



# CANOE KAYAK ONTARIO SPRINT

To: Ontario Team & Invited Athletes and Club Coaches  
From: Ryan Blair, Technical Director, Canoe Kayak Ontario (CKO) Sprint  
Subject: Ontario Team 2023 Mississauga/Toronto Training Camp

---

## December 8-10, 2023, Ontario Team Mississauga/Toronto Training Camp

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)

- 2022-2023 Ontario Team
- Invited Athletes

### Location

Friday & Saturday training: [Mississauga Canoe Club \(MCC\)](#)

Sunday Swim Meet Competition Pool: [Toronto Pan Am Sport Centre \(TPASC\)](#).

### Coaching Staff

Ryan Blair, Technical Director, CKO Sprint

Additional staff information will be provided in the camp update.

### Camp Objectives

- 1) Technical assessment and skill development (paddle pool)
- 2) CKC's Team Red/OHPSI fitness testing
- 3) Ontario Cup – Swim Meet & 1500m Run/Roll
- 4) Team building activities
- 5) Sport specific workshops

### \*Dates and Tentative Schedule

FRIDAY Dec 8 MCC	SATURDAY Dec 9 MCC	SUNDAY Dec 10 TPASC
Travel	8:00 am – 11:00 am Paddle Pool, Ontario Cup – 1500m Run/Roll, workshop(s) 12:00 pm lunch	8:00 am – 11:00 am Ontario Cup – Swim Meet (50m, 150m, 300m)
2:00 pm – 6:00 pm Paddle Pool & Team Red/OHPSI testing 5:00 pm dinner	2:00 pm – 5:00 pm Paddle Pool & workshop 5:00 pm dinner	Travel home

\*A complete schedule will be provided after the registration deadline. Those who are completing Team Red testing at their clubs can complete a weights training session during Team Red testing.

### 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.



## CANOE KAYAK ONTARIO SPRINT

### Travel

All athletes are responsible for their own transportation. Athletes can be picked up at 1:30 pm on Friday, December 8<sup>th</sup> at the Port Credit train station and dropped off at 12:00 pm on Sunday, December 10<sup>th</sup> at the Guildwood train station.

### Athlete Accommodation

Please indicate on the registration form if you require accommodation. Athlete accommodation is at the [Admiral Inn & Suites](#) – 2161 N Sheridan Way, Mississauga, ON L5K 1A3. Up to 3 athletes per room.

### Food

Lunch will be provided on Saturday, dinner will be provided on Friday and Saturday for all participants. Breakfast will be provided for those staying in the hotel. Athletes are responsible for their own food while traveling.

### Registration

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

### Fees & Payment

Payment is due Friday, December 8<sup>th</sup>.

- Free - 2022-2023/2023-2024 OHPSI/OAAP (Q4G) Team members – includes camp fee, food, and accommodation.
- \$125 no accommodation required – includes camp fee, and food – [payment link](#).
- \$250 accommodation required – includes camp fee, food, and accommodation - [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.
- Be in their own rooms by the designated curfew time.
- Maintain a clean-living environment.
- Always show consideration for hotel staff, its facility and property.
- Contribute to a positive training environment, including refraining from any form of harassment.
- Obey all training camp and hotel 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 Team Camp #3 – Preliminary Information

The Ontario Team Camp #3 (based on 2023-2024 nominations) is scheduled for February 1-4, 2024, in Gatineau, QC. The camp will focus on high volume, general aerobic capacity training using the cross-country ski trails in Gatineau Park. In addition, we will be hosting our Ontario Cup – Ski Race on Sunday. The competition will be open to the paddling community.



# CANOE KAYAK ONTARIO SPRINT

## Appendix A – Ontario Team December Training Camp Athlete List

Women's Canoe	Women's Kayak	Men's Canoe	Men's Kayak	Paracanoe
Abbie Haines - CPCC	Avery Durocher - MCC	Aidan Haines - CPCC	Adam Jonsson - BBCC	Brianne Hennessy - ORCC
Abby Wojtyk - RCC	Barbora Benada - MCC	Austin Pigeon - SNCC	Aiden Kinnaird - BCC	Erica Scarff - MCC
Adrianna Jakinski - MCC	Bridget Wodehouse - RHCC	Cameron Stewart - MCC	Alexander Hoferek - RCC	Gabriel Ferron-Bouius - RCC
Aimee Pigeon - SNCC	Brooklyn Wodehouse - RHCC	Cole Norman - RCC	Cameron Low - BBCC	Oliver Sinclair - BCC
Amelia Wojtyk - RCC	Callie Loch - RCC	Dylan Schrotter - MCC	Carson Corey - BCC	Stefan Samoila - BBCC
Anna Semeniuk - RCC	Cassie Kenny - BCC	Grayson Schrotter - MCC	Cormac Adams - BCC	
Caroline Anderson - RCC	Chloe Bryer - BCC	Jack Chambers - MCC	David Stewart - RHCC	
Claire Mollard - MCC	Claire Gammon - RCC	John-Michael Humphreys - MCC	Devon Kinnaird - BCC	
Emma Marshal - BBCC	Elizabeth Fanok - PRCC	Josh Sargant - BCC	Dyllan Redwood-Wheeler - CPCC	
Evie McDonald - RCC	Emily Best - RCC	Kieran Graham - RCC	Graeme Grant - MCC	
Haley Sebesta - NBCC	Emily Zhuang - BCC	Konrad Morawski - RHCC	Henrik Neuspiel - RCC	
Izzy Lowry - CPCC	Emmerson Gormley - CPCC	Lucas Williams - MCC	Jack Bailey - BCC	
Julia Price - RCC	Eva Looper - BCC	Mark Vucina - MCC	Jackson Meikle - BBCC	
Keira McLean - BCC	Kamila Neuspiel - RCC	Mason Hara - MCC	Jason Burkholder - BCC	
Mackenzie Haines - RCC	Kate Osbourne - RCC	Matthew O'Neill - RCC	Jonah Quesnel - PRCC	
Madeleine Beauregard - RCC	Maea Knights - BCC	Matthew Sampson - MCC	Lucas Stein - BBCC	
Mila Souilliere - RCC	Maren Bradley - RCC	Nathaniel Provost - RCC	Michael Chaban - MCC	
Molly Skeoch - MCC	Sabrina Tyrrell - BCC	Nick Shirokov - MCC	Nehal Dhillon - BCC	



# CANOE KAYAK ONTARIO SPRINT

Naomi Langenbahn - RCC	Sarah Nagy - RHCC	Noah Al Hashemi - MCC	Owen MacLean - CPC
Ruby Muhl - RCC	Sophie McLean - BCC	Peter Bradley - RCC	Ryan Naroditsky - RCC
Sarah Rumscheidt - RCC	Sydney Doidge - BBCC	Riley Ribero - CPCC	Sam Paquette - CPCC
Sunny Valdez - CPC	Toshka Besharah - RCC	Roenn Hodgins - CPCC	Thomas Beaugard - RCC
Teagan Tyrrell - MCC	Tyler Rennick - RCC	Sean Glynn - BCC	Ty Collver - BCC
Zoe Wojtyk - RCC		Shawn Ge - BCC	Victor Savulescu - RCC
		Spencer McLeod - MCC	
		Stuart Bradley - RCC	
		Wesley Bartlett - RCC	
		Zachary Kralik - MCC	



CANOE KAYAK  
ONTARIO  
SPRINT

## **Ryan Blair | Technical Director**

Canoe Kayak Ontario Sprint

(647) 505-9476 | [ryan@ckosprint.ca](mailto:ryan@ckosprint.ca) | [www.ckosprint.ca](http://www.ckosprint.ca)

