



ONTARIO CUP  
SPRING SPORTS CAMP  
MISSISSAUGA, ON 2019

CANOE KAYAK  
ONTARIO  
SPRINT

## Canoe Kayak Ontario (CKO) Sprint's OCup - Spring Sports Camp Information & Registration Package

Event: OCup - Spring Sports Camp

Dates: Saturday, June 15<sup>th</sup> & Sunday, June 16<sup>th</sup>, 2019

Venue: Mississauga Canoe Club [www.mississaugacanoecub.ca](http://www.mississaugacanoecub.ca), Mississauga, ON

### Purpose:

The camp objectives are to provide technical development opportunities for LTAD Training to Train stage (U13, U14, U15 & U16 development) paddlers, and off-water sport activities in a fun and competitive environment. Participants should be prepared to train four (4) sessions per day, including paddling, running and games.

Participants will also compete for their individual clubs in a 6km running race, a 6km paddling race and multiple 200m paddling races.

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### Competition Specifics

1. The camp is open to U13, U14, U15, and U16 development paddlers who will be instructed by club coaches from across Ontario.
2. Participants will sign in on Saturday, June 15<sup>th</sup> at 9:30 am in MCC's main hall.
3. Participants/Clubs are responsible for transporting their own boats (singles only).
4. To participate, all participants must be registered with a CKC member club for the 2019 season and must be in "good standing" with the Canoe Kayak Ontario Sprint and their member club.
5. All payments for any outstanding accounts to CKO Sprint must be made in advance of the camp.

### Preliminary Schedule

| Saturday June 15th |                      | Sunday June 16th |                              |
|--------------------|----------------------|------------------|------------------------------|
| Time               | Activity             | Time             | Activity                     |
| 9:30 am            | Sign in & camp intro | 8:30 am          | Sign in/walk to Running Race |
| 10:00 am           | Paddle #1            |                  |                              |
| 11:00 am           | CKC Base 7 testing   | 9:00 am          | 6km Running Race             |
| 12:00 pm           | Lunch                | 11:30 am         | 6km Paddle Race              |
| 1:00 pm            | Paddle #2            | 12:30 pm         | Lunch                        |
| 2:00 pm            | Team Activity #1     | 2:00 pm          |                              |

Providing programs that are Athlete centered, Coach/Club led and PSO supported.  
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|         |                   |         |                                  |
|---------|-------------------|---------|----------------------------------|
| 3:00 pm | Free time         |         | 200m Paddling Races block starts |
| 4:00 pm | Paddle #3         | 3:00 pm | Awards                           |
| 5:00 pm | Team Activity #2  | 3:30 pm | Travel home                      |
| 6:00 pm | Dinner            |         |                                  |
| 7:00 pm | Team Activity #3  |         |                                  |
| 7:30 pm | Travel home/hotel |         |                                  |

## Fees

The fee for participants who require accommodation is \$130\* and \$65 for those who do not require accommodation (fee includes meals, \*accommodation, coaching and camp gear). Clubs will be invoiced for the participants after the event.

## Accommodation

Hotels rooms will be provided for out-of-town participants at the Holiday Inn Toronto/Mississauga 2125 North Sheridan Way, Mississauga ON. Please indicate on the registration form if you require a hotel room. Rooms accommodate up to four (4) participants per room.

## Meals

Lunch and dinner will be provided on Saturday, lunch on Sunday, as well as breakfast for those staying at the hotel. Snacks will also be available. Participants may also bring additional snacks (peanut free please). Note: MCC is a non-reusable water bottle free environment.

## What to Bring

- K1 or C1 & all paddling gear
- Paddling & running clothes
- Running shoes
- Towel and toiletries
- Clothing for inclement weather
- Hat
- Additional snacks

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## Registration Details

1. Registration deadline is Monday, June 10<sup>th</sup>, 2019 by 5:00 pm. Registrations are to be completed using the attached 2019 CKO Sprint OCup – Spring Camp entry form and emailed to Ryan Blair [ryan@ckosprint.ca](mailto:ryan@ckosprint.ca).
2. All participants must complete CKO Sprint's 2019 online participant waiver form at the following link <https://forms.gle/oEQre94fDnQKaQ7F6>. The waiver form only needs to be completed once per year. If you have already completed the waiver for OCup – Ontario Team Trial's you don't need to do so again.

## OCup Series Points

1. Participants total time in the 6km running race, 6km paddling race and best three (3) 200m time control results will be used to calculate each participant ranking. The fastest total time in each age category and discipline will be the winner.
2. Points will be awarded to the Top 8 performances in each category (see table below). OCup Series Grand Champion points will combine a club's total points from all four (4) OCup events. OCup Series Excellence Award points will combine a club's total points from all four (4) OCup events, divided by the number of club participants in each event. Ex. Club "X" receives 100 points at Ontario Team Trials with 10 participants. Club "X" will receive 10 points towards the OCup Series Excellence Award.

Position of Finish      Total Points

|                 |    |
|-----------------|----|
| 1st             | 16 |
| 2 <sup>nd</sup> | 8  |
| 3 <sup>rd</sup> | 6  |
| 4 <sup>th</sup> | 5  |
| 5 <sup>th</sup> | 4  |
| 6 <sup>th</sup> | 3  |
| 7 <sup>th</sup> | 2  |
| 8 <sup>th</sup> | 1  |

Reminder: Entry Deadline: Monday, June 10<sup>th</sup>, 2019 by 5:00 pm

Ryan Blair  
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