

Subject: Welcome to Sackawa Canoe Club – Important Information for summer 2024

Dear Parents,

Welcome to Sackawa Canoe Club! We are thrilled to have your child join our community. Sackawa is a competitive sprint canoe and kayak club that prioritizes low athlete-to-coach ratios, ensuring personalized attention and support for each athlete.

### Summer Program Options

We offer two streams of participation during the summer:

1. **2-Week Introductory Program:** Ideal for those interested in learning the sport but unable to commit to the full summer. This program is integrated into our regular schedule, allowing athletes to experience the sport fully. Those who enjoy the program and wish to continue can convert to the full summer program with a prorated membership fee. These athletes will then join the rest of the Sackawa Team in competitions (Regattas).
2. **Full Summer Program:** This program emphasizes skill development, competition, and summer fun. All competitions are skill-appropriate, fostering a love for the sport and lifelong participation. Full-summer athletes are expected to participate in all competitions within their age category.

### Age Classifications and Competitions

- **U10 Regatta:** Participants must be younger than 10 as of January 1, 2024.
- **U12 Regatta:** Participants must be younger than 12 as of January 1, 2024. Participants under the age of 10 may join at the coach's discretion.
- **U14 Regatta:** Participants must be younger than 14 as of January 1, 2024. Participants under the age of 12 may join at the coach's discretion.
- **U16 - Open Regatta:** No age restriction. Athletes aged 14 and older compete here, with many U14 athletes encouraged to participate. This group focuses on national competition.

### Upcoming Competitions:

- July 6, 2024 (AM) | U16-Open Crew Boat Regatta | Maskwa
- July 10, 2024 | U12/U14 Singles | Maskwa & Lake Banook
- July 18, 2024 | U10 #2 (PI/CH/SA) | Pisiqid - Windsor, NS
- July 20, 2024 | U12/U14 Crewboat Regatta | Lake Banook
- July 26-28, 2024 | ADCKC Championships | Lake Banook
- August 3, 2024 | U12 #3 | Lake Banook
- August 4, 2024 | U14 #3 | Lake Banook
- August 12, 2024 | U10 Final #1 | Sackawa
- August 13-15, 2024 | U12/U14 Championships | Lake Banook
- August 16, 2024 | U12/U14 Championships Contingency Day | Lake Banook
- August 20-24, 2024 | CKC National Championships | Welland, ON
- August 28, 2024 | U10 Final #2 | Lake Banook
- September 21, 2024 | U12/U14 Event | Maskwa

### Facilities and Equipment

- **Change Rooms and Lockers:** We do not have locked storage areas. Each athlete will use a cubby in the change room area. High-value items should be left at home. Our change rooms and bathrooms reflect SafeSport and Gender Equity policies, with private all-gender stalls and accessible facilities. Only one person is permitted in the washroom or change room at a time.

- **Observation and Safety:** All areas, including the cubby area, coaches' office, and weight room, are open and observable. Private coaching sessions or one-on-one meetings are not permitted without a third party present.

### **Equipment Use**

- All necessary equipment (excluding PFDs and clothing) is provided. Access to docks and equipment follows a regular schedule and is at the staff's discretion. High-level competition equipment is preserved with limited use.
- Equipment must be treated with care and returned to its proper storage place after each use.
- U16 and younger athletes must wear a PFD when on the docks, in boats, or swimming. The lifeguard may allow swimming without a PFD for instructional purposes.

### **What to Bring**

- Certified PFD
- Sunscreen
- Water bottle
- Weather-appropriate clothing
- Dry change of clothes/underwear
- Swimsuit and towel
- Running shoes
- Lunch, snacks, or money for the canteen

### **Safety and Participation**

- All participants must comply with safety protocols and remain with their coaches and counselors during practices. Athletes unable to participate due to illness or injury should not come to the club.
- Any refusal to participate will result in the athlete being picked up by a guardian.
- U14, U12, and U10 athletes must be signed in and out daily. U14 and U12 athletes can leave at the end of the day without signing out, but U10 athletes must be signed in and out.
- Parents should wait in the parking lot area during drop-off and pick-up. No adults are allowed in the canoe club areas without staff supervision.
- Yelling or violent language is not permitted. If you need assistance, please see one of our counselors.

### **Communication**

For general inquiries, please contact us at [communications@sackawa.ca](mailto:communications@sackawa.ca).

We look forward to an exciting and fun-filled summer with your child at Sackawa Canoe Club!

Best regards,

The Sackawa Canoe Club Team