operating surplus of \$45.7k
- Net Equity of \$288.2k
- Cash Flow increase of \$41k

Attentive listeners will recall that the major driver of this surplus was a massive increase of \$52.7k in our 'Base Funding' grant from the Gov't of Ontario. The funds were received late in the year, and we were unable to deploy the funds in an effective and prudent manner.

Attached is the final Engagement Review report for F2019, which shows the following:

- Operating surplus of \$36.0k (reduced due to a different accounting treatment of a \$10k boat purchase grant)
- Net Equity of \$288.2k ~ unchanged
- Cash Flow increase of \$39.4k ~ substantially unchanged

Motion:

That we accept the Engagement Review report of RLB LLC as the final financial statements for OCSRA (dba CKO Sprint) for the fiscal year ended March 31, 2018.

Fiscal 2019 Results

Attached is the final Engagement Review report for F2019, which shows the following:

- Operating deficit of \$10.6k
- Unrestricted Net Assets (Equity) of \$213.3k (-\$10.6k VYA)
- Cash Flow decrease of \$12.0k

The change in our Equity and cash flow are largely due to the operating loss on the year.

Discussion:

With the larger grant level, we made significant investments in our athlete, club and coach focused activities:

The table below shows major net changes from F2018 (combined revenue and costs):

| Activity | +/- LY [\$k] |
|----------------------|---------------------|
| Prior Yr Adjustments | -5.8 |
| Canada Games | 4.0 |
| Para - Athlete | -10.1 |
| Ont. Tour | -2.0 |
| NextGen camps | -6.3 |
| Florida | -9.8 |
| On Summer Games | -3.3 |
| OTT's | -2.2 |
| On Champs | -4.8 |
| Coach Dev | -3.1 |
| Official Dev | -1.7 |
| Spring Camp/Ocup2 | -3.6 |
| Total | -48.7 |

Our original budget was to achieve a break-even result. Excepting for the Prior year adjustments of \$5.8k, we had a net operating deficit of \$4.2k, or 0.8% of our revenue.

Motion:

That we accept the Engagement Review report of RLB LLC as the final financial statements for OCSRA (dba CKO Sprint) for the fiscal year ended March 31, 2019.

F2020 Outlook

Our approved budget (attached) projects revenues of \$488.1k, and expenses of \$487.8k, for a net surplus of \$300!

The significant change vs. 2019 is the absence of Ont. Summer Games revenue & costs, (\$17k & \$20k respectively).

We are over half way into the current fiscal year. Results are generally in-line with expectations, and our 'Base Funding' grant will remain unchanged for F2020.

I expect we will meet our financial objectives for the year.

Motion:

That OCSRA appoint *RLB LLP* of Guelph, On. to conduct our annual Engagement Review for the Fiscal Year ending March 31, 2020.

Respectfully submitted,

Paul Vincent

Treasurer



Chair Report 2019 AGM

Rebranding

We introduced a new logo and name for our organization in 2019. The new name, **Canoe Kayak Ontario Sprint**, is more descriptive and recognizes our affiliation with our Provincial Sport Organization, **Canoe Kayak Ontario**. Our new logo, developed with the assistance of Tom Hoferek of the Rideau Canoe Club, recognizes our PSO, the support of the Ontario government, both canoe and kayak and is done in the Team Ontario colours.

The new brand was launched in conjunction with our new website. The new website provides a much improved vehicle for schedules, results, courses, educational material and communications in general.

Competitions

Thank you to both EOD and WOD divisions and clubs for hosting Ontario events in 2019 and to the parents, officials for their volunteer work and to the coaches and athletes.

The Grand Championship of the summer OCup series of events was won the Rideau Canoe Club, the series Excellence Award was a tie between the North Bay Canoe Club and the Balmy Beach Canoe Club. OCup 3, the Ontario Championships, hosted and won by the Rideau Canoe Club, had 487 entries this year.

New this year was the use of the WhatsApp for improved communication at the events and a greater web presence through social media and live streaming the Ontario Team Trials in Welland.

The Winter OCup series (swim and ski competitions) was won by the Carleton Place Canoe Club. This year we are adding an additional Winter OCup event, a long distance time control to be held in Welland in conjunction with the October NextGen Camp.

Thirty-seven athletes from the Ontario Regatta Team competed at the Canada Day Regatta in Ottawa and won the event cup.

Coaching

Coaching information and registration for courses are now easily accessible through our website. CKO Sprint hosted five professional development coaching workshops in May and June through the Canadian Sport Institute of Ontario (CSIO).

Five NCCP courses were offered across Ontario in 2019 training coaches for Entry Level Competition and Introductory programs.

Pat Lester and KC Fraser have completed the Apprentice Coach Program and both have been accepted into CSIO's Advanced Coaching Diploma Program. Applications for the 2020 Apprentice Coach Program will be available soon.

A Coaching Excellence Mentor Program was offered as part of our Club Development Program. Bill Trayling mentored four coaches over the 2019 competitive season as well as offering additional support to our Northern clubs.

To support a Safe Sport Environment, particularly at our camps, CKO Sprint has adopted the Canadian Association of Coaches (CAC) Responsible Coaching Movement and developed a Person in Authority guideline. We have also rewritten our policy for discipline at events managed by CKO Sprint, the new policy is available on our website.

Congratulations to: Cheyanne Farquharson on winning the CAO's Female Good to Great Coach Award; to Joel Hazzan who completed his Master Coach Developer program and to Ryan Blair who is participating in the OTP Coaching Enhancement Program

Camps

NextGen training camps were held in December and February and one is scheduled for October in Welland. These camps are open to the Ontario Team and other eligible athletes. Thank you to all the coaches who lend their expertise to make these camps successful.

The spring training camp was held in Florida with 86 athletes from clubs across Ontario. The information for the camp in 2020 has been published and a review of the program, activities and policies will be held with the coaches in January/February 2020.

Funding

The programs and competitions rely heavily on the financial support of the Ministry of Tourism, Culture and Sport (MTCS) either directly or in partnership with the Canadian Sport Institute – Ontario (CSIO); other government grants; membership fees and entry fees.

CanoeKayak Ontario will again receive funding from the Ontario Amateur Sport Fund (OASF). The \$150,000 grant has been announced and will be distributed between the Sprint, Marathon and Whitewater affiliates.

Special Olympics

We continue to move forward with our Special Olympic program. Special Olympic events were part of the Ontario Championships in Ottawa in August. A best practices workshop was held during the Championships and the discussion is available on our Facebook page. An NCCP Special Olympics education workshop is being held in Ottawa in October.

Plans for 2020

- We have applied to the CSIO Para Collective Group for financial assistance in developing a Para High Performance Management Plan.
- The 2020 Ontario Summer Games will be held in London and we have asked to be considered as a two day event to allow the athletes to participate in more of the Summer Games activities
- Ryan will be conducting an in depth program review over the winter to be completed by the end of February 2020. He will be surveying clubs and coaches to identify areas of improvement and program development.

- Ryan will be working with Game Plan to develop a program to offer some transition support to OHPSI alumni. The goal is to offer retiring athletes pathways to stay involved in our sport through coaching, officiating or other avenues.
- Development of guidelines for Athlete Transfer and Recruitment and Good Standing.
- Continue the work started with the Canadian Association for the Advancement of Women in Sport (CAAWS) and Canoe Kayak Ontario to develop policies and programs to increase the retention rates of females in our sport.

Thank you

Thank you to our Technical Director, Ryan Blair, the members of the CKO Sprint Board and to the High Performance Committee. I would in particular like to express my thanks to Ted Roworth and Kevin Howard, both of whom are stepping down from their previous positions. Their concern with the safety of all participants raised the bar for all of Ontario.

2019 CKO Sprint Board:

| | |
|-------------------------|------------------------------|
| Chair | Joanne Bryant (WOD) |
| Treasurer | Paul Vincent (WOD) |
| Northern Representative | Rick Mroz (WOD) |
| Director | Heather MacIntosh (EOD Flag) |
| Director | Ted Roworth (WOD Flag) |
| Director | Charles Slade (EOD) |
| Director | Michelle Bishop (EOD) |
| Director | Kerri-Ann Redwood (EOD) |
| Director | Gilles Cinq-Mars (WOD) |

High Performance Committee

| | |
|-------------------------|----------------------|
| Chair | Gilles Cinq-Mars |
| Coaching Representative | Cheyenne Farquharson |
| Athletes Representative | Dana Morgoch |
| WOD Representative | Bill Trayling |
| EOD Representative | Scott Kerrigan |
| Member at Large | Marc Creamer |

Respectfully submitted,
 Joanne Bryant
 Chair, CKO Sprint



CanoeKayak Canada

Western Ontario Division

CKC WOD Flag Officer Report

2019 WOD AGM

Organizational Effectiveness and Leadership

- In the fall we will be meeting with WIFC/City of Welland to move discussions forward regarding Canada Summer Games Legacy, Safety and On-water Rescue, equipment storage and safety boat setup, and boat teardown/storing
- Continue recruiting Officials, and Executive Volunteers to replace out going Executive Members
- Ongoing Equipment review, repairs and replacement
- Timely budget presentation to members to aid in timely club planning
- Financial investment review
- 2020 Ontario Summer Games, 2020 Ontario Championship, 2021 Canada Summer Games and 2022 Nationals are on the horizon

On a personal note, I would like to thank Paul Vincent, Kevin Howard, Rebecca Fanok, Mary Ellen Bench, Alan Potts, Cathy Low, Leigh Salter, Bill Trayling, Adrienne Skinner, Chris Mehak, Dave Moore, Joanne Bryant, Judy Tutty, Gilles Cinq- Mars and Ryan Blair for their dedication to WOD Athletes, Coaches and Parents.

Also, as you may be aware, I'm stepping down as Flag Officer after 10 years of service on the CKC WOD Executive, but will remain on the Executive Committee as Past Flag Officer. Moving from the centre of the table to the end of the table. A special thank you to Lynn Roworth for understanding the time commitment to performing the duties of the position.

It is time for Leadership change, new people in vacant positions and experienced people with different responsibilities.

A big thank you to all of those who have been my mentors, were always ready to step up and assist me personally. Paul Vincent, Kevin Howard, Mary Ellen Bench, we couldn't have had the success that we enjoyed without your dedication and commitment! Eternally grateful to have worked with all and it was a lot of fun too!

Respectfully submitted,

Ted Roworth

Flag Officer

CKC WOD



EOD Flag Officer's Report for CKO Sprint AGM - Nov 2019

Summary

- EOD is comprised of 10 sprint/paddling clubs and one associate club, with four new clubs in the past four years (Arnprior, Cobourg, Peterborough and Petrie Island).
- Extremely successful year with competitive success at Ontario Champs, Nationals and internationally.
- Biggest concern is adequate volunteers and avoiding burnout, especially hosting Nationals in 2020.
- Plan to create a strategic plan and update bylaws over winter 2019-2020.

Proactive Communications & Organizational Effectiveness

- Implemented the new CKC code of safety, and identified safety officers at each club.
- Implemented the age class rule change, requiring changes to race cards, trophies and volunteer policy.
- Plan to update our constitution/bylaws to reflect 1) change in Board voting policy made previously; 2) Appendix B – CKC Code of Safety; 3) term for board members.
- Fourth year using Ivolunteer; people are now seeking it out early to sign up for preferred positions.
- Summit & AGM held Oct 27 in person (with Zoom option) with 18 participants.
- Continue to keep our website current; a dedicated page for each regatta has proven useful.
- Dedicated communications coordinator updates Facebook page (new in 2019).

Enhanced Grassroots and Club Development

- Clubs offer sprint, SUP, dragon boat, outrigger canoe, surf-ski and sea kayaking/fitness paddling.
- Welcomed Cobourg Dragon Boat & Canoe Club to EOD this year; City of Cobourg is creating hurdles.
- North Bay is struggling to grow their athlete base, keep HP coaches and U16 athletes, and fundraise.
- Record spring flooding on the Ottawa River affected some club's equipment and delayed training.
- PICC obtained a permit to install three shipping containers in Nov 2019, great progress.

Development Opportunities

- Athletes: U16+ and Masters participated in spring training camps run by CKO-Sprint, ORCC and RCC.
- Coaches: Held ELCC Advanced course, War Canoe Coxing course and Community Coach course.
- Officials: EOD DOC had 21 participants at Regional Level (I/II) training July 2; no provincial level. Courses via Zoom conference offered to reduce travel and increase participation.

Sprint Regattas

- Regatta planning: More clubs want to host events (and limited weekends); we identified the desired events by age category and asked clubs to email their expression of interest and funding proposal.
- In 2019, hosted 17 sprint regattas including Ontario Regatta Team Tour, Ontario Championships and the Canada Cup. Schedule is at <http://www.ckceod.com/home/2019-schedule>.

- Pre-regatta scratch meetings via teleconference helped the registrar make entries and race card edits plus year-end review much quicker.
- A structured post-season review took place on Oct 23 via teleconference – an important exercise to reflect on what did/didn't work, how each class was served, and as input to our 2020 planning.
- Adequate volunteers/officials continues to be a concern, especially as we host Nationals in 2020; we will work on strategies over the winter.
- Under the third year of EOD volunteer policy, clubs signed up early to fill their obligations with their available skill sets; boat driver challenge continues; all clubs but one received minor fines.
- Preparations are underway for Nationals 2020 in Ottawa.
- Created an inventory of club courses/venues to describe their attributes for regatta planning.
- The division would not be able to hold successful and safe events without the help and support of many organizers, volunteers, officials, parents, coaches, board members and, of course, athletes.

Achieving Success / Enhanced Performance

- 1,926 members registered for the 2019 season, a 46% increase over 2018.
- Competed and medaled at all international events – Pan Am Games, Junior Worlds, Olympic Hopes – and helped qualify for 2020 Olympics.
- RCC won Nationals burgee (with record points) plus several National class burgees and CanMas burgee.
- CPCC won Ontario Champs U14, U12, Women's U12 and EOD burgees plus multiple Nationals medals.

Effective Leadership

- A new role for 2019 was communications coordinator, which will cover the website and social media.
- Need to recruit Registrar for 2020.
- DOC will be shadowed by Don Leverette in 2020 before becoming DOC in 2021.

2020 Executive Committee

Flag Officer – Heather MacIntosh
 Vice Flag Officer – Michelle Bishop
 Past Flag Officer – Bevin Schmidt
 Secretary – Alison Lunn
 Treasurer – Rowan Abraham
 Divisional Officials – Sherry Goodyear-Stein
 Registrar – Open
 Divisional Coach – Pat Lester
 CKO-Sprint Reps – Charles Slade, Kerri-Ann Redwood,
 Michelle Bishop, Scott Kerrigan
 Athletes Rep – Aiden Dumont
 Divisional Volunteer – Michelle Bishop
 Communications - Kerri-Ann Redwood

2020 EOD Commodores

Carleton Place – Kim Anderson
 Cobourg – Susan Cameron
 Gananoque – Joanne Carswell (Club Rep)
 North Bay – Ed Hong (will change in Nov 2019)
 Ottawa River – Joel Hazzan (Executive Director)
 Peterborough – Jim Stewart
 Petrie Island – Sarah Kennedy
 Rideau – James Price
 Sydenham Lake – Helen Parfitt
 Arnprior (assoc. club) – Susan Burns-McIntyre (President)

Respectfully submitted,
 Heather MacIntosh, Flag Officer
 Eastern Ontario Division, Canoe Kayak Canada

Technical Director's Annual Report

Canoe Kayak Ontario (CKO) Sprint's Annual General Meeting, November 6, 2019

I would like to thank Canoe Kayak Ontario's (CKO's) Executive Director, Orest Stanko, CKO Sprint's Board of Directors and the High-Performance Committee, our officials and event volunteers for their leadership, dedication to the sport and support of our programs.

I would also like to congratulate the athletes, coaches, clubs and parents on their many successes throughout the past season.

Finally, as we look forward to watching Ontario athlete's represent Team Canada at the Tokyo 2020 Olympic and Paralympic Games, it's time for us to develop and implement our strategic goals and action plans for the next four (4) years so we can support not only the Olympic/Paralympic dream, but also all levels of development.

Core Activities

System Development

2019 was our second year of implementing a competition model that better aligns with our Long-Term Athlete Development (LTAD) principles. Our provincial events fall under two (2) categories, Competitive or Development (or a combination of the two). By properly identifying who our target audience is for each competition/race we are better able to set clear expectations and goals for each category.

2019 was also the second year of our Para Talent Identification & Talent Transfer Program. The goal of the program is to identify, recruit and train talented athletes to reach international podium performances within three (3) to four (4) years. The targeted athletes have had tremendous successes over the last two (2) years, including competing at the Para Pan American Championships and World Championships. The next evaluation of the program will be to support clubs in their identification and recruitment practices, while still providing opportunities for the targeted athletes to train and compete together as part of Team Ontario.

Our Partner in Play status with Special Olympics (SO) Ontario has enabled us to better promote the sport and expand our competitive opportunities, including Unified events at Ontario Championships. We hosted a Special Olympic workshop during the Ontario Championships to review best practices and any barriers to entry. Our next steps include improved resource development, targeted coach education and providing additional training and competitive opportunities. A big thank you goes out to Chris Mehak, LA Schmidt and Nigel Rocket for their continued support in promoting SO programming.

CKO and CKO Sprint are working with the Canadian Association for the Advancement of Women and Sport (CAAWS) to increase retention rates for girls and women in sport. The project objectives include:

- Increase the number of women and girls actively engaged as athletes, coaches; officials and board executives;
- Increase the awareness of barriers women and girls face to participation;
- Develop recruitment and retention strategies for women and girls in our sport;
- Develop action plans related to gender equity policy and practice.

Through the project we have completed a gender equity audit and a consultation to identify our gaps. The next stage of the project will be to develop gender equity priority areas and strategies that align with our strategic and

operational plan (to be completed by March 2020). Thank you to KC Fraser for her leading role within the project as CKO Sprint's representative.

CKO Sprint will be conducting a comprehensive program and services review over the fall and winter to evaluate our current programs and services, identify any current gaps, clearly define our goals over the next four (4) years, and develop a strategy and action plan to reach those goals. The project will include a survey, individual interviews, group planning sessions and a best practice review by our key stakeholders (athletes, coaches, clubs, officials and volunteers).

Athlete Development

We are reviewing how we can better support athletes transitioning into post-athletic life. In the past we have conducted exit interviews to gain a better understanding of the impact CKO Sprint has had in their athletic careers and receive insight on how we can improve support for current and future athletes. Moving forward, we are working with athletes to develop strategies that provide competitive opportunities outside of Sprint Canoe Kayak and additional support beyond their athletic careers.

CKO Sprint is still looking at hosting a Fast and Female event as part of our Female Athlete Project. More details will be available within the next month. Athletes and coaches will be consulted on what type of activity(s) they wish provided in 2020.

Through project leads Courtney Stott and Maddy Schmidt, we introduced the Ontario Mentoring Program (OMP) and had a total of 19 athletes (mentors & mentees) participate. The goal of the project is to foster communication between Ontario athletes from development to high-performance so athletes can learn from each other, develop and receive support as they progress through the athlete pathway. We are currently reviewing the project via a participant survey to better determine how to improve the program next year.

It is very encouraging to see the quantity and quality of Ontario athletes performing on the international stage. Ontario had the highest percentage of athletes representing Canada at the World Cups, Junior/U23 World Championships, Senior World Championships, Para Pan Am Championships and Olympic Hopes. Notable results include six (6) medals at the World Cups, two (2) medals at the Junior/U23 World Championships - five (5) Ontario athletes receiving medals -, six (6) athletes qualifying Tokyo 2020 quota spots for Canada at the Senior World Championships, eight (8) medals at the Olympic Hopes - nine (9) Ontario athletes receiving medals -, five (5) medals at the Pan American Games and five (5) medals at the Para Pan American Championships.

As impressive as the international results are the performances by Ontario clubs at the National Championships. Athletes from Ontario captured 76 (41%) medals in singles events at the championships. Four (4) clubs were in the top 10 for the championship burgee points, while five (5) clubs were in the top 10 for the CanMas burgee points. Congratulations to all Ontario athletes, their coaches and clubs on their achievements this season!

Finally, I would like to congratulate the newly nominated 2019-2020 Ontario Team program members. I look forward to working with you and your coaches to help provide support where needed.

Coach Development

CKO Sprint hosted three (3) professional development webinars during the winter months for coaches and athletes. We are looking into expanding these types of activities by hosting webinars every other month in the areas of sports science/sports medicine, coaching and athlete development, programming and best practices.

Our two (2) year Apprentice Coach Program focuses on the development of high-performance coaches by providing an accelerated professional development plan. Targeted coaches KC Fraser and Pat Lester are completing the program this calendar year and both have progressed to enrollment in the Advanced Coaching Diploma program provided by the Canadian Sport Institute Ontario. Applications are now being accepted for 2020-2022 coach candidates with a submission deadline of December 2, 2019.

Our Coaching Excellence Mentoring Program focuses on improving organizational effectiveness, technical expertise, and building event management skills for coaches working with LTAD Training to Train stage athletes. Four (4) coaches participated in the program this summer. Activities included completing an individual learning plan and mentoring in a high-performance training and competition environment.

I would like to take this opportunity to congratulate RCC's Cheyanne Farquharson who was nominated as Coaching Association of Ontario's (CAO) Female Good to Great Coach of the Year during National Coaches Week. Great job Chey!

Club Development

Our Club & Coach Development Program (CCDP) primarily provided equipment and coach support. We are looking to move the coach support out of the program and run it as the same structure as the Apprentice Coach Program (ACP). One of the key goals of the program and services review is to gain a better understanding on how we can support the clubs in the future.

Officials Development

Ontario Team Trial's was used as an official's mentoring opportunity by pairing new and developing officials with our experienced ones. Our goal is to provide more mentoring opportunities and develop a clear pathway for future officials.

Services

Coach Education

CKO Sprint ran five (5) coach education workshops with 72 coach participants. Thank you to all Coach Developers for passing on your knowledge and experience to the next generation of coaches. We are looking into new ways to deliver coach education via online options, as well as the dates and locations of the workshops to maximize participation.

Event Management

OCup – Ontario Team Trials had over 170 athletes from 14 clubs competed in the event. We had a long delay to the start of Day 1 due to technical issues. Feedback from coaches included improved communication with respect to any delays and/or changes to the schedule.

OCup – Sports Camp included 59 development paddlers. The event is a combination of sport specific training, team building activities, and on-water and off-water racing. Thank you to Mississauga Canoe Club for hosting us and to the camp coaches for making it a fun event for everyone.

OCup – Ontario Championships included 487 paddlers from 17 clubs across Ontario. The event was a great success on an off the water. In addition to the great racing, we hosted a Coaches & Officials Meet and Greet, a Special Olympics workshop and an athlete recognition presentation for those athletes who represented Canada at the Pan American Championships, Pan American Games and the Junior/U23 World Championships.

Our OCup – Long Distance Regatta had 112 paddlers complete a 12,000m to 24,000m race on Mooney's Bay in Ottawa which included a 200m beach portage each lap. We are looking into the possibility of joining forces with Quebec to provide an inter-provincial long-distance event in the future.

I would like to congratulate the Rideau Canoe club for being awarded the 2019 Ontario Cup Series Grand Champion and the North Bay Canoe and Balmy Beach Canoe Club for being the OCup Series Excellence Award winners. The Grand Champion points are a combined club's total points from all four (4) Ontario Cup events. The Excellence Award points combines a club's total points from all four Ontario Cup events, divided by the number of club participants in each event.

CKO Sprint also hosted three (3) Ontario Winter Cup events in conjunction with our NextGen training camps. The events included a swim meet in December, a ski race in February and an on-water time control in October.

Overall, the 2019 Florida camp was a success. We continued to reach maximum capacity for camp registrations, provided access to some of the best coaches in Ontario and a training environment that meets the needs of the athletes. A post-camp survey was conducted for athletes and parents. The feedback we received will help us provide an improved experience in 2020.

We hosted three (3) NextGen Training Camps for Ontario Team members to provide off-season training opportunities for targeted athletes in a fun and knowledgeable environment.

37 athletes competed for Team Ontario during the Ontario Regatta Tour. Team Ontario won the Canada Day Cup! Congratulations to all athletes and camp coaches.

Business Operations

Policies

As members of Canoe Kayak Canada (CKC), we are committed to following CKC's Safe Sport policies and processes for addressing misconduct. CKO Sprint has adopted the Coaching Association of Canada's (CAC) Responsible Coaching Movement (RCM) for all CKO Sprint activities. The RCM supports coaches with the training and knowledge they need to ensure that participation in sport occurs in a safe - open and observable -, healthy and fun environment by following these three (3) steps to responsible coaching, including the Rule of Two, background screening and ethics training.

In addition, CKO Sprint developed our Person in Authority (PIA) Guidelines. The PIA guidelines are intended to protect participants from abuse. It provides guidelines for conduct that are consistent with the development of healthy relationships between adult persons in authority and youth sport participants.

There are several policies that we need to develop and/or implement over the winter including, Rowan's Law on concussion management, athlete transfer and recruitment guidelines. We are also working towards having clear incident reporting, investigation and discipline procedures, as well as a through dispute resolution process.

Communication

CKO Sprint developed a new website and logo to improve communication with our members and establish brand recognition to the community at large. Thank you to Emily Jenkins for developing our website and to Tom Hoferek for designing our new logo. Emily was also contracted to run our media campaign during the Ontario Team Trials (OTT's) and Ontario Championships, including live races at OTT's, athlete interviews and photos and a Facebook live event for our Special Olympics workshop.

Moving forward, we need to improve our information sharing on all social media platforms, promote our sport and events to the media and determine the best vehicle for communicating to all stakeholders.

Due to coach feedback we now use WhatsApp - texting app - to provide on-site communication to coaches at all CKO Sprint hosted events. In addition, we have moved the Ontario Team Trials and Ontario Championships pre-competition meetings from in-person to online. This will allow for increased participation by coaches and improve our organizational management before the competitions.

Ryan Blair
Technical Director, Canoe Kayak Ontario (CKO) Sprint