

CKO Sprint's 2024 High Performance Training Camp FAQ

What are the camp objectives?

- Provide a high-performance training environment with enhanced services to athletes in preparation for National Team Trials, National Championships, and international competitions.
- Train with HP athletes and expert coaches from across Ontario and ADCKC (weeks 4 & 5).
- Crew boat training.
- Build life skills.

What is CKO Sprint's experience in running Florida training camps?

- Ontario has hosted Florida training camps since the early 1990s. Since I took on the role as Technical Director in 2014, we have had 3 camp locations with between 60-128 athletes participating each year. 2024 will mark our 3rd year at our Palm Coast, FL location.

How many athletes & staff will be attending camp?

- Up to 100 athletes + National Team athletes.
- 10 coaches, 2 camp leads, 2 managers (female and male).
- 1 retired teacher to support the student-athlete.

What is the daily schedule?

- Athletes will have 3-4 sessions per day, including 2-3 on-water sessions, and 1-2 on-land sessions (weights, running, flexibility)
- Athletes are divided into 2 different training times to allow proper on-water access. Each training time will have 4-5 training groups.
- Grocery trips are available Monday to Friday, from 12:00 pm – 1:00 pm.
- Quiet time (rest or studying) is 1:00 pm – 2:00 pm daily.
- Catered dinners are between 6:00 pm – 6:45 pm.
- Team activities will be provided some evenings.
- U18 curfew – 9:00 pm in their own units, 10:00 pm lights out.

What are the travel Requirements?

- Parents/Guardians need to provide U18 athletes with a consent to travel letter (provided in camp update #1).

What is your transportation plan for athlete in Florida?

- Athletes will be picked up/dropped off from MCO based on the airport pick up schedule. We have five 15 passenger vans to facilitate athlete pick up.
- Those arriving by car should plan to arrive at 3:00 pm. Athletes may arrive earlier; however, room check-ins are not until 4:00 pm.
- We are providing a shuttle service to the grocery store Monday to Friday from 12:00 pm – 1:00 pm.

How will the training program and training groups be developed?

- Coaches will work together to develop a program with shared daily, weekly, and camp goals and objectives. Coaches will modify the program to best meet the needs of the athletes in their groups.



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- Training groups are based on 2023 performance results and coach recommendations. Coaches will review the group assignments frequently to determine if an athlete is better suited in a different training group.
- Training groups will be based on both discipline and performance.
- Crew boat training is incorporated into the weekly program.

How do you maintain a healthy, safe, positive camp environment of all participants and what are the camp rules?

- All participants (athletes and staff) will adhere to CKC's Safe Sport Policies, CKO Sprint's Person in Authority (PIA) guidelines and Travel Policy.
- We will provide inclusive training for all participants and ensure all business and services we use uphold inclusive practices. See our [Creating a Positive Space for Everyone](#) document for additional measures.
- CKO Sprint's [Event Discipline Procedures](#) will be followed where needed.
- All participants must contribute to a positive training environment (support each other, be on time for scheduled sessions, maintain a clean living environment, etc.)
- U18 curfew – 9:00 pm in their own units, 10:00 pm lights out.
- U18 athletes require permission to leave the resort site. 18+ athletes are to inform us when leaving the site.
- Parents are permitted to take their athletes off-site, provided it's prearranged with Ryan Blair.
- Assigned staff will complete room checks and provide urgent support if needed.
- Only roommates are permitted in their own bedrooms. All athletes are permitted in the units' common spaces.

What food is provided?

- Athletes who selected the dinner option will be provided catered dinners on-site from Monday to Saturday.
- Athletes are responsible for preparing their own breakfasts and lunches, as well as dinners on Sunday nights (dinner will be provided on March 10th).
- Dinners are catered by a local restaurant, [La Piazza Café](#). The menu is reviewed by our sport nutritionist.

What are the athlete accommodations and how many athletes in each unit?

- Each unit is a 2 bedroom/2 bath, living room, dining room, full kitchen, free washer and dryer, and enclosed outdoor patio.
- Up to 4 athletes per unit (King bed, Queen bed, Queen sofa bed, and cot).

What are the resorts amenities?

- The resort is a secure location with a wall around the perimeter.
- The beach launch is on-site.
- The resort has a large pool, hot tube, volleyball and tennis courts, games rooms, study room, and lots of outdoor spaces.

What type of off-site activities are planned?

- The opportunity to go to the beach will be available on Sundays. Most athletes prefer to enjoy the on-site amenities at the resort.