

How to run: CANOE KIDS Program

Timelines:

April: Make sure online registration is up and running! You will get the majority of your confused parent emails and phone calls in April and May.

May-June: start looking to see how the registration is going – compare it with years past to see if you are on target. Get CANOE KIDS handbooks printed at Staples. You will need a minimum of 200 for the summer. You can always go back and order more if need be. Send out public interest stories to the local papers to ensure that people hear about the club and upcoming programs. If you send a story and picture to the paper on time they will print it.

	May 6, 2013	May 14, 2013	May 30, 2013	August 12, 2013	Final 2012	Final 2013
CK 1	12	12	12	28	25	28
CK 2	16	20	20	26	29	26
CK 3	18	16	17	30	24	30
CK 4	18	20	20	34	30	34
CK 5	11	11	17	27	31	27
CK 6	11	10	13	20	28	20
CK 7	13	12	15	32	31	32
CK 8	13	13	15	25	31	23

June:

- 1) Have a staff-training day
 - a. Explain your goals for the program so that staff buys into the same goal
 - b. Set out expectations of day to day camp and how to deal with things in difficult situations.
 - c. Allow staff to work together to create the program that they will be running
- 2) Work with your summer staff to develop weekly plans, theme activities and outline how you are going to run your program. Be over prepared!
- 3) Clean out the blue canteen so you can use it – make any necessary changes to the building.

July: Run your program! Make sure you are over prepared for all situations and stick with the schedule. Keep the theme weeks going and ensure that staff is prepared for the week before it happens.

August: Run your program! Make adjustments if necessary to the schedule and staffing. If there is an older kid in your group you can speak to the U11 groups coaches to see if you can put them there.

Supplies:

Dragon boat Sit On tops Paddles Lifejackets Crew boats Rec Canoes	Canoe Kids Supplies Crayons Construction paper Markers Ribbon Tape Canoe kids manuals
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Staffing:

1 staff: 10 campers

Sample Schedule:

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9am-10:30am	<u>Intro</u> -Name game -Rules -Tour of club	<u>War Canoe</u> -Hold Canoe Paddle -Hit Drill -Simon says	<u>Team Boats</u> -Canoe Trip -Simon Says	<u>Dragon Boat</u> -Hit drill -Simon Says -Tug of war	<u>Dragon Boat</u> -Hit drill -Simon Says -Tug of war
10:30am-12pm	<u>Singles</u> -Tip turn tow -Sand castle contest	Theme activity	<u>Singles</u> -Knowledge of paddle -Follow the leader	<u>Fun Boats</u> -Paddle up lake -Follow the leader	<u>Fun Boats</u> -Simon says -Water polo
12pm-1pm	Lunch	Lunch	Lunch	Lunch	Lunch
1pm-2:30pm	<u>Dragon Boat</u> -Holding Canoe Paddle -Hit drill -Simon Says	<u>Singles</u> -Stroke forward/backward -Pulling wide	Theme Activity	Theme Activity	Group Activity
2:30pm-4pm	<u>Fun Boats</u> -Holding kayak Paddle -Water polo	<u>Team Boats</u> -J stroke -Steering -Simon says	<u>Fun Boats</u> -Tag -Water polo	<u>Team Boats</u> -Canoe Trip	Group Activity

WEEK 1

Adventure land activity Monday - teams of 5 create team name, cheer, team color, cheer competition, team points, team craft

Adventure land activity Tuesday - explore beach (scavenger hunt, points to first team to finish)

Adventure Land Activity Wednesday - explore track

Adventure Land Activity Thursday - explore 500m dock

Adventure Land Activity Friday - Adventure Race on/off water

WEEK 2

Survivor Monday - Teams of 5, team name, cheer, team color, cheer competition, team points, team craft.

Survivor Tuesday - water drills (balance&strokes) points to the teams

Survivor Wednesday - mini tourney (scavenger hunt in teams)

Survivor Thursday - Water activity (leap frog)

Survivor Friday - relay race

WEEK 3

Got Talent Monday - Try Talent (in groups of 5)

Got talent Tuesday - Prep making props, planning talents

Got Talent Wednesday - Talent Show

Got Talent Thursday- prep for talent show

Got Talent Friday - Final Talent Show!

WEEK 4

Olympic Activity Monday - Soccer (game of soccer, around the world, world cup)

Olympic activity Tuesday - Track (long jump, 100m)

Olympic activity Wednesday - Swimming (from 500m docks)

Olympic Activity Thursday - Boats (mini races)

Olympic Activity Friday - awards for the week

WEEK 5

Water World Monday - water balloon toss elimination/splash pad

Water World Tuesday - Drip Drip Splash (duck duck goose, on splash drop water on the person head you choose)

Water World Wednesday - Build a raft (learn different strokes)

Water World Thursday - swim dock to dock, games at 500m dock

Water World Friday - obstacles course with water balloons

WEEK 6

Monday Activity - North America

Tuesday Activity - Asia

Wednesday Activity -Europe

Thursday Activity - Africa

Friday Activity - make a passport of all countries they have learned about, and race across the water in teams and find a flag.

WEEK 7

Amazing Race Monday - team cheers, team name, team color, Cheer competition, Tug-of-war

Amazing Race Tuesday - relay race

Amazing Race Wednesday - Puzzle Game

Amazing Race Thursday - Obstacles on water using different strokes, and steering boats

Amazing Race Friday - Scavenger hunt in teams, team with the most points at end of week wins!

Resources:

Canoe Kids Course Book – includes games, on water activities, coaching skills

Canoe Kids Work Book – for the campers – goes through what kind of paddle they need, boats, life jackets etc. It is for use every week (& everyday) with the canoe kids group so that

Internet – coaches should be consistently looking at new games and activities for the kids to do. While the kids do have some favourite games – it is important to keep things fresh and exciting.

www.participaction.ca

www.phecanada.ca