



**CANOE KAYAK
ONTARIO
SPRINT**

To: Invited Athletes and Club Coaches
 From: Ryan Blair, Technical Director, Canoe Kayak Ontario (CKO) Sprint
 Subject: Ontario U14 Academy & SO Team December Training Camps

Ontario U14 Academy & SO Team Training Camps - December 9-10, 2023

The camp is hosted Canoe Kayak Ontario (CKO) Sprint and supported by the Canadian Sport Institute Ontario and the Ministry of Heritage, Sport, Tourism and Culture Industries.

Who is Invited (see Appendix A)

- Invited Athletes

***Dates, draft Schedule & Location**

EOD Athletes		WOD Athletes	
SATURDAY Dec 9 CPCC	SUNDAY Dec 10 Carleton Place Aquatic Centre	SATURDAY Dec 9 MCC	SUNDAY Dec 10 Toronto Pan Am Sports Centre
9:00 am – 12:00 pm Training, testing, workshops, & team activity 12:00 pm lunch	10:00 am – 12:00 pm Ontario Cup – Swim Meet (50m, 150m, 300m)	9:00 am – 12:00 pm Training, testing, workshops, & team activity 12:00 pm lunch	8:00 am – 10:00 am Ontario Cup – Swim Meet (50m, 150m, 300m)
1:00 pm – 5:00 pm Training, testing, workshops, & team activity 5:30 pm dinner		1:00 pm – 5:00 pm Training, testing, workshops, & team activity 5:30 pm dinner	

*A complete schedule will be provided after the registration deadline.

Coaching Staff

Ryan Blair, Technical Director, CKO Sprint
 Pat Lester, U14 Academy & SO Team Lead
 Additional staff information will be provided in the camp update.

Equipment

What you should bring with you to camp:

1. Heart rate monitor and GPS watch (if you have one).
2. Running, swimming, strength, and pool paddling gear.
3. A reusable water bottle – the camp will be a disposable water bottle free environment.

Food

Lunch and dinner will be provided on Saturday for all participants.

Registration

Please complete the online registration form by Friday, December 1, 2023, using the following [link](#).



CANOE KAYAK ONTARIO SPRINT

Fees & Payment

Payment is due Friday, December 8th.

- \$125 no accommodation required – includes camp fee and food – payment [link](#)

Participant Conduct

Athletes and staff are expected to conduct themselves in an exemplary manner as representatives of CKO Sprint, and their club. All participants must:

- Comply with CKC's Safe Sport policies and CKO Sprint's Person in Authority (PIA) guidelines.
- Attend all sessions unless excused by staff.
- Always show consideration for all facilities.
- Contribute to a positive training environment, including refraining from any form of harassment.
- Obey all training camp rules, and the laws of Ontario.
- Respect all participants and follow staff instructions.

Violation of the regulations may result in disciplinary action, including possible expulsion from the camp (at the person's own expense), and/or suspension from CKO Sprint team and events. Please see [CKO Sprint's Dispute Resolution And Appeal Policy](#) for further information.

Ontario U14 Academy & SO Team Camp #2 – Preliminary Information

The camp is scheduled for February 3-4, 2024, in Gatineau, QC (EOD), and Barrie, ON (WOD). The camp will focus on high volume, general aerobic capacity training using the cross-country ski trails in Gatineau Park and Barrie. In addition, we will be hosting our Ontario Cup – Ski Race on Sunday. The competition will be open to the paddling community.

Appendix A – Ontario U14 Academy Team December Training Camp Athlete List

Women's Canoe	Women's Kayak	Men's Canoe	Men's Kayak
Keira McLean BCC	Elizabeth Fanok PRCC	Mason Hara MCC	Joseph Zwolinski BBCC
Haley Sebesta NBCC	Abbie Begbie ORCC	Spencer McLeod MCC	Mason Lowry CPCC
Katherine Kerwin BCC	Alison Nguyen RCC	Joshua Sargant BCC	Reuben Lozada MCC
Rosie Lee RCC	Ella Semeniuk RCC	Roenn Hodgins CPCC	Max Ivanov RHCC
Jane Schlosser RCC	Audrey Duncan PRCC	Max Gorelov RCC	Alexander Holic RHCC
Julia Bellerby MCC	Zoe Hatfield ORCC	Wes Clouthier NBCC	Isaac Quesnel PRCC
Claire Blythe GCC	Addison Yuan RHCC	Cole Rafuse BCC	Edward Rizk PICC
Kennedy MacDonald MCC	Katherine Kerwin BCC	Cameron Singh RCC	Wes Clouthier NBCC
Sophie Williams NBCC	Ophelia Lind PRCC	Nathaniel Suppa NBCC	Nathaniel Suppa NBCC
Kathleen Lowrey SNCC	Haley Sebesta NBCC	Matthew Teixeira BCC	Jacob Oger RCC
Amanda Qi RCC	Josie Patchell CPCC	Luka Ribero CPCC	Max Gorelov RCC

Ontario Special Olympics Team December Training Camp Athlete List

Women's Kayak	Men's Kayak		
Rachel Cohen BBCC	Mustafa Hussein ORCC	Anthony Vohra BBCC	Callum Denault



CANOE KAYAK
ONTARIO
SPRINT

Annie Leonard BCC	Kevin Tobin ORCC	Quinn Martin PRCC	Cooper Sloan RCC
Abigial Latour PRCC	Ewan McMilan RCC	Fletcher Sloan RCC	Gohulan Rajalingam BBCC
Sarah Madore ORCC	Stone Shearer PCKC	Samuel Galazka RCC	Jeffrey Campbell BBCC
Lauren Marquis MCC	Ben Caplan BBCC	Darryl Clarke CPCC	Logan Ryan ORCC
Melanie Manion - ORCC	Massey Leech-Rathwell CPCC	Teshawn Brown PRCC	



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