

2010 CKBC AGM and ELECTIONS CKBC FALL CONFERENCE AWARDS BANQUET

2010 CKBC Fall Conference Program – Saturday, November 6

TIME	ACTIVITY	TITLE	SPEAKER
10:00 AM	Registration		
10:15	Coffee Break		
10:30	CKBC AGM and Elections		Grant Rawstron President, CKBC
12:00 PM	Lunch Break	Members on their own for lunch	
1:00-2:15	Workshop 1		
	(Option A)	Everything a New Parent/Athlete Needs to Know to Survive in the Sport of Competitive Sprint Canoe/Kayak	Virginia Kuran VP Development, CKBC Mary Jane Abbott Executive Director, CKBC
	(Option B)	Recruiting Athletes by Athletes: Getting the Message and Strategy Right	Sean Franklin Commodore, RCKC Competitive Athlete, RCKC Volunteer Coach, RCKC
	(Option C)	Empowering Volunteers to Lead What club members need to do to increase their volunteer numbers and effectiveness for running events.	Lindsay Baker Jacklyn Samonte Volunteer Richmond Information Services
2:15	Coffee Break		
2:30-4:30	Workshop 2		
	(Option A)	Fitdex Swimming Evaluations	Supervisor TBA
		White Water Kayaking Emergency Exit/Entrance/Rollover	Jon Allen and assistant coaches
	(Option B) 2:30-4:00 pm	Round Table Discussion	Grant Rawstron 2007-2010 President, CKBC Mary Jane Abbott Executive Director, CKBC
	4:00-4:30 pm	2010/11 Calendar of Events	Sara Hopkins VP High Performance, CKBC Technical Committee Chair
4:30	Break		
6:00-9:30	Banquet	2010 CKBC AWARDS BANQUET	Sara Hopkins VP High Performance, CKBC

CKBC Fall Conference Awards Banquet November 6, 2010

The CKBC Fall Conference is an annual training event for athlete and volunteer members of paddling clubs in B.C. The conference is a forum where members come together to learn, grow their organizations, and draw energy and inspiration from interacting with others involved in the sport of paddling in B.C.

Workshop 1A is targeted for parents of athletes and master athletes who are new to the sport of competitive paddling. Questions regarding competition eligibility, costs, equipment, coaching, and funding will be answered. Resources to obtain information for future questions will be presented.

Workshop 1B is recommended for all athletes of clubs. This workshop will teach athletes the skills and knowledge they need to be able to recruit new athletes to their clubs.

Workshop 1C is targeted at club members who plan and coordinate club events such as regattas and fundraising events. All of these events require many volunteers and Lindsay Baker and Jacklyn Samonte will share the knowledge and experience they gained while working for the City of Richmond to recruit, train and retain volunteers during the 2010 Winter Olympic Games.

Workshop 2A – Pool Session in which all competitive athletes, except masters, should participate in their FITDEX swimming evaluation. An opportunity will be given for these athletes to learn to complete emergency exit/ entrances and rollovers in white water kayaks. All these pool events occur in nearby Walnut Grove swimming/community centre. Admission for this event is included in the conference fee.

Workshop 2B - Round Table discussion for CKBC members with Grant Rawstron (President CKBC 2007-2010) and Mary Jane Abbott (Executive Director CKBC 2005-2010) is offered between 2:30-4:00 pm. Topics covered will include the three things each club did well in 2010 and the three things each club must improve in 2011, as well as the three things CKBC has done well and the three things CKBC must improve in 2011.

Between 4-4:30 pm, Sara Hopkins, chair of the technical committee, will present the draft of the 2010/11 Calendar of Events. Sara will be happy to answer questions regarding this schedule. This presentation is provided for parents of athletes as well as adult athletes.

The Annual CKBC Awards Banquet takes place at 6 pm to recognize the accomplishments of athletes and volunteers who are members of CKBC. The Athlete Representative for CKBC will also be elected at the banquet.

Venue Information:

Holiday Inn Express
8750 204th Street
Langley, BC
(604) 882- 2000

Conference Schedule:

Saturday, November 6, 2010 1:00 PM - 4:30 PM

Banquet Schedule:

Saturday, November 6, 2010 6:00 PM- 9:30 PM

Fall Conference, Pool Sessions and Awards Banquet cost:

Early Bird Registration (Ends October 31st) - Fee \$50.00

Regular Registration (After October 31st) - Fee \$65.00