

Pointe-Claire Spring Development Training – Spring 2020

Eligible athletes	Athletes born between 2003 and 2006 Athletes born before 2002 will be evaluated by the head coach on a case-by-case basis. If an athlete has been approved to attend the development camp, a special in-camp agreement will need to be signed with the head coach.	
Who is invited	We invite athletes who are motivated, willing to improve, and able to attend a <u>minimum of 5 practices a week</u> throughout the winter. When an athlete expresses interest in attending the camp, coaches will determine if the athlete is eligible to participate based on the past season and over the coming months. We also expect athletes to be in good health, have no injuries, and have good grades at school. We reserve the right to refuse athletes that do not attend training, that are not in the targeted athlete groups, that do not have a positive attitude, or whose families are not in good standing with the City of Pointe-Claire or the Canoe Club.	
Where	Good Counsel Camp 8888 E. Gobbler Drive Floral City, FL 34436 Phone: (352) 726-2198 https://goodcounselcamp.org	
Dates for 2 weeks	Friday, February 28, 2020 to Sunday March 15, 2020	
Dates for 3 weeks	Friday, February 28, 2020 to Sunday March 22, 2020	
Airport pick-up	Tampa International Airport (TPA) February 28, 2020 Late afternoon	
Airport drop-off	Tampa International Airport (TPA) March 15, 2020 Early morning	Tampa International Airport (TPA) March 22, 2020 Early morning

Camp Cost

Price	Cost depending on number of participating athletes		
	10 to 14	15 to 19	20 +
2-week camp	1200 – 1500 \$	950 - 1200 \$	800 - 1050 \$
3-week camp	1550 – 1750 \$	1150 - 1450 \$	1000 - 1300 \$

The cost of the camp will be confirmed in December.

Costs included	Costs not included
Meals Accommodations Internet connection Support throughout camp Daily supervised homework time Training plan and coaching Gas for motorboats Cleaning supplies and laundry service, including soap Transportation to and from the airport in Florida and local errands	Flights Food when traveling Food and souvenirs bought on day trips (we will take one or two day trips away from the site) Personal snacks US\$50-\$60 per week should be enough if budgeted properly. Athletes must be prepared to pay for 2 or 3 dinners and 3 or 4 lunches. Participation in races and gym passes

Payments and Dates

	Date	Amount	Notes
1st deposit	December 2, 2019	\$300	<u>The deposit is non-refundable</u>
2nd deposit	20 January, 2019	\$300	
3rd deposit	17 February, 2019	TBD	

** Every deposit must be paid before athlete departure.*

Dates to Remember

Date	Information
November 5	Florida camp meeting with parents and athletes
November 5-28	Discussions with coaches and club administration
November 28	Last day to provide the pre-camp agreement
December 2	1st deposit due
January 20	2nd deposit due
February 10	Last day to provide flight information
February 10	All other required documents
February 17	3rd deposit due
TBD	Drop off personal bag at club
TBD	Trailer loaded
February 24	Departure of bus and trailer
February 28	Departure of athletes attending for 2 + 3 weeks
March 15	Return of 2 week athletes
March 22	Return of 3 week athletes

School and Academics

Athletes and parents are responsible for making arrangements with schools regarding an athlete's absence.
Athletes are responsible for managing their workload before, during and after the camp.
Athletes are responsible for maintaining good grades.

Contact Information

Coaches responsible for the camp	Administration
Michael Thomas: michael.thomas@pointe-claire.ca	Daniel Bertrand: daniel.bertrand@pointe-claire.ca

More specific additional information about the Camp will follow in the coming months. Feel free to ask the staff as many questions as you like.

Purpose of the Camp

Spring training camp is an excellent way for athletes to prepare for training and get a head start on the upcoming racing season. Specifically, it is an excellent way to improve fitness, technique, and boating skills in a fun environment. It is important that athletes are physically and mentally ready to train when camp begins. Athletes can start to prepare now and throughout the winter. Attendance and effort are crucial throughout the season.

This camp also aims to develop the autonomy of athletes when they are away from home and to equip them to improve their transversal skills that will have an impact on their future success.

Camp Staff

The camp staff will include;
1 coach in charge of the camp (ratio of 10 to 14 athletes)
1 cook

Other coaches will be added to the team depending on the numbers of athletes attending.

Chaperone: The club is committed to providing female and male representation among the coaches present. If necessary, a chaperone will be added to the team.

How the Camp Will Proceed

Athletes will paddle 2 to 3 times a day, with 1 dry land training session (running, stretching, weight training, games). Training is intensive and athletes should expect to paddle 2½ to 3 hours a day.

Here is a **possible** example of a typical day:

6:30 a.m.	Wake-up
7 a.m.	1st paddling session / warm-up exercise
9 a.m.	Breakfast
10 a.m.	2nd training session: either paddling, running, or weight training
12 p.m.	Lunch
1 p.m.	3rd training session: flexibility, technique analysis or mental training
3:30 p.m.	4th training session: long paddle
5:30 p.m.	Dinner
7 p.m.	Mandatory homework session
9 p.m.	Bed/quiet time

Homework: Athletes will be expected to keep up with their studies. There is a mandatory, Internet-free homework session every evening. Athletes will also have additional free time during the day to continue to work on their studies.

Technology: Athletes will have access to the Internet during the camp. We encourage athletes who bring their cellphones to have a good roaming plan. Personal laptops/iPads are also very useful for staying in touch and doing homework. PCCK is not responsible for lost or stolen belongings. The coaching staff reserves the right to limit device time.

Communication: Athletes are encouraged to stay in touch with their families every day. The coaching and support staff will only contact parents if there is an emergency or if the coach feels the need to do so. It is not the responsibility of the coaches or the support staff to send photos every day to families.

Accommodations: Athletes will be staying at a sleep-away camp. Coaches will assign athletes to bunkhouses according to their gender. Each bunkhouse includes twin-size bunkbeds.