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Information & Registration Package: 2019 OCSRA Florida Training Camp

EVENT: 2019 OCSRA Florida Training Camp

DATES: Sunday, March 10th to Saturday, April 6th, 2019

VENUE: Homosassa Riverside Resort, Homosassa, Florida www.riversideresorts.com

PURPOSE:

The camp will provide training opportunities for athletes in the late LTAD Training to Train (T2T) to Training to Compete (T2C) stages, and whose training objectives and competition goals are closely tied to performance results at the provincial and/or national level.

Camp Specifics

Camp Coaches (target coach: athlete ratio is 1:8)

Ryan Blair, Technical Director, OCSRA

Pat Lester, Lead Coach, CPCC

Remaining coaches will be confirmed later.

Who is invited?

The camp is intended for athletes in the late LTAD T2T to T2C stages (2019 U18, U17 & U16 paddlers). 2019 U15 & U14 athletes may participate in the camp provided they meet the criteria below:

- The camp is open to any athlete who competed at the 2018 OCup #1 – Ontario Team Trials.
- Any athlete who did not compete at the OCup #1 – Ontario Team Trails needs permission from both their Head Coach and OCSRA’s Technical Director, Ryan Blair.
- Athletes must be registered on Padtrak, and in ‘good standing’ with OCSRA.

Accommodation

Homosassa Riverside Resort

<http://www.riversideresorts.com/>

5297 S. Cherokee Way

Homosassa, Florida 34448

General Information

Homosassa Riverside Resort is a resort facility with standard hotel rooms that accommodate 3 people. Each room has two (2) double beds and a cot or one (1) king bed and two (2) cots.



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Roommates will be pre-assigned. Riverside Resort's accommodation, restaurant, study room, laundry facilities and on-water/dry-land training area are all on-site. Athletes will be driven to the off-site weight training sessions.

Meals

All meals during the training camp are included in the camp registration fee. Participants are responsible for their own meals while traveling and can purchase snacks at arranged shopping trips.

Training Specifics

Training Sessions

Athletes should be prepared to complete 3-4 training sessions a day, including: on-water training, weights, running, soccer and other dry-land activities.

Off-water Activities

Athletes will also take part in several team building activities that reinforce important personal skills, such as teamwork, leadership, communication, building self-confidence and individual excellence.

Travel & Equipment

Travel

Athletes are responsible for their own travel to Tampa International Airport (**TPA**). Team vans will pick up athletes at the airport on Sunday, March 10th and drop-off athletes on Saturday, March 23rd (2 weeks), Saturday, March 30th (3 weeks) or Saturday, April 6th (4 weeks*). A staff member will be at the airport to meet athletes on March 10th.

There will be four (4) pick up times at 10:30 am, 1:30 pm, 4:30 pm and 9:00 pm on March 10th, as well as four (4) drop off times at 7:30 am, 12:00 pm, 4:00 pm and 7:00 pm on March 23rd / March 30th / April 6th. Please arrange your flights accordingly. If flying outside of these times, you will be required to wait at the airport until the designated pick up/drop off times or make your own arrangements for ground transportation.

Depending on the number of participants requiring transportation at each pick up time, some may have to wait at the airport until the next scheduled pick up time due to limited space on the vans. Those flying to a different airport are responsible for making their own arrangements to either the Riverside Resort or to Tampa International Airport (**TPA**) at the assigned pick up times.

Equipment

OCSRA will transport boats to and from the camp. OCSRA will not assume responsibility for damages that may occur during transport or while the boats are at camp. OCSRA will not insure private boats.



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All participants must provide their own (or club) singles boat in good working order. If repairs are needed at the camp, the athlete will be charged for any associated expenses. Participants will be notified of boat pick up arrangements later.

Paddles and paddling equipment may be taken with you as personal baggage or packed in your boat. No other personal items are allowed in the boat and will be removed as they will cause a delay at customs. **All boat covers must be labeled with the athlete's name and club.** No equipment or personal items will be taken in the van.

OCSRA's safety policy and Canadian & US Coast Guard Regulations governing racing canoes/kayaks will be followed. 2019 U15 athletes are required to wear a government certified PFD always while in their boat. All other athletes are required to have a government certified PFD in their boats.

Medical Services & Emergencies

Medical Insurance

Athletes are required to purchase out of province medical insurance to cover any medical treatment. Proof of insurance must be received within fourteen (14) days from the completed online application to secure a spot.

Medical Treatment

Citrus Memorial Healthcare Center is 7 miles (20 minutes) from the resort and offers emergency and walk-in services.

Camp Conduct

Athletes attending camp are expected to conduct themselves in an exemplary manner as representatives of OCSRA, their club and Canada. All athletes must:

- Attend all training/group sessions unless excused by coaching staff;
- Be in their own rooms by the designated curfew time;
- Maintain a clean-living environment;
- Always show consideration for Riverside Resort staff, it's facility and property;
- Contribute to a positive training environment, including refraining from any form of harassment;
- Obey all Riverside Resort rules, and the laws of the State of Florida;
- Respect the coaching staff and follow their instructions.

Violation of the camp regulations will result in disciplinary action, including possible expulsion from the camp (at the athlete's personal expense), and/or suspension from OCSRA team and events.



Registration Details

Registration Fee

- Sunday, March 10th to Saturday, March 23rd, 2019 (2 weeks) - \$2100 CAN
- Sunday, March 10th to Saturday, March 30th, 2019 (3 weeks) - \$2600 CAN
- Sunday, March 10th to Saturday, April 6th, 2019 (4 weeks*) - \$3300 CAN

*Participation in the four (4) camp is limited to 20 athletes and is intended for athletes training to compete at the National Team Trails. Permission to attend four (4) weeks requires approval from both the athlete's coach and from OCSRA's Technical Director, Ryan Blair prior to registration.

The camp registration fee includes accommodation, food, coaching, boat transportation, rental vans, gym access and a camp gear. **Note: the maximum number of registrations for this year's camp is 80. Priority will be given to members of the 2017-18 Ontario Team, the 2018 Ontario Tour Team and those who attended the 2018 Florida Training Camp.**

Online Registration

All registrations must be completed online at the following link

<https://goo.gl/forms/I2aV0p3VpntJZ9c13>. Online registration will open on October 9th to October 15th for 2017-18 Ontario Team members, 2018 Ontario Tour Team members and those who attended the 2018 Florida Training Camp only. After which time the registration will open to all members.

Wait List

Once the maximum number of participants is filled (usually within 3 weeks) the online application will close. Those wishing to be put on the camp wait list must email OCSRA's Technical Director, Ryan Blair with their names, club and number of weeks they wish to attend the camp. Those on the wait list will only be accepted if a registered participant declines their camp enrolment.

Registration Deadline

A \$750 non-refundable deposit and proof of medical insurance must be received within fourteen (14) days from the completed online application to secure a spot. If the deposit and/or proof of insurance has not been received and/or a payment arrangement has not been made with OCSRA's Technical Director, the participant will be removed from the registration list and placed on the wait list.

The remaining camp balance must be paid by Tuesday, January 15th, 2019. Please note: a registration is not considered complete until the deposit has been confirmed and permission to attend the camp has been provided by both the athlete's Head Coach and OCSRA's Technical Director (if applicable).

Payment Options



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1. Interac E-Transfer

Send to address: ocsra.payments@gmail.com

Comments area: Athlete's name, club and purpose of payment (2019 OCSRA Florida Training Camp)

2. By Mail

Cheques should be made payable to: OCSRA

And mailed to the following address:

OCSRA Treasurer

2039 Shawanaga Trail

Mississauga, ON L5H 3Z3

Other Camp Details

School Work

Daily study sessions will be provided. Athletes are required to meet with the Ryan Blair to review their school requirements at the beginning of the camp.

Grade 10 Literacy Test

The Ontario Secondary School Literacy Test (OSSLT) is scheduled for March 27th, 2019. Any athlete who is required to complete the test during camp must indicate so on the camp application form. It is each athlete's responsibility to arrange testing requirements with their school and OCSRA's Technical Director, Ryan Blair. If you have any questions regarding the test, please contact Ryan at ryanblair@gmail.com.

Weather

Come prepared! Average daytime temperatures for March is 25-26 degrees Celsius. However, the morning temperatures can be as low as 8 degrees Celsius.

Internet & Cell Service

Internet service is available on-site. Athletes may use personal cell phones during the camp.

Day Trips

Off-site day trips to the beach and other attractions will be available. Note: any cost associated with off-site trips will be the responsibility of each athlete.

What to Bring:

- Singles (kayak or canoe)
- Paddle, blocks, floorboard, seat, footrests, spray skirt, etc.



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- Paddling/training clothes (warm and cold weather)
- Running shoes, running gear
- Sun block, hat, sun glasses
- Spending money for day trips, shopping excursions, and meals on travel days

Important Dates

- Online registration opens for 2017-18 Ontario members, 2018 Ontario Tour Team members and 2018 Florida Camp participants: **Tuesday, October 9th, 2018**
- Online registration opens for general membership: **Tuesday, October 16th, 2018**
- A \$750 non-refundable camp deposit and proof of medical insurance is due fourteen (14) days after completion of the online application
- Final payment deadline: **Tuesday, January 15th, 2019**

Ryan Blair

Technical Director, OCSRA

ryanblair@gmail.com

www.ocsra.ca