

TECHNICAL DIRECTOR ANNUAL REPORT

Ontario Canoe Sprint Racing Affiliation's (OCSRA) AGM, November 12, 2016

A. INTRODUCTION

I would like to take this opportunity to thank Orest Stanko, Joanne Bryant, Paul Vincent and Charles Slade for their guidance throughout the year. I would also like to thank the OCSRA Board of Directors and the High Performance Committee for their leadership, as well as the event officials, volunteers, and coaches for their support in my role as Technical Director.

We all worked hard to support our athletes, coaches and clubs by providing programs and activities that are the foundation of our organization, improve on programs to better serve our members and create new programs and activities to strengthen our members' potential for excellence.

B. PURPOSE

The purpose of this report is to review our current practices and programs, outline specific improvements for each program and evaluate our 2016 goals.

C. SYSTEM DEVELOPMENT

Athlete Development:

Based on our High Performance Management Plan (HPMP) target goals, we implemented a number of programs and activities to support our Ontario athletes, including:

- Provided financial and program support through the Canadian Sport Institute Ontario's (CSIO) Ontario High Performance Sport Initiative (OHPSI) program (\$100,000 & \$16,000 in VIK, same as 2015, \$88,870 in 2014) and the Ontario Athlete Assistance Program;
- Developed a NextGen Program in Ontario with \$40,000 investment from CKC;
- Received a \$21,000 grant from Canada Summer Games to support the Ontario Regatta Tour Team;
- Provided athlete testing, race profiles and monitoring in the daily training environment (DTE) for targeted athletes;

- Provided four (4) training camp opportunities to CKC NextGen/Academy athletes, Ontario Team and Ontario Development Team athletes;
- 66 athletes participated in OCSRA's Florida Development Camp.
- Provided Ontario members the opportunity to take part in the Canadian Athlete Insurance Program (CAIP).

Twelve (12) Ontario clubs participated at the National Championships (↓ from 13 in 2015, 10 in 2014). Four (4) Ontario clubs finished in the Top 10.

Congratulations to all Ontario athletes who competed at international events for Team Canada, including twelve (12) athletes at the World Cups (↑ from 10 in 2015), eight (8) athletes at the Junior/U23 World Championships (↓ from 15 in 2015), four (4) athletes at Olympic/Paralympic Games (↑ from 2 in 2012) and sixteen (16) athletes to the Olympic Hopes Regatta (↑ from 5 in 2015).

Ontario would like to congratulate retiring athletes Adam van Koeverden, Paul Bryant and Angus Mortimer for all their domestic and international accomplishments throughout their athletic career.

Nominations to the Ontario OHPSI, OAAP and Development Team programs will be provided at the AGM.

Coach/Officials Development:

During the spring and summer we hosted three (3) Community Sport (Canoe Kids) and three (3) Competition Introduction (ELCC Dragon Boat, Canoe Kayak, War Canoe cox) workshops. We certified sixty-nine (69) Canoe Kids coaches, thirteen (13) war canoe coxes and trained twenty-five (25) Competition Introduction (ELCC) coaches.

Through the Apprentice Coach Program (ACP), we are providing support to Rideau's Diana Deek. The program offers professional development opportunities, including attending National Team training camps, working with mentor coaches in the DTE and taking part in an accelerated coach education program with CSIO staff. Congratulations to Burloak's Hunter George who completed the two-year program this summer.

Rideau's Cheyanne Farquharson is also completing an apprentice coach program through the support of the Canada Summer Games' Women in Coaching project.

In addition, we are providing on-going mentor support to four (4) targeted coaches in 2016-2017, as well as coach mentoring through our Club & Coach Development Projects (CCDP).

Club Development:

For the third year OCSRA offered our Club & Coach Development Program (CCDP) to our member clubs. The program's objective is to provide clubs with targeted services that best fit their individual needs.

Clubs had the opportunity to choose from a number of projects within the three (3) main categories: equipment support, services & program support and coach development support.

Funding for the program was provided by Canoe Kayak Canada (CKC) and the Coaches Association of Ontario (CAO).

Only one (1) club in the CCDP completed their Club Excellence Program (www.clubexcellence.com) application. Our goal is that the Club Excellence Program becomes the framework for our club management plan. Through the use of the Club Excellence strategies we will provide a gap analysis on current programs/policies and work with the clubs to address those gaps. OCSRA has committed to pay for the application fee.

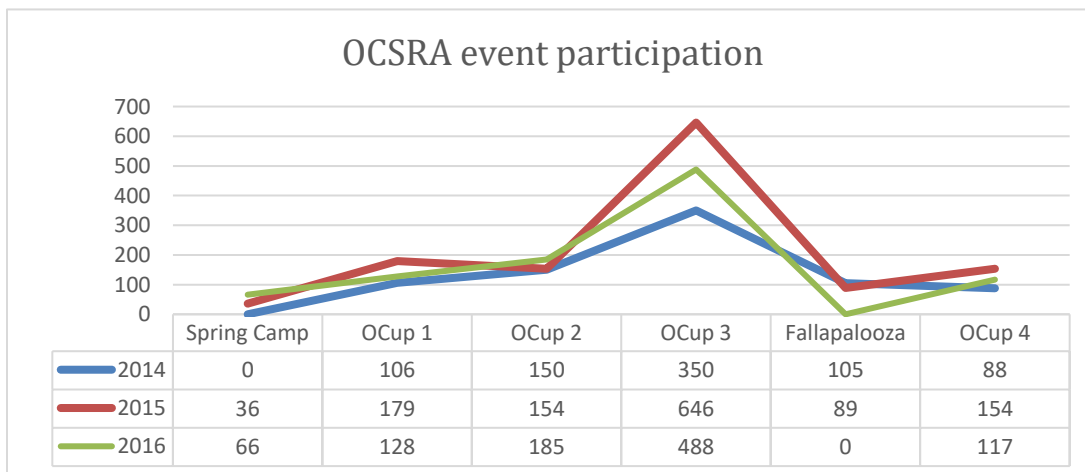
Event Management:

OCSRA ran a number of events throughout the spring and competition season, including:

- Four (4) OCup Series regatta & camps;
- Spring Development camp in Florida;
- Four (4) NextGen/Academy/Ontario Team camps;
- Ontario Summer Games;
- Ontario Regatta Tour/Camp.

OCup Series

Please see the graph below comparing event participation from 2014 to 2016.



We will be reviewing our OCup events during our coaches meeting, as well as how to improve each event for 2017. Congratulations goes to Rideau Canoe Club for being the OCup Series **Grand Champion**. The OCup Series **Grand Champion's** points are a club's combined points from all four (4) OCup events. Congratulations also goes out to Balmy Beach Canoe Club for being the OCup Series **Excellence Award**

winner. The OCup Series **Excellence Award** points are a club's combined points from all four (4) OCup events, divided by the number of club participants in each events.

Sixty-six (66) athletes participated in OCSRA's 2016 Florida Development Camp. Due to the high level of interest we increased the number of spots to seventy-four (74) participants for 2017.

OCSRA and CKC have partnered to host four (4) camps for targeted athletes. The camps include on-water and dry-land testing at the Canadian Sport Institute Ontario (CSIO), as well as enhanced training. Targeted athletes include CKC NextGen and Academy nominated athletes and Ontario Team athletes. Support for the camps is provided by CKC and CSIO.

The Ontario Summer Games was hosted in Welland, Ontario. The format for the event was divisional teams. Congratulations to Western Ontario Division (WOD) for winning the Divisional Cup.

Ontario Regatta Team athletes took part in two (2) Canada Cup Regattas. Ontario finished 1st at Canada Cup #1 and 3rd at Canada Cup #2. We also hosted a week long training camp in Ottawa in-between the two (2) competitions.

A big thank you to all the coaches who took part in these events and to the clubs who volunteered their staff in order to raise the performance of our athletes in Ontario. Without your support we would not be able to provide such valuable opportunities to our athletes.

D. 2016 GOALS - Review

Goal Statement	Actions/Comments	Status* NS, S, OG or C
<i>Athlete Development</i>		
Increase communication of Athlete Pathway (AP)	Included in coach meeting, criteria, and parent meetings.	OG
Re-develop programming & implementation structure of AP	CKC & OCSRA alignment.	C
Provide race analysis	Performance Analysis at OTT's & NTT2.	C
Create clear Key Performance Indicator's (KPI) for TAP	Ontario Athlete Pathway project through SEP grant.	OG
OHPSI, OAAP, Dev. Team – ensure programs meet the needs of our targeted athletes	2015-16 OHPSI plan based on individual athlete gap analysis. Program delivery reviewed/modified with coaches and athletes.	C
TAP – provide support to next generation OHPSI/OAAP athletes	Provided competition and Academy camp support.	C
<i>Coach & Officials Development</i>		
Create a Coach & Officials Pathway (COP)	Not started.	NS
Create a recruitment strategy for coaches & officials	Not Started.	NS
Develop employment standards for coaches	Part of the Club Excellence program.	NS
Continue ACP for 2016-2018	New ACP candidate.	C
Develop mentorship program for officials and coaches	Official's mentorship program not created. Coach mentorship completed (CSG apprentice coach, CCDP mentoring, four (4) coaches receiving canoe technique mentoring.	OG
Maintain level of coach certification	69 Canoe Kids, 25 ELCC and 13 war canoe cox participants in 2016 compared to 74 Canoe Kids & 14 ELCC in 2015 (21.5% increase from 2015, 72.6% increase from 2014).	C
Increase officials & volunteer training	Programs delivered by divisions.	NS
Provide PD workshops & projects for coaches & officials	Officials training at National Championships. Coach mentoring at NextGen/Academy camps. No specific Ontario PD workshops provided.	OG

Club Development

Improve programs and level of support to clubs	CCDP modified based on club feedback. Northern Outreach project expanded.	C
Provide Club Excellence program to clubs	Limited participation.	S
Increase the number of member (satellite) clubs in Ontario through the 'Canoe Kids on Wheels'	Program based on Ontario Trillium grant December application.	NS
Improve level of communication through social media	Increased activity in OCSRA's Facebook page. 82,398 reached and 11,369 actions in 2016, compared to 33,194 reached and 6,177 actions in 2015 (248% and 184% increase	C
Redesign website to better act as the main hosting agent for PSO programs & activities	Redesign on hold until funding can be acquired.	S

Competition

Create competition structure based on LTAD model	Not started.	NS
Ensure OCup Series meets the needs of our members	OCup regatta's developed based on Ontario coach's planning session each year.	C
Provide training camps for athletes along the AP	Florida Development Camp, Spring Camp, NextGen/Academy Camps (4), Ont Regatta Tour camp.	C
Provide financial assistance to targeted athletes competing for Cda	OHPSI competition support of \$15000.	C
Provide opportunities for next generation athletes & coaches	CKC NextGen Program in Ontario. NextGen coach, NextGen/Academy camps (4). ACP, CCDP and mentor coach project.	C
Develop a creative revenue generation outside of membership & gov't grants	Not started.	NS

DTE

Bring CKC's NextGen Program to Ontario	\$40,000 in OTP support for Ontario NextGen program.	C
Increase KPI monitoring	Same level as 2015.	OG
Develop gap analysis for targeted athletes	Gap analysis created for all OHPSI/OAAP targeted athletes.	C
Provide CKC's online training log, Smartabase	Better training on the system is needed for athletes and coaches.	OG
Ensure athletes have access to on-water & dry-land facilities that meet their training needs	Support provided through OHPSI program.	C

SS/SM Support

Provide SS/SM services that address targeted athletes gap analysis	Support provided through OHPSI program.	C
Provide Canadian Athlete Insurance Program (CAIP) to targeted athlete	OHPSI program paid for targeted athletes. CAIP program made available to general membership.	C
Provide athlete transition services	Game Plan provided for National Team/OHPSI athletes. Exit interviews should be completed with athletes.	S
Provide athlete & parent PD with CSIO staff	Not provided.	NS
Provide regular S&C support	OHPSI support in DTE for Ottawa and Toronto area athletes	C
Provide coach consultations and PD with CSIO staff	Debriefs by CSIO staff after competitions/camps/testing.	C

***Status: NS=Not Started S=Started OG=On Going C=Completed**