

OCSRA Competition Review

**A review of current practices and recommendations for
young paddlers aged 15 and under**

Compiled by Bill Trayling, OCSRA Coach and
Club Developer

Our current Landscape. What are the issues?



Stages of Long-Term Athlete Development for Canoe/Kayak



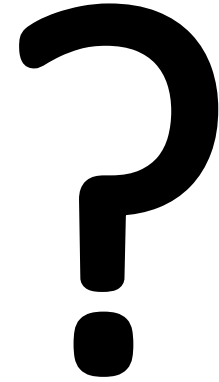
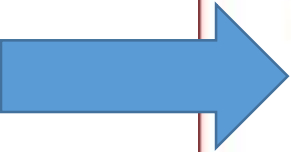
And what about ...

Question: Do our current regatta schedule and competition day formats satisfy Long Term Athlete Development guidelines for skill development through competition design?



Long-Term Athlete Development Framework for

		Active Start	FUNDamentals & Foundations	Training to Train	Learning to Compete
AGE	FEMALES	0-6	6 to 11	11 to 15	13 to 15+
	MALES		6 to 12	12 to 16	14 to 17+
PHASES		Fundamental Movement Skills	Fundamental Sport Skills; Canoe/Kayak Skills	Physiological Development	Continued Physiological Development; Competitive Development
Skill Development			basic paddling skills; balance & boat control	intermediate paddling skills	gross motor refinement; advanced paddling skills; technique under race conditions
TRAINING FOCUS			FUN/Play Skill development	General Endurance	Sport Specific Endurance; Strength; Speed
CRITICAL WINDOWS OF TRAINABILITY			Speed 1 Suppleness Basic Skills	Speed 2 Aerobic Capacity Strength	Females 15-17 Males 14-19
VOLUME OF TRAINING			3-5 sessions/week; progressing to 4-6 sessions/week	In-season: 4-8 sessions/week off-season: 4-6 sessions/week	In-season: 8-12 sessions off-season: 6-9 sessions
Mental Preparation			build desire to stay involved; build self confidence	develop focus; effective goal setting; breathing & relaxation skills; athlete/coach communication & feedback	focusing & re-focusing; effective goal setting; assessing training & competition; visualization; relaxing vs. energizing
Monitoring			aerobic capacity; agility; flexibility; height	aerobic capacity; flexibility; height	aerobic capacity; height; general strength
REGATTAS			Club	Divisional	Interdivisional/Provincial





From Canoe Kayak Canada's LTAD Framework

- Calendar Planning for Competition: The regatta system and calendar should support and **be consistent with LTAD.**
- Different stages of development have different requirements for the **type, frequency, and level of competition.**
- At some stages of development (for example, Training to Train), training and development should take precedence over formal racing and short-term success.
- At later stages, it becomes more important for athletes to experience a variety of competitive situations and to perform well at high-level regattas.



FUNdamentals & Foundations

Males 6-12, Females 6-11

- Children in the CanoeKids program do not participate in Divisional regattas, but can be invited to informal Club regattas combined with the atom athletes.
- The regattas should be a **half day in length** and should be 'unlimited fun' (Jamboree style, see FUNdamentals stage) culminating with a Bar-B-Q at the end of the event.
- The athletes should compete in **stable boats** and **both canoes and kayaks**.
- Coaches should start developing team boat skills and team boat races should be part of all regattas.
- There should be no championship regattas in small boats for this age group. Athletes nearing the end of this stage can start competing in head to head style competitions tailored towards their developmental needs.
- The length of the regatta can be **increased to a one day event** and these athletes may race 3-4 times per year in local, Divisional and interDivisional competitions.
- These athletes should continue to race in **both canoes and kayaks**, and team boat events should be stressed.



Training to Train

Age 12-16 female, 11-15 male

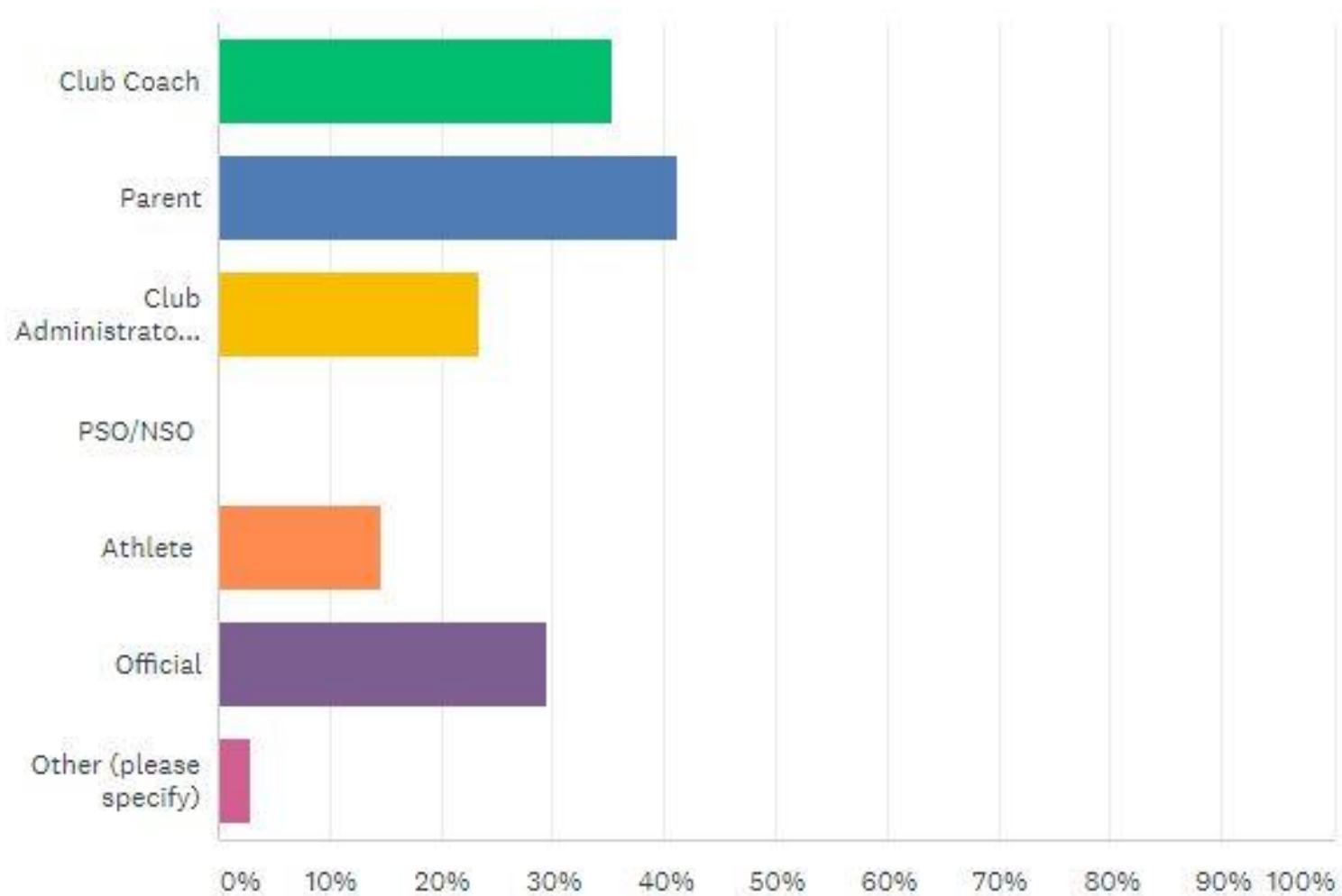
- Athletes at the **beginning of this stage** are ready to participate in formal competitions.
- This stage reflects the **speed window** and the **aerobic capacity window** therefore, competition should reflect these windows. It is important for the development of the athlete that they race both **short** and **long distance** races.
- As athletes progress through this stage they should start being exposed to increasingly competitive style regattas.
- Athletes nearing the end of this stage should be competing at the National Championships.
- As the athlete progresses through this stage, more and more major and minor competitions will be available for the athlete to compete in; CKC recommends that the athlete only compete in **one major competition per season** and **one minor competition** per month. This is not to say that athletes should only go to one regatta per month, but rather that local Club regattas should tailor their race cards to emphasize **skill development instead of traditional head to head races**

The Survey ...

ANSWER CHOICES		RESPONSES	
▼ Club Coach		35.29%	12
▼ Parent		41.18%	14
▼ Club Administrator/Board		23.53%	8
▼ PSO/NSO		0.00%	0
▼ Athlete		14.71%	5
▼ Official		29.41%	10
▼ Other (please specify)	Responses	2.94%	1
Total Respondents: 34			

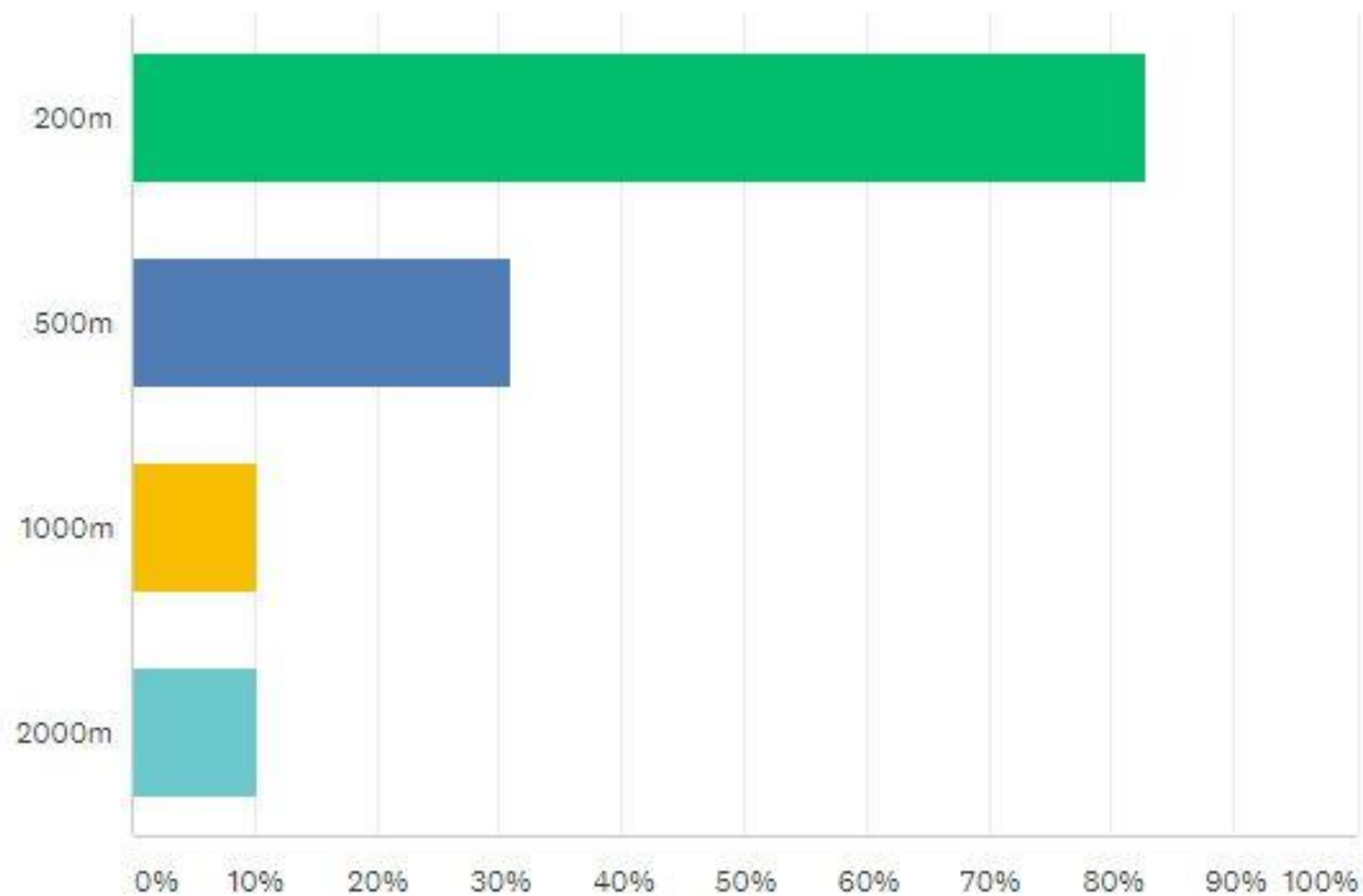
What is your role in our sport?

Answered: 34 Skipped: 0



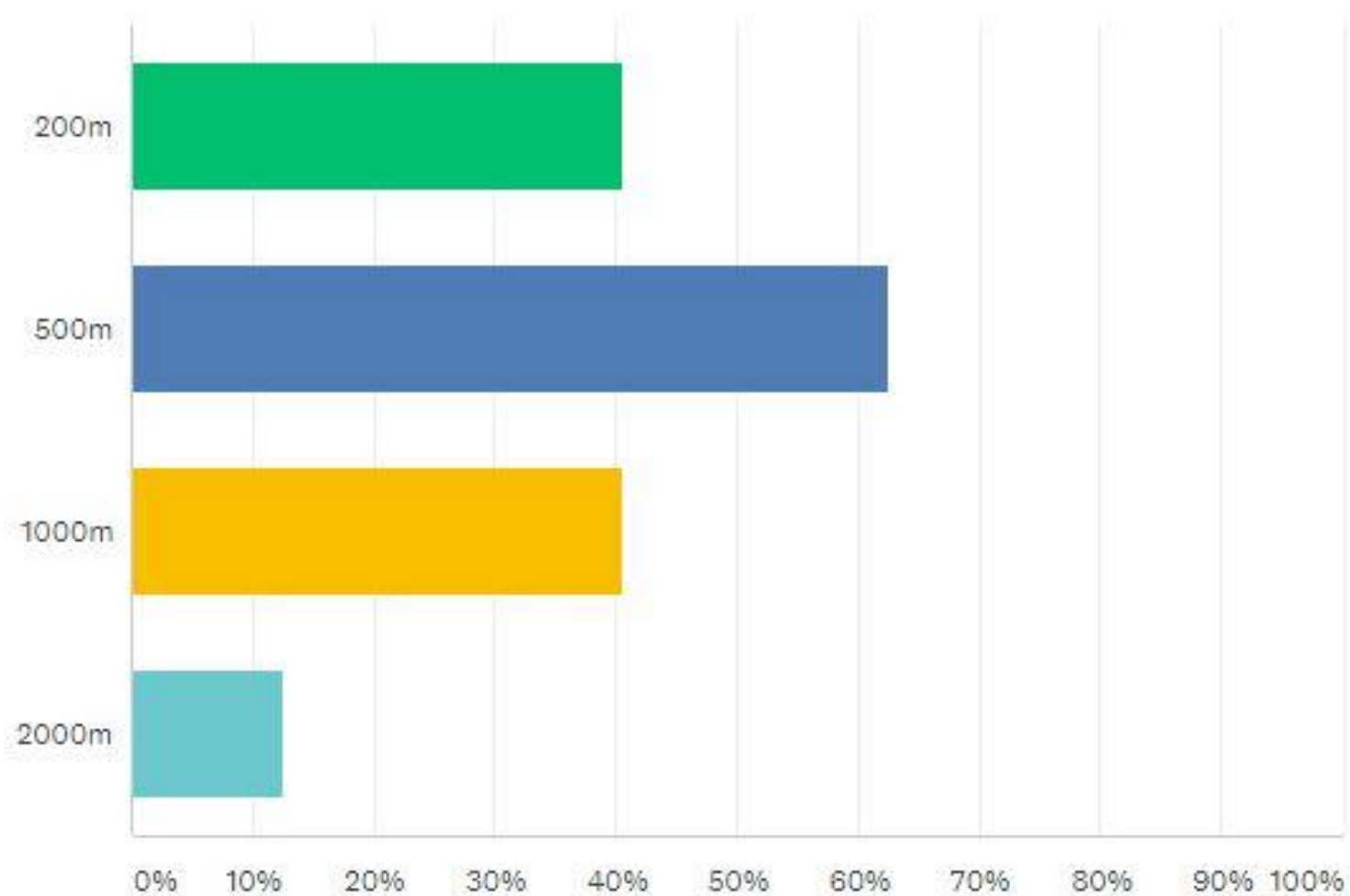
What is the ideal race distance for U11 (and younger) paddlers?

Answered: 29 Skipped: 5



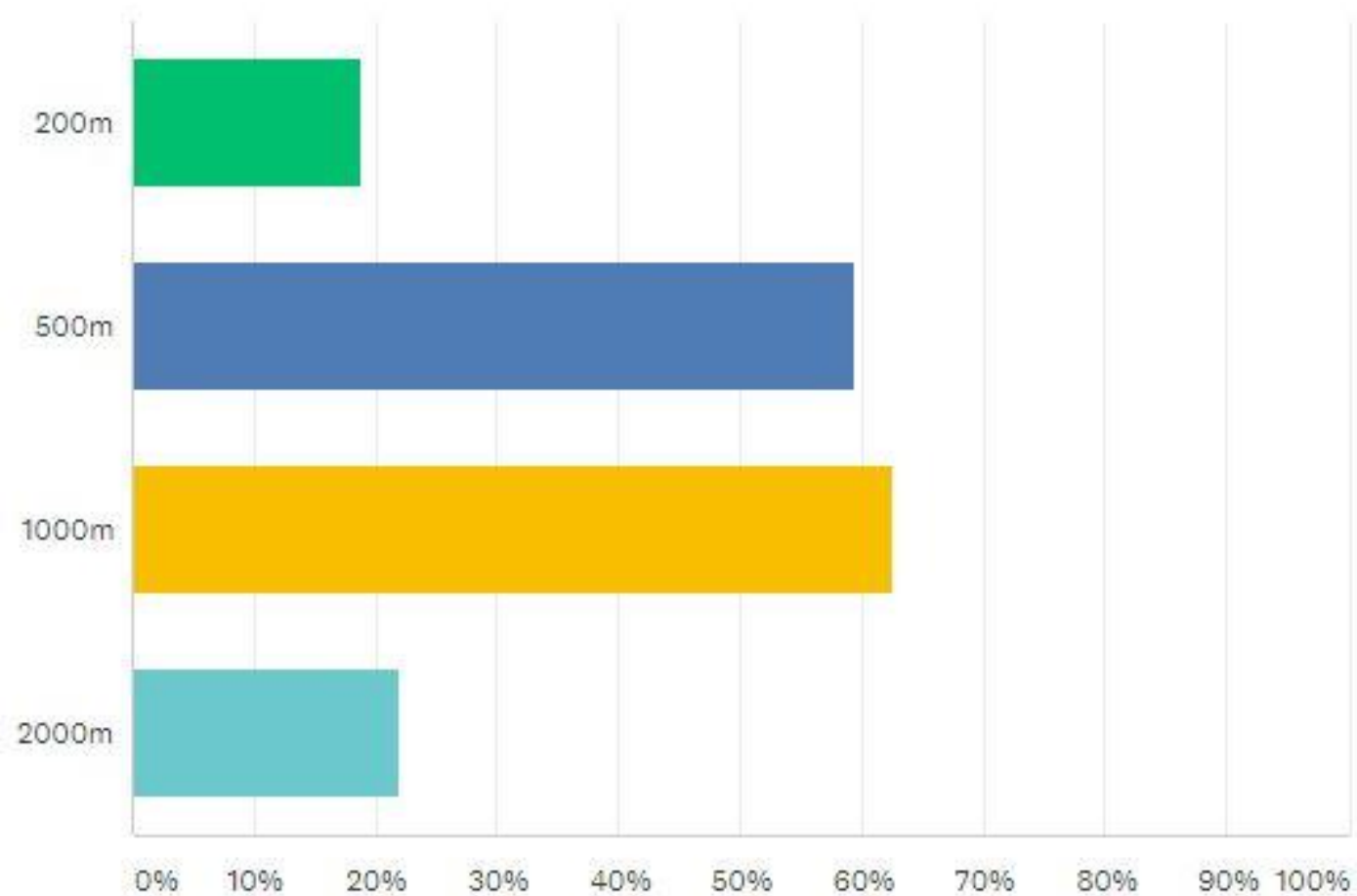
What is the ideal race distance for U13 paddlers?

Answered: 32 Skipped: 2



What is the ideal race distance for U15 paddlers?

Answered: 32 Skipped: 2



Best model for U15

Rationale from the Respondents

Best model for U11

Rationale from the Respondents

Best model for U11

Rationale from the Respondents

Competition Review 2017

Great Ideas from the Survey

So what are the options?

Dictionary

reinvent the wheel



reinvent the wheel

phrase of reinvent

1. waste a great deal of time or effort in creating something that already exists.



Translations, word origin, and more definitions

We're not alone ...

- Two Divisional Regattas, open to all clubs. Full slate of events (K1/C1, K2/C2, K4/C4, C15/MXC15).
- Regattas typically ran 8-10 hours in duration, with up to several hours between events for individual paddlers.
- Paddlers who miss start times were left out.
- Essentially adult format regattas for little kids!
- The formats did not satisfy Long Term Athlete Development (LTAD) guidelines for skill development, level and organization of competition.

Seems rational ...

- Our goal is to ensure that Canoe Kayak regatta experiences focus on developing the proper skills and techniques for each age class in line with the stages of Long Term Athlete Development.
- We want to ensure paddlers stay involved in the sport for life by implementing best practices based on in Canadian Sport for Life's Long Term Athlete Development framework.
- The Atlantic Division CanoeKayak Canada is working alongside sport experts and our Member Clubs to make positive change to our traditional regatta formats.



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ADCKC's approach to U11



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Under 11's

Fun - Skill Development - Foundations - Participation

Creating a fun and safe event that focus on developing the fundamentals and foundations of canoe kayak and encouraging participation is our goal. Our two traditional events, the U 11 Bomb and U 11 Championship, have been shifted to realize six inter-club events that are in line with Long Term Athlete Development (LTAD) principles

We've heard from the experts, and even have a few of our own. We are acting on the best advice for LTAD (want to learn more about the LTAD? [Click here!](#)).

Kids aren't mini adults, so the regattas don't need to be the same as adult regattas, with all the adult rules and pressures. The new format creates six three-hour festival events (no more all day events with hours between races) that place the emphasis on fun, skills, and participation. All singles races are to be in the most appropriate equipment we have available (Lightnings and Mini K1s for kayakers, Cadets and Mini C1s for Canoers).



With start time blocks instead of heats, there is no worry about missing races. Paddlers can race as often as they like within the allotted time block. They can race alone, or choose their own competition - the races start as soon as they are ready! For parents and coaches, this means that regattas don't fall behind schedule since the starter is free to call 'Go' whenever there are kids in boats. No more waiting for Lane 4, Heat 3 to show up!

Participant Ribbons will be available to all paddlers.

Under 11 - Schedule of Events Supported by the Atlantic Division CanoeKayak Canada & Host Club, Come Out and Celebrate!

Events include: C1 / K1: 400m (with 180 degree turn) C4/K4: 500m Club C15: 200m

*distances may change to suit host location



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Under 13's / Under 15's / Under 16's - Open

(Changes Applicable to Regatta #1 Only)

The following regatta format changes are applicable to the first regatta for each age class only. All other events will maintain the traditional format for these age classes.

The changes have been made to the first regatta of the season as these events are traditionally entered into by paddlers just beginning summer programs. The new formats for the first regatta support beginners by focusing on their physiological and developmental needs.



Example; longer distances encourage participants to develop pacing skills, turning, strategies for racing, riding wash etc.

Races also have a place for everyone at the U 13 age class with developmental singles and experienced singles broken out throughout the day to ensure paddlers need only be on site for their specific race times.

War Canoes have been eliminated in U 16 - Open (1st regatta only) as many athletes in the "Training to Compete" are not available for warcanoe as they are full swing preparing for various levels of team trials during this time period.



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The U13+ Model



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New Format U 13 / U 15 / U 16 - Open

U 13 #1 Host: Maskwa, July 18

Development Singles 1000m (with turn)
K4/C4 500m
K2/C2 2000m
* C15 500M
Experienced Singles 2000m (with turn)

*Includes mixed

U 15 #1 Host: Maskwa, July 19

Singles 2000m (with turn)
K4/C4 500m
K2/C2 2000m (with turn)
* C15 500m

*Includes mixed

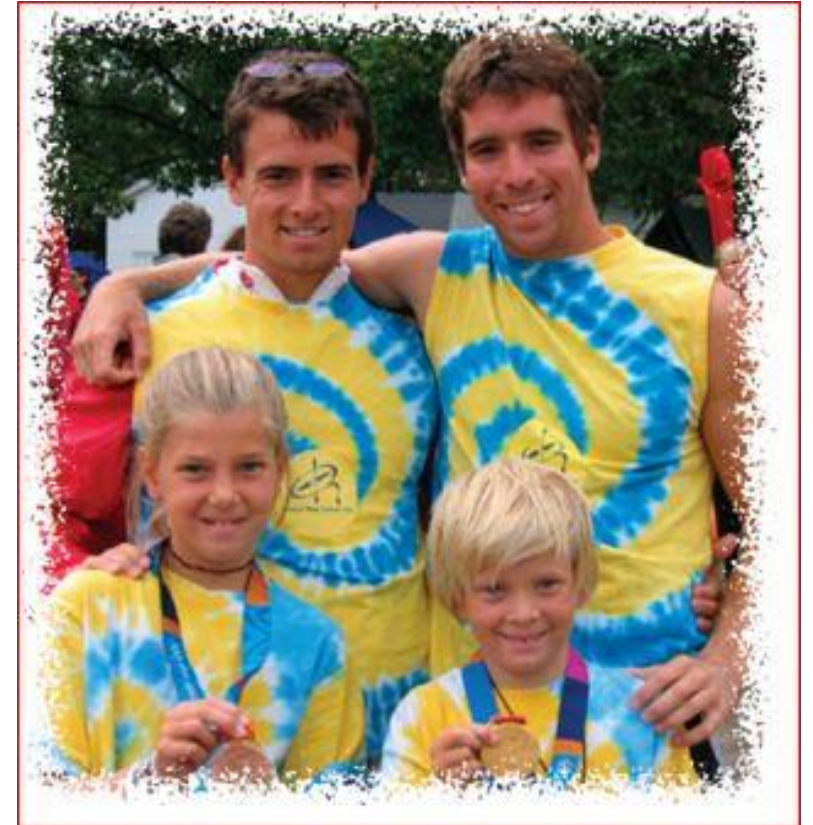
U 16 - Open Host: ADCKC, June 13

Singles 2000m (with turn)
K4/C4 500m
K2/C2 2000m (with turn)

Let's focus back home



- Although ADCKC had some similar issues, their landscape is significantly different in terms of numbers and geography.
- And – they are one division. We are two.
- Does that mean we can borrow some ideas?
- What can we learn and how can we apply some of the learning to Ontario's model?
- And how will we be sure each division's approach works toward our collective goal?



Recommendations

U11 competitions need to be LTAD compliant. Look to what works with ADCKC model and try it. Perhaps hybrid with 200m races.	We continue to plan our competition models based on a combination of history and flavor of the year. While changes will always be valuable, a system of planning around a mix of science and practicality will enhance the experience for all.	OCSRA leadership Divisional Boards Member Clubs	2017 Fall through 2018 Fall
U13 competitions need to be LTAD compliant. Look to what works with ADCKC model and try it. Perhaps hybrid with 500m races.	We continue to plan our competition models based on a combination of history and flavor of the year. While changes will always be valuable, a system of planning around a mix of science and practicality will enhance the experience for all.	OCSRA leadership Divisional Boards Member Clubs	2017 Fall through 2018 Fall
U15+ competitions need to be LTAD compliant. Look to what works with ADCKC model and try it. Perhaps hybrid with 1000m races.	We continue to plan our competition models based on a combination of history and flavor of the year. While changes will always be valuable, a system of planning around a mix of science and practicality will enhance the experience for all.	OCSRA leadership Divisional Boards Member Clubs	2017 Fall through 2018 Fall

Our Process – Going Forward

- Agree on the fundamentals and big rocks today.
- Divisional Reps meet in November and create a list of wants/needs
- Provincial task group with representation from both Divisions meet live or online (CKC Summit?)
- Divisional Competition Models ratified at December Divisional meetings
- 2018 Competition Model published in January

