



# The CanoeKayak Team Plan

## **Selection – June 17<sup>th</sup> – 18<sup>th</sup>**

The [selection event](#) will be held in Kamloops on the weekend of June 17<sup>th</sup> and 18<sup>th</sup>. The team will be announced on June 22<sup>nd</sup>. Our deadline for registration with the WCG organizing committee is June 24<sup>th</sup> so we will be asking all individuals trying out to complete the WCG registration process. Alternates are considered a part of the team however they will not attend the Games or get a ceremonial uniform package.



## **Canada Day – June 30<sup>th</sup> – July 3<sup>rd</sup>**

TRAVEL - All named athletes, alternates and coaches will be flying to Regina to attend the Canada Day Regatta. Flights will be departing from Kamloops, Abbotsford and Vancouver early in the morning of June 30<sup>th</sup>.

ACCOMODATION - You will be staying as a team at the Travelodge Hotel on Albert Street.

FOOD - One dinner is included in the entry fee. Team dinners will be organized the other 2 evenings at a local restaurant. The hotel is across from grocery stores so participants will be responsible for their own breakfast, lunch and snack supplies.

BOAT TRAVEL – Dave Nosella (Burnaby) has generously offered to transport the boats for any BC athletes attending this event. (Non WCG athletes will be charged for this service). Coaches are to coordinate equipment and details with Dave.

## **Team Camp – July 4<sup>th</sup> – 8<sup>th</sup>**

ALL participants will be flying from Regina at 7 pm on July 3<sup>rd</sup> to the lower mainland. Kamloops athletes will be billeted for the evening.

Athletes, alternates and coaches will meet at the Fort Langley Canoe Club (meeting room) at 11 am on the 4<sup>th</sup> to participate in Entry Level Competitive Coach War Canoe module training and practice for the Games. We are also trying to coordinate additional visits with Dave Freeze while we wait for the boats to return from Regina.

Athletes/alternates will spend the week team building while camping in the group campground on Brae Island (so sleeping bag, towel etc will be required). Some practices will be held at Burnaby Lake.

Camp will be over at mid day on Friday the 8<sup>th</sup>.

## ***Discipline Camps***

Discipline Camps will be held during the mid part of July. Details will be available once the composition of the final team is determined. The coaches will coordinate camps and logistics with clubs/club coaches.

## ***Nationals Qualifier (and Uniform Day) – July 30th***

A one day regatta will be held in Burnaby on July 30<sup>th</sup> for all WCG athletes and others wishing to qualify to attend Nationals. Only singles events will be held with races at 200m, 500m, 1000m and 6000m distances. This will serve as a time control for those athletes not attending nationals and selection/ranking for the rest. Travel assistance for out of towners is available.

Racing and ceremonial uniforms will be distributed at the close of the regatta. Alternates will receive a competition uniform/bag and where possible a piece of the TEAM BC clothing package (after the Games)

## ***Pre Games Camp – August 1<sup>st</sup> – 4<sup>th</sup>***

This lower mainland camp will focus on final preparations. Athletes from out of town will be billeted. All athletes and coaches will depart for Kamloops from Langley on WCG transportation at 2 pm.

## ***Cost***

The fee for this program is all inclusive and failure to participate in any of the programs will not reduce the fee. The fee is greatly subsidized by grants from the provincial government under various programs.

Included:

Canada Day – travel, accommodation, entry fees, boat travel, 3 dinners  
Team Training Camp – food, accommodation, ELCC coaching module, ground travel  
Travel to Discipline camps  
Travel to Nationals qualifier  
Pre – Games camp  
ALL coach travel expenses  
Uniforms  
Mental training support  
Fee payable to CKBC upon selection - \$800

## ***For more information***

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