



# ANNUAL REPORT 2017-18

A person in a kayak is on a body of water, likely a lake or river, during sunset. The sun is low on the horizon, creating a bright reflection on the water. The background shows a line of green trees and a dark, hazy sky. The overall scene is peaceful and scenic.

**OUR MISSION:**

Encourage and promote personal growth and success for members through participation and performance in paddle sports.

**OUR VALUES:**

- champion **FAIR PLAY**
- be **INCLUSIVE** in programming and leadership
- embrace **INNOVATIVE** solutions
- demonstrate **INTEGRITY** in all aspects of the organization
- be **SUPPORTIVE** of member clubs and participants



## Whitewater Report

submitted by Rob Fletcher, CKBC Whitewater Chair



2017 was a relatively quiet year for the Whitewater Chair as Rutherford Whitewater Park wasn't ready for showing. 2018 looks to be an exciting year for the whitewater disciplines.

### OVERVIEW

Shout out to Dan Norman, who, through his years of involvement with paddling in BC and Canada, was named the Sport BC President Award recipient for his volunteerism to paddling. Thank you for everything you have done and continue to do Dan, an example being his organizing of the Cowichan Youth Kayaking Festival, 6th one this year.

Last summer in Burnaby, a small group of enthusiastic polo players, using the 8 CKBC polo boats and trailer, worked at developing a drop-in program. They are looking forward to growing the group in 2018.

Later in the year the same CKBC polo boats went over to the Island to help develop programming in the lower island. They too are looking to grow their group in 2018.

Vancouver Island Whitewater Paddling Society has had new leadership and has partnered with their aboriginal neighbours for river clean ups and other public opportunities. They continue to be strong supporters of the popular Cowichan Youth Kayaking Festival. The 2018 event looks to be better than ever and is April 13-15.

After a hiatus due to low water, the Puntledge festival will return in 2108. It is expected to draw a large contingent of paddlers.

Chilliwack Centre of Excellence Paddling Club hired Brendan Curson as their coach and developer of exciting programming to benefit CCEPC and the Provincial paddling community.

## RUTHERFORD UPDATE

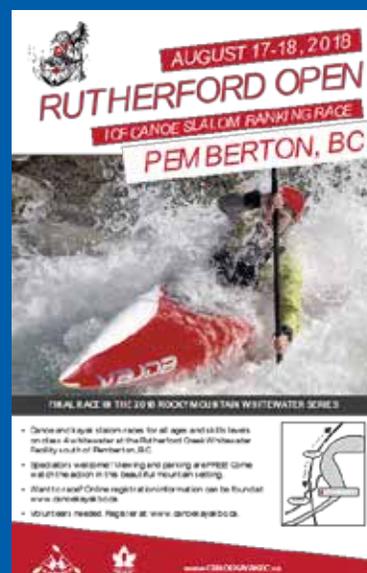
CKC and CKBC will be hosting an ICF race in August 2018 at the improved Rutherford Whitewater Park.

The event is dependent on the completion and testing of safety and feature improvements.

A call out will be made at the summit requesting club participation and volunteers for this CKBC/CKC event.

CCEPC and SPC have been the traditional volunteer clubs for events at Rutherford Whitewater Park due to their knowledge and expertise in Whitewater Slalom events.

Volunteers welcome, many jobs to fill. See CKBC website for details.



Late in the year Innergex approved the increase of improvement funding from \$60,000 to \$150,000 for advancing the safety of the venue.

The primary safety features include the emergency shut off, the addition of the catch screen and weir feature just below the canoe polo pool and the improvement of five existing features (Squamish Canyon, Lone Wolf, Vancouver Wave, Vancouver Canyon).

The concrete pour for the weir portion occurred in November 2017. The catch screen is being fabricated over the winter and is expected to be installed in April 2018.

The remainder of the feature improvements are expected to be addressed at the time of the weir installation.

More funding is required to accomplish these items so that course tests can occur in late May. The results of the grant application to improve the facility were negative, however summer employee grants have been applied for to assist the vision of the venue being operational in July 2017.



Preparing the weir site.  
Just below the canoe polo pool in the mainstream.



Overhead view of poured weir.  
Catch Screen to be added in April 2018

Squamish Paddling Club also went through some change and has been running regular programs throughout 2017 and is seeing some growth in their multidiscipline club.

The Borderline Boaters and Vancouver Kayak Club are no longer members of our association. We have had membership inquiries from the Bulkley Valley club.

### CKBC WHITEWATER COMMITTEE

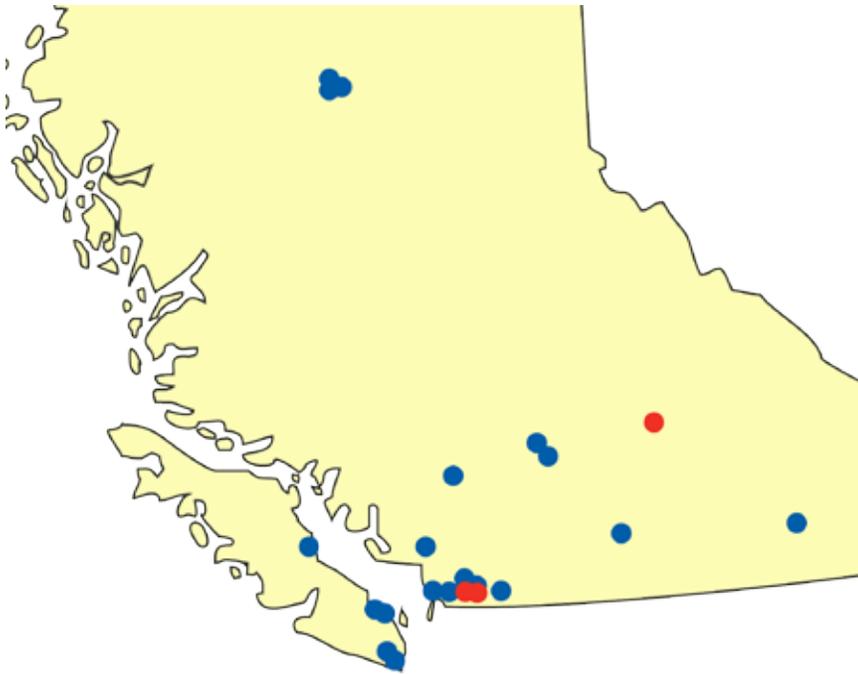
Call out for committee members occurred in the fall and resulted in a good cross section of individuals interested in advancing training, certification, and events available to all members. The hope is that facilitating discussions amongst our members we can have better communication, and improved programs, and increased participation.

### COACHING/INSTRUCTOR UPDATE

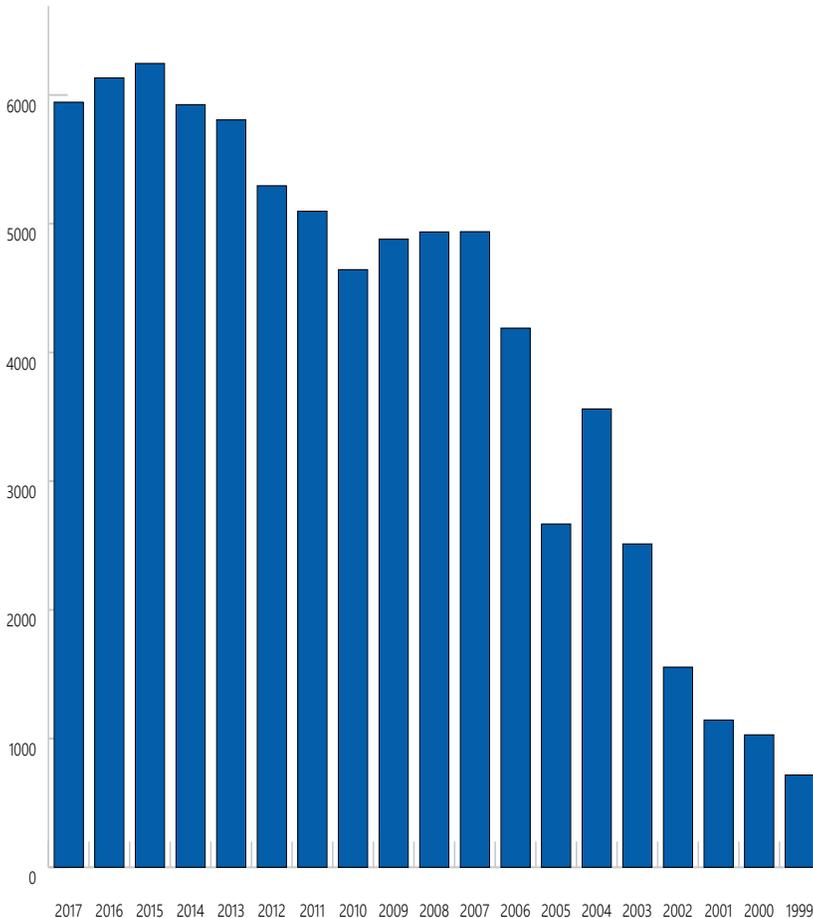
In 2017, CKBC transitioned from being the coordinator of the instructor/coaching education program. This transition didn't produce the results hoped for with courses only being offered through Thompson Rivers University as had previously been the case. The newly formed CKBC Whitewater Committee is working at addressing these issues and already making noticeable progress. Course announcements anticipated.



### CKBC Clubs Throughout B.C.



### CKBC Membership Through the Years



#### CLUB MEMBERSHIP

Twenty-three paddling clubs registered with CKBC in 2016-17 and we welcomed three new clubs:

- Alouette Paddling Club in Pitt Meadows
- Fort Canoe & Kayak Club in Fort Langley
- Revelstoke Paddling Association in Revelstoke



#### INDIVIDUAL MEMBERSHIP

Individual membership totaled 5,944:

- Aboriginal: 150
- Coach: 36
- Competitive: 240
- Dragon Boat: 143
- General: 200
- Marathon: 55
- Official: 8
- Outrigger: 86
- Paddle All: 19
- Recreational: 809
- Recreational Youth: 4,141
- SUP: 6
- Whitewater: 117



Over 310 individuals clicked like on the CKBC Facebook page this year. In total 1,374 individuals receive paddling updates on Facebook.

Find CKBC at: [www.facebook.com/pages/CanoeKayak-BC](http://www.facebook.com/pages/CanoeKayak-BC)



There are 912 individuals getting their CKBC paddling news on Twitter. And #FakeNews is avoided at all costs.

Find CKBC at: [www.twitter.com/CanoeKayakBC](http://www.twitter.com/CanoeKayakBC)



Instagram continues to show the most growth of CKBC's social media channels. With over 80% growth this year, there are now 516 individuals checking out our photos.

Find CKBC at: [www.instagram.com/canoekayakbc](http://www.instagram.com/canoekayakbc)



With email users deciding to unsubscribe to many of the newsletters in their inboxes, it is exciting to see another increase in CKBC's newsletter list. Almost 70 individuals subscribed or were added as members this year bringing the total to 206.

Subscribe to CKBC's bi-weekly newsletter at: <http://eepurl.com/bSD28b>

## Over \$27,500 Raised in 2017 Paddle-A-Thon



Five CKBC clubs raised \$27,630.19 for much needed equipment and programs during the 2017 Canoe Kayak BC Paddle-A-Thon. Each club hosted a paddle-a-thon event in their community in conjunction with paddlers collecting donations.

### 2017 PARTICIPATING CLUBS:

- Burnaby Canoe and Kayak Club: \$2,475
- False Creek Sprint Canoe Club: \$15,889.19
- Kamloops Canoe and Kayak Club: \$5,772
- Nelson Kayak and Canoe Club: \$1,435
- Yukon Flatwater Paddling: \$1,689

In addition to raising money for their clubs, the paddlers also had the opportunity to win prizes. False Creek's Tiffany Yau, who was the top fundraiser, receives \$350 towards a new paddle. And every paddler who raised at least \$150 received a special CKBC t-shirt commemorating Canada's 150th birthday

### TOP FUNDRAISERS - INDIVIDUAL

- Tiffany Yau (False Creek): \$1,800
- Abigail Donaldson (Kamloops): \$1,190
- Milo Jackson (False Creek): \$1,070

### TOP FUNDRAISERS - GROUP

- Logan and Senika Veliske (False Creek): \$1,420
- Avalon and Matilda Lawson (False Creek): \$1,300
- Laurence and Diane (False Creek): \$700

## Team BC paddlers won 53 medals at the North American Indigenous Games



Team BC's paddlers brought home 53 medals from the 2017 North American Indigenous Games in Toronto. Their impressive results helped Team BC win the overall team title at the end of Games.

During the three days of paddling competition, Team BC earned 21 gold medals, 11 silver medals and 21 bronze medals.

Among Team BC's top medal winners were:

- Monique Seanez (14U, Saanichton): 3 gold, 1 silver, 1 bronze
- Silas Wilson (14U, Nanaimo): 1 gold, 2 silver, 1 bronze
- Breanna Seymour (16U Stz'uminus): 3 gold, 1 bronze
- Jordana Seymour (19U Stz'uminus): 1 gold, 2 silver, 1 bronze
- Ivan Morris (19U, Port Renfrew): 1 silver, 3 bronze
- Michael Wyse (19U, Nanaimo): 4 gold, 2 silver
- Trey Gray-Thorne (19U, Duncan): 1 gold, 2 silver, 1 bronze
- Brandyn Chappell (19U, Chilliwack): 4 gold

In the overall team competition, Team BC competed in 13 sports and won a total of 176 medals (65 gold, 57 Silver, 54 bronze) over the course of the competition week. This put the team in first place, 12 medals ahead of Team Saskatchewan. This is the second time BC has won the overall team title at the NAIG, after winning the award at the 2014 NAIG in Regina, Saskatchewan.



Team BC paddlers brought home three medals from the 2017 Canada Summer Games. Overall, Team BC, with 146 medals, was second to Ontario in the overall medal standings. The 146 medals was an all time record for Team BC.



Cassidy MacPherson (Ridge) won gold in the women's K-1 5000 race. Her time of 21:13.71 was 25 seconds ahead of second place. Known for her love of cucumbers, she commented following her victory that their "power" helped her as she "had two cucumbers before the race."



In a very close men's K-1 5000 race, Alex Brent (Ridge) won the bronze medal. His time of 19:16.323 was just seven seconds behind the gold medal finisher. This was Brent's second bronze medal of the Games, his first coming in the men's K-1 1000. In another close finish, he was only two seconds out of first.



False Creek paddler Ydris Hunter made his sprint canoe international debut September 15-17 at the Olympic Hopes Regatta in Racice, Czech Republic. Hunter competed qualified for five semi-finals and one final during the competition.



Chilliwack Centre of Excellence's Finley Capstick competed at a Slalom World Cup Slalom in Markleeberg, Germany. The event featured both traditional slalom and extreme slalom. Capstick competed in both events, finishing 66th in men's K1 slalom and 24th in extreme slalom.



Chilliwack Centre of Excellence paddler, Austin Atkins, made his World Cup debut in September in Italy. Competing in the men's K-1 slalom, Atkins was 62nd on day 1 and 72nd on day 2. In his second World Cup he was 20th in extreme slalom and 67th in K-1 slalom.

## Thirty-three paddlers named to 2017-18 CKBC Provincial Team



Thirty-three sprint and slalom canoe and kayak paddlers were selected to Canoe Kayak BC's provincial team in November. Athletes were selected based on their results from the past season including national team selection, BC performance standard or nomination by the Coach's Technical Committee.

The CKBC performance program recognizes and supports athletes who have a potential to make junior, U23 and senior development and national teams. The team members and their coaches receive sport science resources, participation in training camps and support for various regattas, trials and championships.

### **Burnaby Kayak and Canoe Club**

Jillian Perrone, Katrina Loutet, Samantha Loutet, Ivan Strashenko, Mika Asano, Edward Colhoun

### **Chilliwack Centre of Excellence**

Austin Atkins, Finley Capstick, Jakob Kryworuchko, Avery Wilkins

### **Chinook Racing Canoe Club**

Gavin Jaeger-Freeborn, Lydia Keefe Sampson, Patrick Dann, Coen del Valle

### **False Creek Racing Canoe Club**

Stuart Chase, Ydris Hunter, Anna Zhang, Elisa Robson-Brown, Tiffany Yau, Arjun Senanayake

### **Kamloops Kayak and Canoe Club**

Matao Buist, Stanley Netherton, Spencer Robinson, Michael Lanyon

### **Nanaimo Kayak and Canoe Club**

Cameron Antifave

### **Nelson Canoe and Kayak Club**

Heather Potkins

### **Pemberton Canoe Club**

Quinn Phare

### **Ridge Kayak and Canoe Club**

Brian Malfesi, Matthew Koehler, Alex Brent, Jia Kim, Cassidy MacPherson, Noah Said

## CKBC adds Sport Development Coordinator to staffing team



Canoe Kayak BC hired Gillian Fedechko as the Sport Development Coordinator in November. Among her responsibilities are Aboriginal Long-Term Athlete Development; BC Games; BC School Dragon Boat Championships; CanoeKids on the Road; and Community Coach Education.

Gillian paddled with the Ridge Canoe and Kayak Club from 1999 to 2010. Her competitive highlights include three silver medals at the 2005 Canada Games 2005; gold and silver medals at the 2006 Pan-Am Championships and multiple Canadian Championships medals from 2003 to 2010.

Following her successful competitive career, she coached at the Ridge Canoe & Kayak Club in Maple Ridge. She also coached at the 2010 and 2014 BC Games, 2009 Canada Summer Games and 2011 Western Canada Games.

"I am passionate about lifelong fitness and helping people get active," says Gillian. "It is rewarding to help them find activities they enjoy and can do at any stage of life."

Young paddlers in B.C. have previously benefited from Gillian's knowledge. She has taught CanoeKids courses for our summer staff and worked in several communities and settings for this course.

Beyond her paddling experience, Gillian holds a Bachelor's Degree in Kinesiology and Physical Education from the University of the Fraser Valley. Since graduating in 2011, she has worked at Golden Ears Physiotherapy where she helped WorkSafe BC and ICBC clients.

When she's not working Gillian enjoys playing slo-pitch softball in the spring/summer, ultimate frisbee, and working out at the gym. She also enjoys cooking and baking at home and trying new recipes.



CKBC awarded two \$500 scholarships to two outstanding student athletes in recognition of their dedication and commitment to the sport combined with outstanding scholastic achievement and community involvement.



Lauryn Cheung won medals at the 2015 Western Canada Summer Games and 2016 National Sprint Championships. She was an active member of her high school and volunteered at the LifeMark Health Centre where she worked with a variety of amputee clients.



Michael Lanyon credits paddling and its associated travel with helping him learn many valuable life lessons like budgeting, punctuality and being modest in victory and gracious in defeat. Away from the water, Michael helped with outreach for homeless programs and within his high school.

# OUR CLUBS



## BURNABY CANOE & KAYAK CLUB

### PARTICIPATION

School dragon boat - over 300 participants

CanoeKids - 150 participants through summer, 12 raced Pacific Cup

Racing - 15-20 athletes participating in fall/winter/spring training

### PERFORMANCE

Five athletes (Sam, Kat, Mika, Ivan and Edward) raced at Nationals. All made provincial time standards. Ivan's K-4 with Kamloops boys won bronze. Many athletes had successes at BC Cup regattas as well as Pacific Cup.

### PARTNERSHIPS

Day-to-day partnerships with rowing club, city of Burnaby. Our athletes (and Wes) attended Stan's x-c ski camp in January, and did spring and fall training camps with False Creek and Pemberton.

### SUSTAINABILITY

Big transition this year with Wes stepping back from coaching. Peter Majewski has been hired as new head coach. Ben Muench continuing on with juniors and kids camps. Recruiting paddlers up from CanoeKids/ Pacific Cup through to junior programs.



## CHILLIWACK CENTRE OF EXCELLENCE PADDLING CLUB

2017 was a great year for the Chilliwack Centre of Excellence Paddling Club (CCEPC)! We were very pleased to have welcomed Brendan Curson as our new Head Coach in April. Brendan, along with our part-time instructors and coaches, Board members, and many volunteers, have been working very hard to nurture, expand, and modernize the club's recreational and competitive paddling programs. This has included delivering paddling instruction for school program youth, for recreational members and the general public, as well as providing excellent coaching for our competitive athletes.

With Brendan's guidance, our HP Whitewater Slalom Program athletes have thrived, bringing home for example, a whopping 17 medals from the 2017 Whitewater National Championships held in Ottawa.

As in previous years, the CCEPC hosted a variety of Canoe/Kayak events such as our chilly introductory Ice Breaker Race, and the Rich Weiss Memorial Slalom race for the more seasoned.

We also formed new partnerships with for example, Waterflow and the Squamish Paddling Club to co-host the 1st Annual Mamquam River Race. We greatly appreciated the event prize donations and backing from our private sector supporters including Mt. Waddington's, Western Canoe Kayak, and Waterflow.

The CCEPC also worked to refurbish the slalom course at the Seymour River site, and participated in community events such as the Chilliwack River Cleanup Day and Chilliwack Moves.

We would like to thank the BC Community Gaming Grant Branch, and the Federal Career Summer Jobs program for their renewed funding, and our provincial and federal canoe/kayak partners for their support.



## CHINOOK

### PARTICIPATION

Chinook has five athletes in our Competitive Program, four in the Development Program; with a possibility of two additions in March, and we expect eight to ten regular paddlers, and monthly rotating course participants, in our Beginners Program from April through September of 2018. Our two male and two female kayakers currently in the Development Program have been doing dryland cross-training over the course of winter.

### PERFORMANCE

Our female Development athletes are looking forward to the opportunity to compete for placement on the Zone 6 Team this year for the BC Summer Games.

### PARTNERSHIPS

We continue partnering with the Fairway Gorge Paddling Club (FGPC), being located at their dock facility. FGPC is a Dragon Boat and Outrigger club which also does kayak rentals and summer day camps.

### SUSTAINABILITY

Like the majority of BC paddling clubs, Chinook could benefit from increased engagement of volunteer parents. We have purchased all but one sprint kayak that was loaned to the club for our fleet and are otherwise debt-free. Our storage capacity is maxed-out which is always a constraint on growth.



## KAMLOOPS CANOE AND KAYAK CLUB

### PARTICIPATION

2017 Totals: 740 Paddlers (our best year yet) paddled with the KCKC this year – despite a hard year, it was a still a good year for us!

Field Trips: In May-June we hosted 20 local elementary school grades, (over 24 kids in each class), for a one day field trip. As part of this program, we also held our first annual Grade 7 Dragonboat Festival which was a resounding success and we hope to repeat each year. We've already made strides in marketing and outreach! We participated in Pacific Sport's Olympic Day, reaching over 1000 students and teachers. As a result, our 2018 spring field trips are already 100% booked, and we've even doubled our capacity to allow us to host two classes per day where there is demand! We also hope that this event will result in new members for our competitive team.

Open House: One of our most effective and successful events was our open house in June where we opened our doors and introduced many curious community members to come and try out the paddling sports. It was also a great experience for some of our competitive team members who were on hand to help kids with the basics, answer inquisitive questions, and allow our team to explain, in their own words, their paddling journey to date. Absolutely Priceless!

Recreational Summer Camps: 2017 was a hard summer for us – we had to cancel three of our nine one-week summer recreational camps and our annual summer regatta due to smoke. Over 90 kids (ages seven to thirteen) from Kamloops and surrounding communities enjoyed a summer camp experience, making friends and memories, learning about canoeing, kayaking, paddle boarding, dragon boating and as well as some fun exploring and hiking in the surrounding hills.

Competitive: KCKC's Competitive Program trained and further developed 27 young athletes; 21 males and 9 women, including one whitewater paddler. One of our focuses for 2017 (and continues to be for 2018) is to attract, engage and retain young female athletes to our sport. In addition to a 5-6 days per week spring/summer paddling season, KCKC continued a well-organized and well-attended winter six-day per week training program which included weight training, swimming and cross country skiing. We

also hosted a successful 3-week spring training camp in Taiwan to give our competitive paddlers a jump on the 2017 paddling season.

Intro to Paddling & Masters: While we did continue our Master's Program with punch-card flexibility, the summer wildfires put a serious damper on participation, and we're hoping for better conditions and renewed participation in the coming year.

Regattas: It was with great sadness that we had to cancel our annual CKBC BC Cup #2 due to wildfire-related smoke. Our hope is that in 2018 our regatta will be bigger and better than ever!

## PERFORMANCE

Out of the 36 athletes who participated in our spring paddling program, 27 went on to paddle with our competitive team, including 1 whitewater paddler. KCKC has 7 athletes on the provincial team, and 2 athletes who were members of the Canada Summer Games BC Team. We sent 3 athletes to the 2017 Canadian Sprint Nations – these boys, racing for Burnaby, won a bronze medal! For 2018, we hope to send 6-7 athletes to Nationals, which is also a qualifier for Olympic Hopes this year. And, our younger athletes won the U11 category at CKBC's Pacific Cub in 2017.

## PARTNERSHIPS

We are thrilled to continue strong and committed partnerships with:

- Local Volunteers (so grateful!)
- HRDC & Get Youth Working
- Alliance Traffic Control Group
- Urban Systems
- NRI Distribution
- Bruker Marina
- Blackwell Dairy
- On the Rocks Pub
- Pacific Sport Interior
- Kamloops Sports Council
- City of Kamloops
- School District 73
- Kamloops Indian Band
- Kamloops Rowing Club
- Kamloops Waterski Club

## SUSTAINABILITY

KCKC's strategic plan includes goals to grow our membership and participation numbers; further develop our infrastructure; and partner closer with local community groups. In pursuit of these goals, and despite a challenging year, in 2017 KCKC:

- Brought on new board members
- Maintained paddler participation
- We now have a much more robust media presence, including an energetic and exciting Facebook feed (<https://www.facebook.com/Kamloops-Canoe-Kayak-Club-332538340106295/>) as well as a standing page on CFJC, a local TV station (<http://classifieds.cjctoday.com/kckc>).
- Received donations, in the way of product, from local businesses that helped us expand our equipment and support fundraising efforts
- Bolstered relationships with the local school district

We have to acknowledge that 2017 was also a hard summer for us – the unprecedented wildfires meant we were forced to cancel numerous summer camps and our annual summer regatta due to smoke. As a result, the Board's focus since then has been on building back after the impacts of last season's wildfires. In addition to smoke, we also had to deal with blue-green algae and resulting water quality concerns, which we assessed and is now resolved. The silver lining is a renewed emphasis on site safety, including a new draft evacuation plan, and our resolve to rebuild.

Due to financial impacts of last season's wildfires, the board had to make the hard decision to not renew the contract for our much-loved and appreciated Operations Manager, Michelle. These duties are being covered by our Head Coach and volunteers, however we hope to be able to revisit this model once we're back on our feet. We also opted for a lower-key spring training camp this year – our paddlers are being hosted by Keystone Paddlers in Gig Harbour, Washington. This approach is intended to enable our head coach to remain in Kamloops during that time, focusing on getting ready for the upcoming summer season.

## OUR SITE AND FACILITY

The Shumway Lake Watersports Facility – where we paddle – is governed by KamloopA Club, a not-for-profit organization with membership from the three clubs who use the site (KCKC, Kamloops Rowing Club and Kamloops WaterSki Club). This year, we made some significant improvements to our site, making it better for all users:

- Upgraded our septic system, including protecting it with new fencing
- Finished the amazing new kitchen in the clubhouse
- New toilets in bathrooms
- Drywall replaced
- Maintenance on the deck
- A lot of course repairs (and more to come this year)

- This year was KCKC's turn to take out the docks (we rotate these duties through the clubs). This year, due to availability of the trailer (we get this donated each year from a local business) and crazy early cold temperatures, we pulled out the docks in ice and snow – a memorable experience for us all!

### **SUPPORT - A BIG THANKS!**

We want to thank all our supporters for your generosity and support in this year's fundraising events. Our Wildfire Fundraiser raised approximately \$1,500 and has made a tremendous impact on our success. Thank you!

In summary, despite the challenges of 2017, we believe KCKC is well-positioned for a successful 2018. We are looking forward to hosting paddlers from around the country to our July BC Cup Regatta and seeing you all out on the water in 2018!



## **NELSON KAYAK & CANOE CLUB**

### **SUCCESSFUL GRANTS OR FUNDRAISING EVENTS**

- CBT/CIP AA - \$2700
- Lions Club of Nelson - \$500
- Walmart - \$250
- Kidsport \$300
- Nelson District Credit Union - \$500
- Canada Summer Jobs Grant \$3255
- Columbia Basin Trust Sponsorship Grant: \$500
- Paddle-a-thon- \$1435
- Cardboard Kayak Race: \$1000
- BC Hydro: \$500
- Viasport (Para-athlete, AB. Ed. Programming): \$1500
- In-kind contribution for Home Hardware re: supplies
- In-kind contributions from Canoe Kayak BC valued at \$10,000.

### **SPRINT TEAM**

- Delivered dryland training, warm up and cool down exercises
- Developed practice plans for each session that each had a fun focus for the night
- Developed training plans for older athletes
- Coached participants to help them improve their technique and balance
- Developed games and fun races
- Formal winter training program for older youth
- February 2017, Training camp by Canoe Kayak BC coach and National level paddler, Cory Rublee
- Confidence training, goal setting
- Race planning
- Psychological elements of athlete preparation and training

- Formalized year-long training database, developed in Excel

### **SUMMER CAMPS FOR YOUTH**

- Introduced young paddlers to the sport of sprint paddling and taught them how to properly use and paddle the boats.
- Created a fun, safe and engaging environment to learn Sprint paddling skills
- Developed a flexible week practice plan that included games, crafts and paddling technique
- Recruited new young members to the Sprint paddling team
- Canoe Kayak BC lent us 8 boats for summer programming
- Canoe Kayak BC ran a «CanoeKids Camp» with provincially hired coaches providing training for our own locally-hired coaches

### **JUNIOR AND ADULT COACH TRAINING**

- Provided opportunities to develop coaching skills and safety procedures
  - Collaborated with Nelson Nordic Ski Club on training of head coach
  - Reviewed operations manual and safety protocols in in-house training
  - Sent Head coach to the Columbia Basin Advisory Panel for youth and sport workshop, May 2017
  - Carmen Scott, National team alumni, (Pan Am Champs, J. Worlds) volunteered to work with our head coach to mentor coaching of Master's programming and HIT programs, June/July 2017
  - Facilitated a coaching exchange in which NKCC Head coach was mentored at False Creek Canoe Club while CKBC sent a « Canoe Kids Coach » to fill in for NKCC head coach and mentor our NKCC Junior coach, July 2017.
  - NKCC head coach attended Team BC Discipline Camps
- The NKCC hired the services of an operations/program consultant (Karen Redfern) to provide mentoring on operational systems, development safety procedures, sustainable programming to increase programming and community engagement.
- Delivered High Intensity Interval Training Guidelines
- Featured Senior Athletes on web site
- Successfully ran a NCCP Level I Instructor Course 2016

### **MASTERS RACING PROGRAM**

- Established new, popular Thursday night Master's program.
- Integrated new Masters program with Jason Rusu's Toonie

Race night that promotes paddling for members and non-members

- Rebranded "Toonie race" to "Toonie Tour" to break down participation barriers and to encourage further community engagement
- Masters raced in local Nelson NKCC community regatta (members and non-members) and Maple Ridge

### **NEW PARA-ATHLETE PROGRAMMING**

- The NKCC made a significant effort to improve accommodations for para-athletes
- Fundraising efforts were successful in raising funds to purchase a parathlete boat
- Canoe Kayak BC has lent us removable pontoons to provide extra stability for para-athlete boats if needed in the learning phases
- We worked directly with a para-athlete to develop a working platform for adaptive and para-programming.
- Established coaching manual guidelines for para and adaptive programming
- Successfully integrated our first para athlete into regular programming to advance the NKCC Sport For All philosophy.

### **COMMUNICATIONS**

- Message board, email send outs, Facebook
- Kept a fun, interactive, and inclusive environment
- Web site, logos of our supporters in place
- Sportical on-line event registration and report system

### **SAFETY**

- Update of the NKCC Safety Management Plan
- Developed an in-house operations manual | Reviewed by Canoe Kayak BC
- Ran a safety training session, boat recovery on July 2017
- Standard First Aid Training
- Operated safety boat for team practices, Women's night, Thursday Masters and HIIT sessions, Toonie Tour, Member race and Cardboard Kayak Race
- Training/education
- Developed an in-house staff program training manual | Reviewed by Canoe Kayak BC
- Ran a Safety Boat Operators clinic
- Standard First Aid Training
- Developed « Cold Water Immersion » protocol

## REGATTAS

- Nelson, BC, Weekly Thursday night community race nights, open to members and non-members
- Kamloops, Canada Games Trials, Kamloops, BC, July 15-16, 2017
- Kamloops regional cancelled because of nearby fires, July 2017
- Canada Summer Games, Aug. 5-17, 2017 (BC team)
- Welland, BC, Canada Sprint Championship, Aug 22-26, 2017 (BC team)
- Nelson, BC, September 3, 2017, hosted a members race and « Come Try it Event »
- Maple Ridge, BC, September 10-13, 2017

## COACHING AT REGATTAS

- Organized team members, inspired team spirit for regattas
- Registration
- Organized youth and race preparation
- Regatta contact
- Attended coach meetings
- Informed team of regatta regulations and updates

## COMMUNITY EVENT "KASLO JAZZFEST"

- Provided security for the Kaslo Jazzfest on August 4-6, 2017 and the floating stage.

## COMMUNITY EVENT "CARD BOARD KAYAK RACE"

- Junior coaches Tessa Timmermans and Heather Potkins initiated and developed idea of cardboard kayak race based on Deep Cove, BC's event.
- Advertised in newsprint, radio and used social media to market the event
  - <http://nelsonkayakandcanoecub.com/cms/?p=news>
- Columbia Basin Trust Grant and Home Hardware to cover costs of materials

## COMMUNITY EVENT "FESTIVAL OF PROGRAMS"

- Represented the Nelson Kayak and Canoe Club at a community event hosted by the Nelson District Community Complex on September 13, 2017

## WOMEN'S NIGHT

- Developed a program for women in the community to try out the sport of sprint canoe and kayak.
- Funding for Women's Night was also provided by Viasport

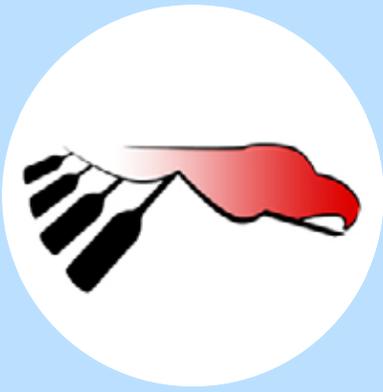
- Advertised and marketed NKCC summer programming.
- Set programming costs and managed insurance and membership
- Developed practice plans for each session that each had a fun focus for the night
- Coached participants to help them improve their technique and balance
- Kept a fun, interactive, and inclusive environment

## PRIVATE LESSONS

- Advertised and created flyers for private lessons to introduce sprint canoe and kayaking to our community
- Developed practice plans for all ages and abilities
- Coached private lessons, small group lessons and larger group lessons
- Set costs and managed insurance and membership

## IMPROVED ORGANIZATION INFRASTRUCTURE OF CLUB

- Repaired chips in the front of boats and repainted
- Made technique posters for clubhouse
- Made boat repair list
- Purchased more life jackets for club use
- Purchased new safety boat
- Made life jacket rack to help with organization
- Updated the Nelson Canoe and Kayak Club website and regularly added news
  - <http://nelsonkayakandcanoecub.com/cms/?p=news>
- Ordered hoodies and T-shirts
- Made race board to help organize regattas



## PEMBERTON CANOE ASSOCIATION

### PARTICIPATION

The club had another successful season running three different dragon boat programs (elementary, high school, and adult), two outrigger programs (recreational and competitive), a flatwater program, and a variety of summer programs. Based on CKBC Membership Data, our total membership is listed at 248, with 104 male paddlers and 144 female paddlers. Members were mostly from Pemberton; however, there were some paddlers from the surrounding communities of Whistler, D'arcy, Mt. Currie, and the Lower Mainland.

The club ran two different elementary school programs this year. 65 students in Grade 5-7 students, from Signal Hill Elementary, did an in-class session this year, and then about a dozen students continued to come out for 4 Sunday morning sessions in May. 17 students from Grades 5-7 from Xit'olacw Community School did 3 dragon boat sessions in May. Paddlers in both programs were coached by paddlers from the high school program.

The Laoyam Eagles high school junior dragon boat program had 37 paddlers in the program and the Bald Eagles adult dragon boat program had 23 members. These programs ran from March – June, with practices twice a week. As well, in the fall, approximately 20 paddlers from Grade 5-12 came out to train in September and October.

There were 13 registered paddlers in the recreational outrigger program. There were scheduled weekly practices and most paddlers were going out multiple times a week from April - November. This program runs on Green Lake in Whistler, BC where they paddle in one of the club's 6-man outriggers. There was also another 8 members paddling outrigger through the summer at One Mile Lake

By the end of season, there were 18 paddlers in the flatwater program. These paddlers started training in April and continued throughout summer until October.

The kids summer camps had 64 registrants. There were 6 weeks of Canoe Kids camps and 2 weeks of Regatta Ready camps. The camps were full or close to full each week, with many kids

attending multiple weeks. This year the club also ran an adult paddling camp, which had 13 participants.

6 youth and adults from the Whistler Adaptive Sports Program Society attended sessions with the club throughout the summer. At these sessions, they went out in outrigger canoes to learn paddling techniques. These sessions were run by one of our youth paddlers and were also supervised by an adult from the Whistler Adaptive Sports Program Society.

### PERFORMANCE

The high school paddlers competed at the Dragon Zone Junior Regatta and the Dragon Zone 500 m Regatta early in the season, coming second at both events. Two crews were made for the Concord Pacific Vancouver Dragon Boat Festival, including some kids from the Grade 5-7 program. The Laoyam Eagles crew came 2nd in the Junior A Final and the Laoyam Falcons came 1st in the Junior C Final. One member of the Laoyam Eagles crew was selected for the National Junior Dragon Boat team and represented Canada at the IDBF World Championships in France, bringing home 6 gold, 3 silver, and 2 bronze medals.

The adult Bald Eagles dragon boat team also competed at the Rio Tinto Alcan Dragon Boat Festival, coming 8th in the Competitive B Championship and 8th in the Mixed 1000m Guts and Glory Event. They also mixed with the junior paddlers to compete in the women and open divisions at this event. The Open crew came in 9th in their final. The women came 5th in their 1000 m Guts and Glory Race and came 1st in the Recreational A final.

Paddlers from the flatwater program competed at the Ridge Season Opener Regatta, the Ridge Invitational Regatta, the Ted Hoek Regatta, and the Pacific Cup/BC Championship series. The athletes showed improvement throughout the season, and there were some good results by the end of the season. One of club's paddlers qualified for the provincial team, competed at the Canada Summer Games in Winnipeg, and competed at Nationals.

### PARTNERSHIPS

The club partnered with Whistler Adaptive Sports Program to offer the adaptive paddling program during the summer.

The club worked with the teachers at the two elementary schools to coordinate the dragon boat program for the Grade 5-7 students during instructional time.

The club also worked with the Pemberton & District Community Center to offer the summer camp program. They advertised and took care of registration for these camps. The club received a Canada Summer Employment Grant to help with this program, and two students were hired to run the program.

The club continues to work closely with the Village of Pemberton to coordinate usage at One Mile Lake Park. The Village of Pemberton provided maintenance of the boathouse exterior

and boat ramp. The Pemberton Canoe Association continues to provide input and feedback to the One Mile Lake Master Plan and the changes being made at the One Mile Lake park. The club also works with the Resort Municipality of Whistler to arrange outrigger boat storage at Green Lake park.

The club received grant money from two local sources this year. A \$5000 grant from the Pemberton Valley Music Festival and a \$7555 from the Whistler Blackcomb Foundation were used to purchase five new boats for the flatwater program.

## **SUSTAINABILITY**

There continues to be stability in the dragon boat program. The focus on the Grade 5-7 program and trying to get as many school kids out in dragon boats, helps in recruitment to our high school program. As well, high school alumni and parents of youth paddlers continue to join the adult dragon boat program, helping to sustain the numbers in this program.

There is also sustainability in the outrigger program. There is an active group of seniors who enjoy the recreational program, and there is one member who is constantly promoting the program and recruiting new members. The adult dragon boat program also feeds into the outrigger program and is a natural transition for those paddlers in the summer.

The club was, again, able to hire a full-time employee from May – August to run the flatwater program and oversee the summer camp employees. This has continued to prove to be a good success for the club, with much improvement in our paddler's skills and competition results.

The summer camp program continues to grow. Last summer, two more weeks of camp were added to the summer program, for a total of 8 weeks, and the plan is to continue that same offering this summer. As well, an adult paddling camp was offered last summer, which was very successful, and this camp will also be offered again this summer.



## **PENTICTON RACING CANOE CLUB**

### **PARTICIPATION**

Penticton youth development program is currently small with a core group of 10 kids. We are in the process of promoting the club in increase the enrollment.

The CanoeKids program from the summer of 2017 was significantly down from the summer of 2016. Our camps ran from 9am-12pm Monday-Friday throughout the whole summer.

### **PERFORMANCE**

Zaffia Laplante hosted a one day paddling camp and spent some fun time on the water teaching the kids a variety of paddling strokes. But most importantly having fun moving and paddling hard.

### **PARTNERSHIPS**

We are currently working with the Kamloops paddling program to provide our local club with more opportunity to train and compete.

### **SUSTAINABILITY**

We are working towards improving relationships with the local school district and offering programs to students to increase the awareness of our club in the community.

This year we will be advertising the program at the Penticton Farmers Market and my try to have a group in the Peach Festival Parade.



## REVELSTOKE PADDLING ASSOCIATION

### DAVID THOMPSON PADDLESPORT CLASSIC

The first-ever, 125 km, David Thompson Paddlesport Classic from Mica Creek to Revelstoke was held over 3-days on August 18 – 20, 2017.

The event involves paddling canoes, kayaks, SUPs and other vessels 125 kilometers from Mica Creek to the 5-mile boat launch near Revelstoke Dam over the 3-days. There is a non-competitive OPEN CLASS for those paddlers who just want to complete the course within the time frame allotted and earn their distance pin. Other paddlers enter to race the course in various boat, age and gender classes competing for 1st, 2nd and 3rd place wooden medals in their class in addition to distance pins. There is also the option for beginners to paddle in the OPEN CLASS on Day 3 only. For those who are not familiar with the course please refer to the description below.

There were 20 boats registered for the event of which 18 started. Two entries did not complete the full course on day 1 but all 18 boats completed the course on Day 2 and 3. 23 distance pins were awarded plus 19 first place and 4 second place to competitive paddlers. 30 people, including 8 from Revelstoke, took part in the paddling.

The wind and weather cooperated. On Day 1 an occasional headwind slowed down paddling progress, especially for the SUPs. On days 2 and 3 the winds were calm with an occasional tailwind which pushed the paddlers along.

Sponsors contributed \$9,092 and the entry fees brought in \$2,411. After expenses of approximately \$9,900 the Association has a surplus of about \$1,600 to put toward the 2018 event. The Association and the paddlers sincerely appreciate our sponsors contributions and look forward to similar support in the years ahead as we build on the success of this first year.

The future looks good, as most participants planned to bring their paddling friends next year. A number of suggestions for minor improvements will be implemented also. The paddlers were satisfied, the organizers were satisfied and everyone is looking forward to next year. For more information on the event please visit our website at [www.paddlerevelstoke.ca](http://www.paddlerevelstoke.ca)



## SQUAMISH PADDLING CLUB

### 2017 SEASON WRAP UP

- The boat house on the Mamquam Blind Channel is in full operation:
  - Kayaks, SUPs, OC1 storage is almost to capacity
  - Exterior fenced compound has been installed
  - Safety gear for member use is in place (PFDs etc)
  - Monthly inspections completed using Facility Inspection form
  - No graffiti or vandalism to date
  - Works to do, install address signage for building, research water system (eves trough and barrel, fasten paddles for decoration, looking into solar power, install more berth racks
- Ran the first series of 'Intro to SUP' courses – 20 participants
- Hosted the District of Squamish Kids SUP Program with school age children participating
- Surfski Championships were again a success – 129 participants representing 11 countries – funds received - scheduled again for this year July 14 – now called the 'Canadian Downwind Championships' (OCs 1 & 2, SUPs – goal to have 170 participants – 67 registered so far – ahead of 2017 pace
- Paddling pool sessions were done in the fall and will start again this spring – Saturday nights good attendance – it is paying for itself
- Social paddles included a pancake breakfast, down winder to Britannia, full moon paddle, weaner roast - SUP special and Britannia paddle
- A six person Outrigger Canoe (OC6) was rented from the Pemberton Canoe association to gauge the interest in Outrigger paddling - 13 club members started paddling in the boat in November
- Participated in a flotilla paddle with Squamish Mayor and First Nations
- Assisted with 'Divers for Cleaner Lakes & Oceans' at Brohm Lake – towed divers to remote locations with kayaks/canoes – 333.4 lbs of garbage removed - funds for snacks were used

from the Plastic Oceans fund raiser

- Plastic Oceans – fund raiser and environmental awareness – put on by Squamish Terminals – funds raised for Watershed Society, Ocean One Tours, Auxiliary Coast Guard and Squamish Paddling Club – Jan 19, 2017 World Premiere – full house at the Eagle Eye Theatre with a 5-person panel including the Mayor – funds will be used for environmental initiatives
- Squamish Estuary clean up – assisted Squamish Terminals
- Demo Day with Deep Cove Outdoor Sports and Valhalla Pure – included pancake breakfast
- Reel Film Festival sponsored by Valhalla Pure – fund raiser – well attended
- Sea to Sky Marine Trail is becoming popular destination in Howe Sound
- Monthly meetings held by Club Executive
- AGM meeting was well attended
- Financial report is sound
- A survey was launched for what people would like to see for their club
- Squamish Paddling Club Website
  - We are almost one year into the implementation of a new on-line platform which combines both website and membership management. Using this platform, we created a new website and improved the management of memberships.
  - The new platform also improves communication with our members and makes it easier for people to register or members to renew their memberships. More efforts have been put on social media presence with the creation of an Instagram account where we share photos and promote events with our followers.
  - We have also been communicating with our members using newsletters. We plan on getting feedback from our members through an on-line survey in the hope to help us improve our programs.
- SPC hits the front page news – OC6 launch on Mamquam Blind Channel

### UPCOMING FOR 2018

- Squamish Marine Action Strategy Forum – Jan 24, 2018 - participated in 'Salt Life' Panel – voiced SPC concerns – flood protection – effect on access, club house location, derelict boats, path lighting
- Pool sessions – Mar 3, 10,17,24 and Apr 7,14,21,28, 2018 – 800 to 920 PM
- Paddle Fest/Open House and Demo day May 26, 2018
- Reel Paddling Fil Festival – date TBD
- July 14, 2018 Canadian Downwind Championships



## RIDGE CANOE & KAYAK CLUB

### PARTICIPATION

Our school and group programs had a very successful year this year. We had school and group bookings on almost every day possible and had 982 paddlers go through the program. We already have many schools booked again for this year.

Summer programs were well run this year by Keiffer and Taryn. Our summer camps were well attended and we had great weather during the spring and summer, which helped our rec paddlers have a positive experience. The smoke from the forest fires was the only occurrence that caused some issues for participants and athletes.

Dragon Boat attendance this year saw no improvement over last year and we are still struggling to fill the boat during practices. It remains an area of opportunity for us. We had to cancel quite a few practices due to the smoke as well.

It is our goal that our athletes at all levels are successful in achieving their goals; that participation in sport encourages team work and gives each athlete life long skills so that they are successful in whatever they choose to do.

### PERFORMANCE

We had some great results in our sprint canoe/kayak program this year from a local to international level. This was a busy year for our athletes and coaches as it was a Canada Summer Games year. Cassidy MacPherson, Jia Kim, Noah Said, Omar Said, Matthew Koehler and Alex Brent and coach Peter represented BC from Ridge. Alex won two bronze medals in the K-1 500m and K-1 1000m and Cassidy won gold in the K-1 5000m.

We also had 4 athletes participate at Nationals, Jia Kim, Matthew Koehler, Alex Brent and Brian Malfesi. Matthew and Alex got bronze in the Junior K2-1000m, Alex received bronze in the Junior K-1 1000m and Brian won gold in the Senior K-1 500m and K-1 1000m.

We are running an out of town Spring Training Camp this year in Florida that is currently under way as this report is being written. Our camp last year demonstrated its merit and it appears we will continue with it each year if we get the participation necessary to support it.

## **PARTNERSHIPS**

2017 was our second full year under the Lease agreement between RCKC and the City of Maple Ridge where we pay a monthly rent for our facility. RCKC is part of multiple planned Parks and Rec. improvements in Maple Ridge. One of the proposals involves a new dock, boat house and renovation of the clubhouse at Whonnock Lake. Plans for start of the project is late 2018, but may, as often happens, be delayed further in the future. .

## **SUSTAINABILITY**

Our financial situation remains a constant issue. Instead of a the New Year's Dinner/Dance fundraiser we held a Pub Night this year which proved successful, we also sold Krispy Kremes and Rotary Duck tickets. We have established a Grant Committee this year that will seek out and apply for grants for which we qualify, we are hopeful that these grants may allow us to purchase some new equipment for the club such as lifejackets, boats and exercise equipment.

RCKC was diligent about running enough programming to ensure that revenues and increasing membership could support the continued employment of a high performance coach that provides a high level of competitive training. However, this year it was decided that this system would not be feasible in the long term, so we had to make the difficult decision not to renew our Head Coach's contract and have now implemented a dual coach system to cover all of our programs.

RCKC Directors must continue to increase fundraising, sustain and grow our programs, keep growth in membership a priority and rely on sensible business practices for long term sustainability of our club.



## **VANCOUVER ISLAND WHITEWATER PADDLING SOCIETY**

We focus on recreational whitewater paddling; whether that be river running, kayak surfing, or canoe polo. Unlike other clubs, our society is spread out over the whole island with members in many locations. Our organization is now the biggest whitewater member club in CKBC, as Vancouver Kayak Club has departed the provincial organization.

### **PARTICIPATION**

We run the annual Puntledge Festival on the last weekend in May as our keystone event. Over 100 members enjoyed last year's gathering and this year's planning is well in the works. The Puntledge festival offers a wide range of runs allowing all of our members to paddle at the festival. The event is co-ordinated with BC Hydro for guaranteed water releases, and with the Department of Fisheries and Oceans & the local hatchery to release par salmon flushing them past the seals in the harbour.

A planned new one-day event of fun competition on the Cowichan River last Fall had to be cancelled due to high water. Hopefully, next Fall will have better river conditions allowing us to run the event.

Our other major annual event is supporting the Cowichan River Youth Kayak Festival by providing instruction and safety. The festival is now in it's sixth year (2018), and runs in April at the Horseshoe bend group site in the Cowichan River Provincial Park. It's the largest known youth kayak event in Canada, if not in North America. Participants come mainly from island schools, but as the event grows we are seeing other CKBC clubs send youth to learn whitewater kayaking and canoeing, including athletes from sprint-focused clubs on the mainland.

### **PERFORMANCE**

As a recreational whitewater society, our primary focus is on recreational paddling. That being said, the Society has borrowed the CKBC fleet of polo boats this Winter and had been running training at the UVic pool on Saturdays. A couple of our members went on to the Cup of the North, an international competition held in Edmonton by the Edmonton Whitewater Paddlers Club. As our society's interest grows in polo, we will look at equipment

purchase, youth training, and participating in organized tournaments.

Duncan is the host for the upcoming 2018 BC Summer Games. Our society will be helping with the slalom portion of the games in organizing, setting up, officiating and providing safety.

Integral to CRYK and the BC Summer Games is one of our members, Dan Norman. As one of this year's Sport BC's President Award recipient, it recognizes his spirit of volunteerism, and his dedication, energy, and commitment contribute to the development of our sport in BC.

### **PARTNERSHIPS**

VIWPS has joined the Cowichan Stewardship Roundtable (<http://www.cowichanstewardship.com>) to represent paddlers in this watershed. In partnership, we've cleaned up the river, notified DFO on habitat issues and By coming with an open, co-operative approach, rather than demanding we've been

Through the roundtable we've connected with BC Parks. This relationship has allowed us to remediate issues on the river quickly, and build a base to hopefully further enhance facilities in island Provincial Park. Taking this experience forward, the plan is to eventually work with CKBC/BC Parks on province-wide issues such as facilities, access, and log removal. These items are key to keeping recreational whitewater paddling alive in the province.

### **SUSTAINABILITY**

The society is working through being re-instated and then will be transitioning to the new societies act. This represents a significant amount of administration effort, but we project the society will have completed both tasks by the Fall.

Finally, sustainability of recreational whitewater in CKBC is a further goal we have, and look forward to building this area as advisors on CKBC's Whitewater Council.

## **CLUBS NOT SUBMITTING REPORTS BY THE DEADLINE**

Alouette Paddling Club

Comox Valley Paddlers

False Creek Sprint Canoe Club

Fort Canoe & Kayak Club

Nanaimo Canoe & Kayak Club

Northwest Brigade Paddling Club

Pitt Meadows Paddling Club

Prince George Canoe & Kayak Club

Thompson River Interior Paddle Sports Club

Two Rivers Canoe Club

Victoria Youth Paddling Club

# OUR TEAM

## BOARD OF DIRECTORS

AS OF MARCH 31, 2018

Rhys del Valle  
President / Flag Officer

Sara Hopkins  
Past President / Flag Officer

Cindy Mott  
Secretary

Steve Juranovics  
VP Performance

Joan Ko  
VP Finance

Francis Vaillancourt  
Director of Development

Scott Decker  
Marathon Chair

Rob Fletcher  
Whitewater Chair

Stuart Chase  
Athlete Representative

Emily Raymond  
Member at Large

## STAFF

AS OF MARCH 31, 2018

Mary Jane Abbott  
Executive Director

Blake Dalton  
Provincial Sprint Coach

Gillian Fedechko  
Sport Development Coordinator

Stan Marek  
Regional Centre Coach

Igor Nikitovic  
Regional Centre Coach

Catalino Miniano  
Accountant

Sandra Lewis  
Communications





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