



Canoe Kayak Ontario (CKO) Sprint's 2024 High Performance (Palm Coast, FL) Training Camp Information & Registration Package

Event: 2024 High Performance (Palm Coast, FL) Training Camp
Dates: Sunday, March 10th to Saturday, March 30th, 2024 (3 weeks)
Sunday, March 10th to Saturday, April 13th, 2024 (5 weeks)
Venue: Palm Coast, FL - [Legacy Vacation Resorts](#)

General Information

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

- Ryan Blair, Technical Director, CKO Sprint
- Remaining staff will be confirmed in our camp update. Interested coaches should express their interest to ryan@ckosprint.ca by November 6, 2023.

The camp is intended for athletes in the LTAD Training to Compete (T2C) stage (U23, U18 & U16 athletes).

- The camp is targeted towards athletes whose training objectives and competition goals are aligned with performance results at the National Team Trials, National Championships, and/or international competitions.
- Priority will be given to 2022-2023 and 2023-2024 Ontario Team (OHPSI, OAAP, Development Programs) members.
- An athlete's coach and CKO Sprint's Technical Director's approval is required for all non-Ontario Team members.
- Athletes must be U15+ in 2024 unless they are members of the 2023-2024 Ontario Team.
- 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 Wednesday, November 1, 2023, 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 HP Training Camp FAQ section on the CKO Sprint's Spring Training Camps event page [here](#).

Maintaining a Safe, Healthy & Positive Training Camp Environment

Creating a Positive Space for Everyone

We recognize that the current situation around 2SLGBTQ+ rights and inclusion in the state may be challenging for members of our paddling community, particularly after the introduction of State legislation that devalues 2SLGBTQ+ and BIPOC community members. CKO Sprint firmly opposes any efforts either at home in Canada or abroad that target groups based on sexual orientation, gender identity, gender expression, race, religion, or culture.



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To combat all forms of hate, we are partnering with social justice leaders and organizations advocating for human rights. This partnership will lead to the implementation of additional measures, including:

- Inclusive training for all camp participants.
- Ensuring all business and services we engage with uphold inclusive practices.
- A professional review and implementation of a new Travel Policy that prioritizes safety, security, cultural sensitivity, and participation well-being during all team travel.
- A professional review of our coach education Equity, Diversity and Inclusion (EDI) module.

The full Creating a Positive Space for Everyone document can be found [here](#). Please also review our [Participant Conduct section](#) below.

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 Location

[Legacy Vacation Resorts - Palm Coast](#)

98 Palm Coast Resort Boulevard
Palm Coast, FL 32137

Measuring 1,145 square feet, each 2 bedroom/2 bathroom suite accommodates up to 4 athletes with 1 King bed, 1 Queen bed, living room with a sleeper sofa, one cot (where required), dining room, full kitchen, washer and dryer, screened patio, free wireless internet, and TV. Resort amenities include a pool, tennis court, miniature golf, fitness centre, beach volleyball, outdoor game room, and playground.

The resort provides boat access (beach launch) to the Matanzas River (intracoastal waterway) and over 10km of small group canal training, as well as the intracoastal waterway trail for running.

Food

Dinners on Mondays to Saturdays are included in the Meals Package camp registration fee (dinner will be provided on arrival day). Participants are responsible for their own Sunday dinners (at their own expense), daily breakfast and lunches, and all meals while traveling. Food can be purchased at arranged shopping trips.

Training Specifics

Training Sessions: Athletes should be prepared to complete 3-4 training sessions a day, including: on-water training, 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



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Travel

Athletes are responsible for their own travel to Orlando International Airport (airport code - MCO). Team vans will pick up athletes at the airport on Sunday, March 10th and drop-off athletes on Saturday, March 30th (3 weeks), and Saturday, April 13th (5 weeks). A staff member will be at the airport to meet athletes on March 10th.

There will be three (3) pick up times at 11:00 am, 3:00 pm, and 7:00 pm on March 10th, as well as three (3) drop off times at 7:00 am, 11:00 am, and 3:00 pm on March 30th, and April 13th. Please arrange your flights accordingly. If flying outside of these times, you will be required to wait at the airport until the designated pick up/drop off times or make your own arrangements for ground transportation.

Depending on the number of participants requiring transportation at each pick up time, some may have to wait at the airport until the next scheduled pick-up time due to limited space on the vans. Those flying to a different airport are responsible for making their own arrangements to either the resort or to Orlando International Airport (airport code - MCO) at the assigned pick-up times.

Equipment

CKO Sprint will transport boats to and from the camp. CKO Sprint will not assume responsibility for damages that may occur during transport or while the boats are at camp. CKO Sprint will not insure private boats. All participants must provide their own (or club) singles boat in good working order. If repairs are needed at the camp, the athlete will be charged for any associated expenses. Participants will be notified of boat pick up arrangements at a later time.

Paddles and paddling equipment may be taken with you as personal baggage or packed in your boat. No other personal items are allowed in the boat and will be removed as they will cause a delay at customs. All boat covers must be labeled with the athlete's name and club. No equipment or personal items will be taken in the van.

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

Medical Insurance & Services

Insurance

Athletes are required to purchase out of province medical insurance to cover any medical treatment. Proof of insurance must be provided by January 22, 2024 (submission details to be provided at a later date).

Services

[AdventHealth Palm Coast](#) hospital is a 20 minute drive from the resort and offers 24/7 emergency services. In addition, [AdventHealth Centra Care Palm Coast](#) is an 8 minute drive from the resort and offers urgent care. Note: Camp participants are responsible for all 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:



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- Comply with CKC’s Safe Sport policies and CKO Sprint’s Person in Authority (PIA) guidelines and Travel Policy (in development).
- 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 resort staff and guest, the resorts facilities and property.
- Contribute to a positive training environment, including refraining from any form of harassment.
- Obey all resorts rules, the laws of Florida and 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

	No Meals Provided	Meal Packages
3 weeks - Sunday, March 10 th to Saturday, March 30 th , 2024	\$3200 CAN	\$3500 CAN
*5 weeks - Sunday, March 10 th to Saturday, April 13 th , 2024	\$5100 CAN	\$5600 CAN

*The 5 week option is targeted towards athletes whose training objectives and competition goals are aligned with performance results at the National Team Trials, and/or international competitions. An athlete’s coach and CKO Sprint’s Technical Director’s approval is required for all 5 week camp application.

The camp registration fee includes accommodation, coaching, boat transportation, rental vans, gym access and camp gear. Dinners are only provided to those who register for a Meal Package. See our [Food section](#) for full details on what meals are provided.

Online Application

Interested athletes must complete an online application posted on the CKO Sprint’s Spring Training Camps event page [here](#). The application process will be open from October 20, 2023, to November 6, 2023. Applications will be reviewed based on previous performances, training and competition goals and coach recommendations. Application approvals will be confirmed by November 10, 2023. Priority will be given to members of the 2022-2023 & 2023-2024 Ontario Team (OHPSI, OAAP, and Development Programs).

Once a camp application has been approved (by November 10th) the athlete will be provided with information on how to pay the \$750 camp deposit** by November 17, 2023. The remaining camp balance must be made by January 22, 2024. If the final payment has not been received and/or a payment arrangement has not been made with Ryan Blair ryan@ckosprint.ca by January 22, 2024, the participant will be removed from the registration list and placed on the wait list.

**Deposits and final payments will only 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. Camp deposits may also be refunded due to other medical issues if medical proof is provided prior to the camp start date (reviewed on a case-by-case basis).



Wait List

If the list of maximum number of participants is filled, any applications that were not accepted will be put on a wait list. Those on the wait list will only be accepted if a registered participant declines their camp enrolment.

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 in the new year to set up a learning plan that aligns with the study period.

Grade 10 Literacy Test

If the Ontario Secondary School Literacy Test (OSSLT) is administered while at camp it is each athlete's responsibility to arrange testing requirements with their school and CKO Sprint's Technical Director, Ryan Blair ryan@ckosprint.ca.

Weather

Come prepared! The average daily temperature in March is a high of 24°C, low of 12°C, and for April a high of 27°C, low 15°C. The average rain fall is 15 days/month, so bring rain gear.

Day Trips

Day trips will focus on free, outdoor activities, however, any cost associated with off-site trips will be the responsibility of the individual athlete.

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
- Sun block, hat, sunglasses, rain gear
- Money for breakfast, lunches, and Sunday dinners.
- Spending money for day trips, shopping excursions, and meals on travel days



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