



OCSRA PROGRAM OVERVIEW

This document outlines Ontario Canoe Sprint Racing Affiliation’s (OCSRA) targeted areas of support and programs for the 2018 season.

Contents

ONTARIO TEAM PROGRAM	2
COMPETITIONS.....	2
OCup 1 – Ontario Team Trials: June 2/3, 2018 – Ottawa, ON	2
OCup 2 - Spring ‘Sports’ Camp: June 16/17, 2018 – Mississauga, ON	3
OCup 3 – Ontario Championships: August 18 (Day 1 - U16+ events), August 19 (Day 2 - U15 & Under events), 2018 – Welland, ON	3
OCup 4 – Long Distance Regatta: September 29/30, 2018 – Ottawa, ON.....	4
Ontario Summer Games (OSG): August 2 (training & Opening Ceremonies), August 3 (competition), 2018 – Fanshawe Lake, London, ON	5
Winter OCup 1 – Swim Meet: December 9, 2018 – Toronto, ON	6
Winter OCup 2 – Ski Loppet: February 3, 2019 – Gatineau, QC.....	6
ONTARIO TEAM TRAINING CAMPS.....	6
October 18-21, 2018 – CSIO/Welland, ON	6
December 6-9, 2018 – CSIO/Mississauga, ON	6
January 31 to February 3, 2019 - Gatineau Park, QC	6
ONTARIO TEAM REGATTA TOUR	7
Canada Day Regatta – June 28 to July 2, 2018 in Ottawa, ON.....	7
CLUB DEVELOPMENT PROGRAMS	7
Club & Coach Development Project (CCDP)	7
COACH EDUCATION & PROFESSIONAL DEVELOPMENT	7
Workshop Dates & Locations.....	7
Additional Professional Development Opportunities.....	7



ONTARIO TEAM PROGRAM

The purpose of the Ontario Team Program is to support the Ontario High Performance Athlete Development (HPAD) program and Ontario Development athletes in their pursuit of achieving world-class results at the highest levels of international competition. Upward progression by an athlete towards the National Team and achieving international podium performances are the program's objectives.

The OCSRA's Ontario Team Program offers three (3) types of support:

- Ontario High Performance Sport Initiative (OHPSI) program
- Ontario Athlete Assistance Program (OAAP)
- Ontario Development Team.

Selection to the **OHPSI** team is based on: international performances; the Ontario Team Ranking List and results at National Team Trials; Ontario Team Trials; and National Championships and previous international performances.

Selection to the **OAAP** (Quest for Gold) team is based on: international performances; the Ontario Team Ranking List and results at National Team Trials; Ontario Team Trials; and National Championships and previous international performances. Note: The Ministry of Tourism, Culture and Sport (MTCS), who provides the funding, is modifying funding criteria. This may affect our OAAP Team Selection criteria. Once these modifications are known we will communicate any changes to the criteria.

Selection to the **Development Team** is based on: nomination to the OHPSI/OAAP team in the previous year; nomination to one of Canoe Kayak Canada's Regatta Teams; nomination to Ontario's Regatta Tour Team; Top 3 and Top ½ of the field in singles at the National Championships; the Ontario Team Ranking List and results at the Ontario Team Trials and National Championships.

COMPETITIONS

OCup 1 – Ontario Team Trials: June 2/3, 2018 – Ottawa, ON

- **Purpose:** Ontario Team Trials will be used as a performance evaluation for the Ontario Team Selection and Ontario Regatta Team Selection.
- **Targeted Group:** Train to Train (Development) & Train to Compete (High Performance) athletes
- **Events:**

Men's Kayak	Women's Kayak	Men's Canoe	Women's Canoe	Paracanoe (mixed)
K1 200m K1 500m K1 1000m	K1 200m K1 500m	C1 1000m C1 500m	C1 200m C1 500m	K1 200m x 2 V1 200m x 2*



*Va'a (V1) events will be added to the Ontario Team and Ontario Regatta Team Selection Criteria.

- **Cost:** \$150 (free for any National Team carded athlete)
- **Qualification Process:** Direct entries (no qualification required)

OCup 2 - Spring 'Sports' Camp: June 16/17, 2018 – Mississauga, ON

- **Purpose:** New this year, the camp objectives are to provide technical development opportunities for LTAD Training to Train stage paddlers, and off-water sport activities in a fun and competitive environment. Following the example of our Florida Training Camp, participants will complete on-water training, as well as compete in teams in several off-water competitions. Participants will also compete for their individual clubs in a 6km running race, a 6km on-water time control and 400m on-water 'block starts'*. Paddlers total time in the running race, 6km time control and best three (3) 400m time control results will be used to calculate each clubs OCup 2 points. ***Block Start** – paddlers can complete in as many 400m TC's as they wish within the given time period.
- **Targeted Group:** U13, U14, U15, U16 (development athletes)
- **Sample Schedule:**

Saturday, June 16		Sunday, June 17	
9:30 am	Check-in, intro	8:30 am	Check-in
10:00 am	Paddle #1	9:00 am	6km running race
11:30 am	Team Activity - Sports Game #1	10:30 am	6km on-water TC
12:30 pm	Lunch	12:00 pm	Lunch
1:30 pm	Paddle #2	1:00 pm	400m on-water Block Start
3:00 pm	Team Activity - Sports Game #2	2:30 pm	Team Activity - Sports Game #3
4:30 pm	Paddle #3	3:30 am	Travel home
6:00 pm	Dinner		
7:00 pm	Team Activity - Talent Show		

- **Cost:** Camp - \$130 for those who require accommodation and \$65 for those who do not require accommodation (fee includes lunch & dinner on Saturday and breakfast & lunch on Sunday, and camp t-shirt).
- **Qualification Process:** Direct entries (no qualification required)

OCup 3 – Ontario Championships: August 18 (Day 1 - U16+ events), August 19 (Day 2 - U15 & Under events), 2018 – Welland, ON

- **Purpose:** The competition objectives are to provide a provincial championship event for member clubs across Ontario.



- **Targeted Group:** U13, U14, U15, U16, U17, Open, Masters, Paracanoe and Special Olympic (PaddleAll ID) events
- **Events:**

Age Category	Singles	Doubles	Fours	C15
U13 Competitive & Development Finals	500m	500m	500m	Mixed 200m
U14 Competitive & Development Finals	1000m			
U15 Competitive & Development Finals	1000m	1000m	1000m	Mixed 200m / Male & Female 500m
U16 Competitive & Development Finals	1000m			
U17 Competitive & Development Finals	Men 1000m/ Women 500m	Men 1000m/ Women 500m	Men 1000m/ Women 500m	Mixed 200m / Male & Female 500m
Open	500m	500m	500m	Mixed 200m / Male & Female 500m
Masters	500m	Mixed 500m	Mixed 500m	
Paracanoe	200m	200m		
Special Olympic (PaddleAll ID) events	200m	Mixed Unified (ID & non-ID athletes) 200m		

- **Cost:** \$35 (no fee for war canoe only participants, free for any National Team carded athlete)
- **Qualification Process:** New this year, the Top 5 U13, U14, U15, U16, and U17 athletes from each division will qualify for the **Competitive Final** based on divisional qualification. The next 6-10 athletes from each division will qualify for the **Development Final** based on divisional qualification. **Note:** if a coach feels an athlete is better suited in the Development Final they can request that change. Open, Masters, Paracanoe and Special Olympic (PaddleAll ID) events are a direct entry process. Singles entries will be seeded based on OCup 1 – Ontario Team Trials results, crew boat entries will be seeded based on divisional championships results. Each athlete can compete in a maximum of 6 events per day.

OCup 4 – Long Distance Regatta: September 29/30, 2018 – Ottawa, ON

- **Purpose:** The competition objectives are to provide an appropriate post-competition season event for development and High-Performance Athlete Development (HPAD) athletes.
- **Targeted Group:** U15, U18, Open, and Masters
- **Events:**

Age Category	Men's Kayak	Women's Kayak	Men's Canoe	Women's Canoe
Development	K1 6000m (no portage) &	K1 6000m (no portage) &	C1 6000m (no portage) &	C1 6000m (no portage) &



	K1 6000m (portages)	K1 6000m (portages)	C1 6000m (portages)	C1 6000m (portages)
U15	K1 6000m (no portage) & K1 9000m (portages)	K1 6000m (no portage) & K1 9000m (portages)	C1 6000m (no portage) & C1 9000m (portages)	C1 6000m (no portage) & C1 9000m (portages)
U18	K1 9000m (no portage) & K1 15000m (portages)	K1 9000m (no portage) & K1 15000m (portages)	C1 9000m (no portage) & C1 15000m (portages)	C1 9000m (no portage) & C1 15000m (portages)
Open	K1 9000m (no portage) & K1 24000m (portages)	K1 9000m (no portage) & K1 21000m (portages)	C1 9000m (no portage) & C1 18000m (portages)	C1 9000m (no portage) & C1 18000m (portages)
Masters	K1 6000m (no portage) & K1 15000m (portages)	K1 6000m (no portage) & K1 15000m (portages)	C1 6000m (no portage) & C1 15000m (portages)	C1 6000m (no portage) & C1 15000m (portages)

- **Cost:** \$20 (free for any National Team carded athlete)
- **Qualification Process:** Direct entries (no qualification required)

Ontario Summer Games (OSG): August 2 (training & Opening Ceremonies), August 3 (competition), 2018 – Fanshawe Lake, London, ON

- **Purpose:** The competition objectives are to provide an inter-divisional championship within a multi-sport games environment.
- **Targeted Group:** U16 and Special Olympics (PaddleALL) events
- **Events:**

Age Category	Singles	Doubles	Fours	C15
U16	Male - 1000m & 200m Female - 500m & 200m	Male - 1000m & 200m Female - 500m & 200m	Male - 1000m Female - 500m	Mixed 200m
Special Olympic (PaddleAll ID) events	200m A & B Final	Mixed Unified (ID & non-ID athletes) 200m A & B Final		

- **Cost:** \$90 per participant (including Special Olympic sport assistants). Includes food and accommodation at the Games.
- **Qualification Process:** Top 22 male, 22 females (normally 11 from each discipline) and 5 Special Olympic athletes from each division based on divisional qualification. **Note:** all potential Games participants, including athletes, coaches, managers and officials MUST be registered with the Games through the online registration system www.london2018.ca by Monday, July 2, 2018.



Divisions will submit their final team roster to OCSRA's Technical Director, Ryan Blair by Monday, July 30, 2018. Only participants who completed the registration package, including submitting registration, reading the Code of Conduct and signing the Participant Waiver Form by July 2, 2018 will be eligible to compete in the Games.

Winter OCup 1 – Swim Meet: December 9, 2018 – Toronto, ON

- **Purpose:** The objective is to provide a competition opportunity that aligns with General Preparation phase training.
- **Targeted Group:** U15, U17, Open, and Masters
- **Events:** 50m, 200m & 300m freestyle. All events will be mixed gender.
- **Cost:** \$5 (free for any Ontario Team member and National Team carded athletes)
- **Qualification Process:** Direct entries (no qualification required)

Winter OCup 2 – Ski Loppet: February 3, 2019 – Gatineau, QC

- **Purpose:** The objective is to provide a competition opportunity that aligns with General Preparation phase training.
- **Targeted Group:** U15, U17, Open, and Masters
- **Events:** 10km, 20km and 30km. All events will be mixed gender.
- **Cost:** \$5 (free for any Ontario Team member and National Team carded athletes)
- **Qualification Process:** Direct entries (no qualification required)

ONTARIO TEAM TRAINING CAMPS

October 18-21, 2018 – CSIO/Welland, ON

- Ontario Team athletes complete on-water training and sport related workshops at WIFC.

December 6-9, 2018 – CSIO/Mississauga, ON

- Ontario Team athletes complete paddle pool training, long distance running, sport related workshops at Mississauga Canoe Club and Ontario's Winter OCup 1 – Swim Meet at CSIO.

January 31 to February 3, 2019 - Gatineau Park, QC

- Ontario Team athletes complete Nordic ski training, sport related workshops and Ontario's Winter OCup 2 – Ski Loppet in Ottawa/Gatineau QC.



ONTARIO TEAM REGATTA TOUR

Canada Day Regatta – June 28 to July 2, 2018 in Ottawa, ON

The priority for the 2018 Ontario Regatta Team – Ontario Tour Team project is to provide international level competition for Ontario High Performance Athletes Development (HPAD) athletes and Ontario Development athletes. The project will also provide training opportunities at our training camp held in Ottawa, ON.

Selection to the Tour is based on OCup 1 – Ontario Team Trials results. For full information on these events please review the 2018 Ontario Regatta Team Selection Criteria at www.ocsra.ca.

CLUB DEVELOPMENT PROGRAMS

Club & Coach Development Project (CCDP)

The CCDP was created to assist clubs in their delivery of programs and provide enhanced professional development opportunities for their coaches.

Changes to this year's project includes an improved approach to coach mentoring over the entire competition season and an increased level of program support for two (2) targeted clubs. Our equipment support will remain the same as previous years. For full details on the changes to the project please see OCSRA's 2018 Club & Coach Development Project (CCDP) information and application form.

COACH EDUCATION & PROFESSIONAL DEVELOPMENT

Workshop Dates & Locations

- May 25-27 Advanced ELCC - [Burloak Canoe Club](#). Registration and workshop payment deadline is Tuesday, May 22, 2018.
- May 26 Canoe Kids - [Mississauga Canoe Club](#). Registration and workshop payment deadline is Tuesday, May 22, 2018.
- May 26 Canoe Kids - [Carleton Place Canoe Club](#). Registration and workshop payment deadline is Tuesday, May 22, 2018.
- June 8-10 Advanced ELCC - [Rideau Canoe Club](#). Registration and workshop payment deadline is Monday, June 4, 2018.
- June 22-24 ELCC - [Camp Akomak](#). Registration and workshop payment deadline is Monday, June 18, 2018.

For full details please visit www.ocsra.ca/coaches-corner.

Additional Professional Development Opportunities

Ontario Team Training Camps: OCSRA will offer opportunities for coaches to mentor with senior Ontario club coaches at all three (3) Ontario Team Training Camps (see camp details above).



**Ontario
Canoe
Sprint
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Affiliation**

Apprentice Coach Program (ACP): The goal of the program is to increase the number of Ontario coaches achieving international success. The objective of the program is to enhance coach development for coaches working with LTAD Train to Train and Training to Compete stage athletes.