

How to run: U11 PROGRAM

Timelines:

April: Make sure online registration is up and running! You will get the majority of your confused parent emails and phone calls in April and May.

May:

	May 6 , 2013	May 14, 2013	May 30 2013	August 12, 2013	FINAL 2013
COMMUNITY	13	15	18	29	29
COMP DEV	32	38	45	82	82
COMP INTRO	25	30	35	Combined with above	Combined with above

- **All numbers include all age groups (Atom/Peewee/ Bantam)**

June:

- 1) Have a staff-training day
 - a. Explain your goals for the program so that staff buys into the same goal
 - b. Set out expectations of day to day camp and how to deal with things in difficult situations.
 - c. Allow staff to work together to create the program that they will be running
- 2) Work with your summer staff to develop weekly plans, theme activities and outline how you are going to run your program. Be over prepared!
- 3) Make sure all of the equipment that you are going to use is in working condition. You do not want to start your season with broken equipment.

July: Run your program! Make sure you are over prepared for all situations and stick with the schedule. Keep the theme weeks going and ensure that staff is prepared for the week before it happens.

August: Run your program! Make adjustments if necessary to the schedule and staffing. Work with other age groups to ensure that kids are grouped with their ability and with some friends. If you want to move kids up to peewee just talk to the coach and the athlete. The canoe kids coaches may also talk to you about sending up athletes to your older age group.

Supplies:

Dragon boat Sit On tops Paddles Lifejackets Crew boats Rec Canoes	U11 Supplies Crayons Construction paper Markers Ribbon Tape
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Staffing:

1 staff: 12 campers

Sample Schedule:

Monday		Tuesday		Wednesday	
A	B	A	B	A	B
Dragonboat Go over rules Introduce theme Goal: Paddling together -Tug of war -Refresh on proper technique -Introduce rotation briefly	Dryland Go over rules Introduce theme -Buddy system and #'s -Revenge tag -Relay races -Water polo?	Dryland (teamboats?) - Water Scrabble in shallow water -Dolphin Relay	Singles -Canoe and Kayaks separate -Goal: steering -2x (1', 2', 3', 2', 1') -Simon says	Singles -Leap Frog (Follow the leader and switch) -Canoe oriented -5x 30" (Speed!)	Dragonboat (Teamboats?) -Goal: Paddle to the bridge -Focus: Proper set-up, blade barred, power! → kids watch other kids → 1 + and 1- Lefts and Rights switch sides!
Dryland -Buddy system and #'s -Revenge tag -Relay races -Water polo?	Teamboats -Girl and boy mixed -Two groups -Warm up to Zone 1 -3 x 1' let them chose drill Goal: Bridge, steady	Singles -Warm up to Zone 2 -Intro pickups on land -Intro to rot. on land - Race to bridge and Back (timed)	Dryland -Water Scrabble in shallow water -Dolphin Relay	Dry Land -Teams of 5 -Triathlon (Run, Swim, Paddle) Circle games	Dryland Circle games -Teams of 5 -Triathlon (Run, Swim, Paddle)
Lunch					

Singles -Canoe and Kayaks separate -Goal: steering -2x (1', 2', 3', 2', 1') -Simon says	Dryland -Introduce % system on land -Sand Castle Building Contest -Rinse off in splash pad	Dryland -Snap, Crackle, Pop -Rotation with paddles on land -Knights, Princesses and Cavaliers	War Canoe -Warm up- Zone 2 -Sectionals -Hit drill - continue w rotation -4 x 1' specific focus -1 full start w pick-up	Dragonboat -Goal: Bridge -Focus: Proper set-up, blade buried, power! -Kids watch other kids → 1 + and 1- Lefts and Rights switch sides!	Singles -2 x 500m loop -Goal: Sitting up, power on the blade -Drill, two strokes forward one back -Cool down splash!
Dryland -Introduce % system on land -Sand Castle Building Contest -Rinse off in splash pad	Dragonboat+ PC's Goal: Paddling together -Tug of war -Refresh on proper technique -Introduce rotation briefly	War Canoe -Warm up- Zone 2 -Sectionals -Hit drill - continue w rotation -4 x 1' specific focus -1 full start w pick-up	Dryland -Snap, Crackle, Pop -Rotation with paddles on land -Knights, Princesses and Cavaliers	Team Boats -Zone 2 warm up -Faster with slower -5 x 2' (Different phase focus each min) - 1x 250m fun races in two groups	War Canoe -Half eyes closed -1,2 HIT (CP instead of hit) -Race against other war canoe -2x 200m race

U11 Weekly Practice Plan: July 29th – August 2nd

Thursday		Friday	
A	B	A	B
Dryland Water Sponge relay -fill the bucket with water -kids in line(over, under) -repeat until bucket is full (need 2 buckets, 2 sponges)	Team Boats -Zone 2 warm up -Faster with slower -Swing swing -Pause drill - 1x 250m fun races in two groups	Skill Development -Canoe Kid Book Progression - Evaluate strokes → certain tip, turn tow -Drip Drip Drop	War Canoe -2 starts -Introduce a finish -Starting to work on rotation -exaggeration drills -5x 1' with focus each time (straight top arm, reach, barry...)
War Canoe -2 starts -Introduce a finish -exaggeration drills -5x 1' with focus each time (straight top arm, reach, burry, perpendicular)	Singles -Fun Boats -Relay races on water- pass a bun -Teams of 4 Zone 0	Dragonboat Goal: Hitting together with minimal rotation -Jump out at the end of practice if working hard - race from 500m to yellow buoy	Dryland -Evaluate strokes → certain tip, turn toe -Drip Drip Drop

		-Hit Drill -rotation drill -two strokes back one forward	
LUNCH			
Singles -Fun Boats -Relay races on water-pass a bun -Teams of 4 -Zone 0	Skill Development -Canoe Kid Book Progression -Dock Paddling -Swim and Paddling Simon says	Field Activity -Obstacle Course -Canoe Club Quiz -Swim Race	Field Activity -Obstacle Course -Canoe Club Quiz -Swim Race
Team Boats Paddle backwards two stroke, forward one -3 x 2' of paddling (no stopping) -Focus: quicker stroke rate 2x200m race <i>buoy 1-buoy 2</i>	Dryland Water Sponge relay -fill the bucket with water -kids in line(over, under) -repeat until bucket is full (need 2 buckets, 2 sponges)	Fun Regatta -Singles -Relay Races (200m) Demonstration of strokes	Fun Regatta -Singles/Team Boats -Relay Races (200m) Demonstration of strokes

Resources:

Canoe Kids Course Book – includes games, on water activities, coaching skills

Canoe Kids Work Book – for the campers – goes through what kind of paddle they need, boats, life jackets etc. It is for use every week (& everyday) with the canoe kids group so that

ELCC Manual: Having the ELCC manual for coaches to look at even if they have not competed the program is beneficial. There are activities and coaching focuses that they can use.

Internet – coaches should be consistently looking at new games and activities for the kids to do. While the kids do have some favourite games – it is important to keep things fresh and exciting.

www.participaction.ca

www.phecanada.ca