



CANOE KAYAK
ONTARIO
SPRINT

Canoe Kayak Ontario (CKO) Sprint's 2024 Development (Welland) Training Camp Information & Registration Package

Event: 2024 Development (Welland) Training Camp
Dates: Saturday, April 27th to Sunday, May 5th, 2024
Venue: Welland International Flatwater Centre (WIFC) North Course www.wifc.ca

General Information

Camp Staff (target coach: athlete ratio is 1:10)

- Ryan Blair, Technical Director, CKO Sprint
- Remaining staff will be confirmed later. Interested coaches should express their interest to ryan@ckosprint.ca by February 12, 2024.

The camp is intended for athletes in the LTAD Training to Train (T2T) stage (2022 U16 & U14 athletes).

- The camp is targeted towards athletes whose training objectives and competition goals are aligned with competing at the Ontario Team Trials and National Championships, with a performance result at the Ontario Championships.
- Priority will be given to 2024 Ontario U14 Academy Team members.
- An athlete's coach approval is required.
- Athletes must be registered on CKC's membership registration system and in 'good standing' with CKO Sprint.

Parent/Guardian Information Session

We are hosting a parent/guardian information session on Monday, January 29, 2024, at 7:00 pm, using the following [link](#). The session will review common camp questions and answer any additional questions you may have. Participants are also encouraged to review our DEV Training Camp FAQ section on the CKO Sprint's Spring Training Camps event page [here](#).

How to Maintain a Healthy Training Camp Environment

Please review our [How to Help Stop the Spread of Contagious Viruses](#) for recommendations on how to keep our paddlers healthy and able to participate in programming and competitions.

Information on medical care while at camp can be found in our [Medical Services section](#) below.

Accommodation & Training Locations

Accommodation:
[Best Western Plus Rose City Suites](#)
300 Prince Charles Drive South
Welland, ON L3C 7B3

On-water training:
[Welland International Flatwater Centre](#)
16 Townline Tunnel Road,
Welland, ON L3C 2T4



CANOE KAYAK
ONTARIO
SPRINT

Each suite accommodates 3 athletes with 1-2 queen beds (roommates will be pre-assigned), a living room with a sleeper sofa, and kitchenette, free wireless internet, a desk, and TV. Athletes will also have access to a coin laundromat (4-minute walk).

The Welland International Flatwater Centre (WIFC) is a 2 km walk/bike/roll from the hotel. The Welland canal offers over 8 km (16 km loop) of paddling through the City of Welland.

Food

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 2-3 training sessions a day, including: on-water training, body weights, running, 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, individual excellence, and respect for all participants.

Travel & Equipment

Athletes are responsible for their own travel and boat transportation to and from the camp. Please arrive at WIFC at 1:00 pm on April 27th and depart WIFC at 1:00 pm (after the completion of the Ontario Cup – Time Control event) on May 5th, 2024. Please contact Ryan Blair ryan@ckosprint.ca if you require a different drop off/pick up times.

All participants must provide their own (or club) singles boat in good working order. CKO Sprint will not insure private boats and will not assume responsibility for damages that may occur during transport or while the boats are at the camp. If repairs are required at the camp, the athlete will be charged for any associated expenses.

CKC safety policy and Canadian Coast Guard Regulations governing racing canoes/kayaks will be followed. 2024 U16/U14 athletes are required to wear a government certified PFD always while in their boat.

Medical Services

Please refer to the [How to Maintain a Healthy Training Camp Environment section](#) for recommendations on how to keep our paddlers healthy and able to participate in programming and competitions.

Niagara Health - Welland Hospital is a 5-minute drive from both the hotel and WIFC and offers 24/7 emergency services. In addition, Welland offers several athletic therapy clinics. Note: Camp participants are responsible for any fees related to treatments.

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 and Travel Policy.



**CANOE KAYAK
ONTARIO
SPRINT**

- Attend all sessions unless excused by staff.
- Be in their own rooms by the designated curfew time.
- Maintain a clean-living environment.
- Always show consideration for Best Western and WIFC staff, their facilities and property.
- Contribute to a positive training environment, including refraining from any form of harassment.
- Obey all Best Western and WIFC 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 competition (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.

Registration Details

Registration Fee

Development Camp dates	Fee
Saturday, April 27 th to Sunday, May 5 th , 2024	\$1300

*The minimum age of athletes participating is 2024 U13 (born in 2011 or earlier).

The camp registration fee includes accommodation, food, coaching, and camp gear.

Online Registration

Interested athletes must complete an online registration form posted on the CKO Sprint’s Spring Training Camps event page [here](#). The registration deadline is Monday, February 12, 2024. To complete the registration, please e-transfer the \$1300 camp fee to Paul Vincent treasurer@ckosprint.ca by Monday, February 19, 2024.

Note: the camp registration fee will be refunded if CKO Sprint must cancel the camp prior to the camp start date. A prorated refund will be provided for any camp cancelations during the camp. A partial refund may also be provided due to athlete medical issues if medical proof is provided prior to the camp start date (reviewed on a case-by-case basis).

Other Camp Details

School Work

Two hours each school day will be blocked-off for study period, recovery, and lunch. The expectation is all athletes will use this time to complete any school requirements and/or recover between training sessions. Additional study/recovery periods will be made available where needed. Athletes are encouraged to communicate with their schools early to set up a leaning plan that aligns with the study period.

Weather

Come prepared! The average daily temperature in April is a high of 13°C, low of 2°C, May a high of 20°C, low of 9°C. The average rain fall is 10 days/month, so bring rain gear.

What to Bring:

- Singles (kayak or canoe)
- Paddle, blocks, floorboard, seat, footrests, spray skirt, resistors, etc.
- Paddling/training clothes (warm, cold, and rainy weather)
- Running shoes, running gear



CANOE KAYAK
ONTARIO
SPRINT

- Sun block, hat, sunglasses, rain gear
- Spending money for shopping excursions, and meals on travel days



CANOE KAYAK
ONTARIO
SPRINT

Ryan Blair | Technical Director

Canoe Kayak Ontario Sprint

(647) 505-9476 | ryan@ckosprint.ca | www.ckosprint.ca

