

Orenda Canoe Club Orientation Package





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Mission Statement

To provide a year round Sports facility for young people, where personal excellence is an achievable goal for all.

To promote the sport of Paddling by creating a stimulating environment which supports individual and team accomplishments.

To encourage confidence building and skills of leadership in our young people.

To compete as a successful Club at both Provincial and National levels.

To train athletes towards representing Canada Internationally.

Club Profile

Orenda Racing Canoe Club is a non-profit, parent run organization, with a membership of approximately 150. One full time coach is employed along with summer coaches. The Club is situated 15 kilometres east of Dartmouth, Nova Scotia, in the community of Lake Echo.

Since the formation of the Club in 1977, the mandate and objectives have changed little. The Club started out to provide a much needed facility within the growing community of Lake Echo; a place children and youth could look upon as their own. It has now expanded to include participants from the communities of Lawrencetown, Porters Lake, Oyster Pond and Dartmouth.

The Club aims to provide a facility where participants can achieve their own personal best in an atmosphere that is physically challenging but stresses the value of mutual support, companionship, enjoyment and fair play. Orenda, as a Club, works with the community to give participants a sense of their own potential and self worth.

Many communities suffer from vandalism and negative behavior that all too frequently stems from misdirected youthful energy. Our young people have so much potential, which given a positive, healthy alternative, can benefit both the community and the individual.



Executive (2011)

Commodore:	Les Mayo
Vice-Commodore:	Derek Burnett
Treasurer:	Nicole Peterson
Paddling Representative:	Ian Firth
Secretary:	Karen Cooke
Registrar:	Katheleen Dalley
Officer at Large Public Relations:	Cherie Stredder
Officer at Large Fundraising:	Phil and Tracey Gower
Past Commodore:	Alvin Gardiner

Communications

Club phone: 829-3433

Mailing Address: 3170A Hwy #7, Lake Echo, Nova Scotia

Website: www.orendacanoecub.com

Registrar: Katheleen Dalley 829-3215 or email dalley@ns.sympatico.ca

Bulletin Board: located on the outside of the Clubhouse by parking lot

Emails: **We send a lot of information to our members by emails. Make sure we have your email address.**

Keep checking the bulletin board and our website for up to date information on programs and events. Look for our "NEW" Face Book Page.

Facilities

- WEIGHT ROOM
- CHANGING ROOMS
- WASHROOMS
- CLUB OWNED CANOE/KAYAKS
- 1000M RACE COURSE
- SAFETY BOATS
- QUALIFIED COACHES (SAFE BOATING COURSE AND TRAINED IN FIRST AID)
- CANTEEN (OPEN AT LUNCH TIME IN JULY/AUGUST)
- LOCATED NEXT TO SUPERVISED BEACH AND LAKE ECHO REC. CENTRE



Canteen

The canteen is open weekdays during scheduled lunch breaks through July and August. It sells pizza pockets, grilled cheese sandwiches, hotdogs, hamburgers, chocolate bars, penny candy, freezes, bottles of juice, water and cans of pop. Parents are welcome to pre-pay lunches/snacks so children needn't bring money with them to the club. Any profits realized will be channelled back into the Club. The canteen is operated by volunteers and help is always appreciated.

Club Cleanliness

Volunteers gather regularly to keep the facilities and grounds clean. Articles of clothing left behind are placed in a box at the club and disposed of as they become soiled. **PARENTS ARE ASKED TO ENSURE THAT ATHLETES DO NOT LEAVE CLOTHING AT THE CLUB.**

Volunteering – What you can do to lend a hand

Orenda Canoe Club is a non-profit, volunteer run club. In order to keep our program in top-form, we require the involvement and energy of our members and friends. There are many opportunities to lend your help and talents, everything from taking on an executive position, to helping run one of our much-needed fundraisers, to helping organize one of our social events. **Just a few volunteer hours each month by each family would tremendously assist the Club provide increasingly improved programs and equipment. After all, it's really you and your child who benefits in the end.** Every bit makes such a difference in the experiences of our paddlers.



Volunteering – What you can do to lend a hand out.

Here is a short list of some of the many ways you can contribute:

Divisional Regattas

Over the course of the summer we, like all clubs, are called upon for safety boat drivers (volunteers are provided with training by the division for boat safety course, which is offered in early June & in fall - so all you need to do is contribute your time) and other regatta assistance. We also need help loading and unloading boats, pulling trailer, keeping track of back numbers for racers, clean up and barbecue duty to name a few.

Other Projects

Volunteering goes beyond simply surviving the season. There are many additional opportunities to help improve the Orenda experience. Some projects have to be done at the club, while others are done from home or elsewhere.

Buildings and Grounds Dock installation/removal, general boat repair, **assist with club cleaning**, lost and found, building painting

Paddling Trailer hauling, assist with Atom Regatta; assist with organization for Club participation in National Championships

Fundraising **Dragon Boat this is an important fundraiser, 100% of money raised goes to the club.** Help as needed on individual events such as the Annual Auction. Canteen supplies or shopping. Canteen manning during summer.

Finance Grant applications, basic bookkeeping, deposit preparation

Promotion/Publicity Flyer preparation, phone notification, notice board updating, web site maintenance, Club awards and plaques, social events, Friends of Orenda

Remember! Your Executive cannot do it alone! Make your talents known, we need you!

Registration

Payment is required up front. **Payment, Medical and Registration Forms MUST be received before member is permitted to attend any program.** We also ask that you make a volunteer commitment to the club and there are options to check off on the registration form.



Fundraising

Orenda Canoe Club undertakes a number of fund raising events throughout the year.

Each family is encouraged to participate in whatever fundraisers they are able. The main thrust of these fundraisers is to maintain reasonable registration fees and help purchase new equipment. Registration fees cover the costs of our coaching staff while fundraisers support maintenance of the club building, equipment and boat repairs and equipment purchases. Examples of these fundraisers are Auctions, Dragon Boat, Father's Day brunch, spring & summer bottle drives and blueberry sales.

Sport Profile

Sprint Racing is divided into two main categories, canoeing and kayaking. Sprint races

are held over distances of 200m, 500m, 1000m, and 6000m. Paddlers race in singles, doubles, and fours, as well as a fifteen person boat called a War Canoe.

Sprint racing is governed by a registered amateur athletic federation called the Canadian Canoe Association (CCA). The CCA boasts a membership of over 6500 sprint paddlers, coaches, officials and volunteers across Canada. The CCA is the nationally and internationally recognized sport governing body for sprint canoe racing in Canada. You can find out more information by going to the following website:
www.canoekayak.ca

Most racing canoes and kayaks are made of lightweight fibreglass carbon fibre, kevlar, or wood. When naming racing boats, one uses the letter 'K' or 'C' followed by a number 1, 2, or 4.

The **C-1**, **C-2**, and **C-4** event designations indicate a 'Canadian' canoe with one, two and four paddlers respectively. Canoes are paddled by a paddler kneeling on one knee, using a single blade paddle. There is no rudder or keel, so the athlete(s) must steer the canoe throughout the race. While sprint racing does entail individual and small team work, the full team spirit of racing comes together in the **War Canoe (C-15)**, which is an event originating in Canada during the late 1800's. It consists of a 30 foot, open racing canoe propelled by 14 paddlers and steered by a coxswain.

The **K-1**, **K-2** and **K-4** events designations refer to a **kayak** class with one, two and four paddlers respectively. Kayaks are paddled by an athlete sitting in the kayak on a fixed seat, using a double-bladed paddle. The kayaks have a rudder that the paddler moves with their feet, controlling the direction of the kayak while they paddle.



Everything you wanted to know about paddling...but were afraid to ask

Bun - A round “pillow” filled with cork which is used in all “C” boats to kneel on (available for purchase at the Club)

Burgee - Title awarded to the club whose paddlers earn the most points based on race finishes in the course of a given competition.

C-1 - A single flat water racing canoe. Single = C1, doubles = C-2, fours = C-4.

CCA - The Canadian Canoe Association. CCA also refers to the Canadian Canoe Association National Championships or “Nationals” held every year in late August.

Championships - A finals regatta, held to determine the fastest paddlers by age and discipline at a given level of competition. Championship regattas include the Divisional Championships, Provincial Championships, National Championships (ages 15 and up), and the Junior and Senior World Championships.

K-1 - A single flat water racing kayak. Single = K1, double = K2, fours = K4

Regatta - A series of races held over the course of one or several days in which paddlers from each club or team compete against each other in singles, doubles, fours, and war canoes.

Regattas are run at all age levels from atom to master and can feature various combinations of paddling events. Regattas are hosted by national, provincial, and divisional organizations, as well as individual clubs.

Singlet - Racing shirt worn over clothing with Orenda name & logo which must be worn at all regattas

Trials - A qualifying regatta held to select paddlers for teams and future competitions. Trial regattas include the National Team Trials, and Olympic Trials.

War Canoe - A large traditional Canadian Canoe, powered by fourteen paddlers and a steersperson (coxswain).

Gear Required

- Atom/Peewee – Lifejacket
- Bantam – Lifebelt (*available for purchase from the club for \$35.00*) or Lifejacket
- All paddlers must carry a personal flotation device (PFD) in their boats at all times, regardless of their age.



Gear Required Cont.

- Also required is a pair of sneakers, change of clothing, and a bathing suit.
- A bun is required and may be purchased from the club.
- Singlets must be worn at all regattas and can be purchased from the club as well for a cost of \$35.00.
- Paddlers should also bring with them daily, their sunscreen and extra water.

Club Rules

The intention of the following rules is to ensure that members may enjoy the programs and have a safe and pleasant environment in which to participate. Your cooperation is appreciated.

1. **Atom age and younger paddlers MUST** wear a Personal Flootation Device (**PFD**) jacket at all times when on the water. Parents must provide these.
2. **Peewee and Bantam age paddlers MUST** wear a **flotation belt or PFD** at all times when on the water. Parents must provide these.
3. **All paddlers** of any age **MUST** carry a **PFD**, provided by themselves, in their boat when on the water regardless of **whether a coach is present or not**. In multi person boats, a PFD will be carried for each paddler.
4. **In the interest of safety**, there will be **NO running or pushing** on the docks or in the Club house.
5. **The Club is not responsible** in any manner for personal articles brought to, or left at, the Club. **DO NOT BRING ITEMS OF VALUE TO THE CLUB.**
6. **Coaches are the paddling authorities at the Club and all members, regardless of age, are expected to take direction from them and obey their instructions, both on and off the water.**
7. **The Club requires all paddlers to maintain respect for the Coaches and Staff, and for each other. Unpleasant behaviour, BULLYing, and swearing will result in disciplinary action ranging from parent notification to dismissal from the Club with no refunding of fees.**
8. **Coaches are only responsible for supervision of paddlers when they are on the Club premises during scheduled programs.** They are not responsible for paddlers at any other time, or if the paddler leaves the premises. **Parents must ensure a phone number is included on registration form where someone can always be reached.**
9. **Littering is unsafe causing personal injury and equipment damage. Each paddler is responsible for picking up garbage and recyclables on the docks and in the Club** after each practice period, and placing them in the supplied containers as directed by their Coach. **Five minutes at the end of each practice will be used for this.**
10. **Each paddler** is solely responsible for putting away their equipment after use.
11. **Wilful damage, destruction or theft of Club equipment or property will result in immediate expulsion and permanent dismissal from the Club with no refunding of fees.** The guardian/parent of the paddler will be **held responsible for the repair/replacement/return of the equipment or property.**



Paddling Programs

Head Coach: Corey Firth 829-3433 (club)

The majority of paddling programs are between the hours of 10:00 a.m. and 5:00 p.m. although the senior athletes meet at 8:00 a.m. Paddlers will be informed of their specific practice times by their respective coaches.

A 2011 summer schedule will also be posted in the club.

CLUB LEVEL

A paddler participates in an introductory program at his or her local club and gets involved in practices a few times a week. Basic skills like balance and strokes are developed.

REGIONAL LEVEL

The paddler gets involved in local regattas.

PROVINCIAL LEVEL

The paddler gets involved in provincial championships and may be named to the regional team. This is a development pool used to select provincial team members.

NATIONAL LEVEL

The paddler may be named to the provincial team. The paddler starts competing at the Canadian National Championships or, if named to the provincial team, at Canada Games.

INTERNATIONAL LEVEL

The paddler may attend the National Team Qualification Regatta and may be selected to the National Team, National Development Team, or Junior National Team. National Team members represent Canada at international events like Junior World Championships, World Championships, Pan-Am Games, and the Olympics.

Masters Program at Orenda

For adults 25 and over, the Orenda Masters program is designed for not only those interested in competition but also those interested simply in having some fun. The program includes small boat practices in both canoes and kayaks, as well as the ever-popular War Canoe, which holds 14 paddlers plus a coxswain, who steers. The War Canoe is a fun team sport that gives everyone a chance to laugh together while they have fun getting what can be great exercise. Practices are held in the evenings three times a week. Come and join in!!
Masters Rep – Trinity Frizzell - trinity.frizzell@ns.sympatico.ca



Year round training

If you are looking for a winter fitness program or want to train toward early spring competition, Orenda offers year round training which includes weight training, running and swimming (at Cole Harbour Place). The program runs seven days/week but partial programs are available for children and Masters.

Sprint Regattas

The Atlantic Division holds a number of status regattas each year for all age groups as part of the service to member clubs. The division also holds 2 sets of Canada Games Trials, the Bill Patterson Memorial Atlantic Qualifying Regatta and the Bantam & Peewee Championships each year. The Atlantic Division hosts the Canadian Sprint Canoe Championships and Canadian Marathon Canoe Championships every four years. The division has also hosted (and will do so again in the future) National Team Trials (sprint & marathon), World Marathon Championships and Junior and Senior World Championships. To get draw information (know when your child is racing and in what events) for upcoming regattas, you can access site: [*http://adckc.ca/](http://adckc.ca/). This will help you to follow the racing schedule and record race results. The draw will also be posted on a board in the area where the paddlers are seated. The coaches will be on hand to make sure all paddlers prepare in advance for their race. The paddler needs to be in attendance **one hour prior to race time**. Paddlers will wear their lane number on their back. A lane number will be taped on the boat before the paddler leaves the dock. A life belt and singlet must be worn in the boat. If a paddler falls out of the canoe or kayak, a rescue boat will pick them up and bring them back to the dock, unless the distance is very short and the paddler can swim the boat and paddle back on their own. If your child is competing in a regatta it is the parents' responsibility to help with **loading and unloading** of boats on the trailer. Remember as well, when the regatta is over your help is required back at the club to unload the boats. As a spectator, be prepared for all types of weather and bring a chair. As an athlete come prepared with spare clothes, food and water.

Age Divisions

In determining the eligibility of entries in the various events, class status shall be determined as follows (although there is no ruling on younger children participating in an older division): (Excerpt from the Sprint Racing Discipline: Competition Rules):



Age Divisions Cont.

ATOM, PEEWEE, BANTAM CLASSES:

An *Atom* competitor shall be under 10 years of age on the 1st of January of the year of the competition

A *Pee wee* competitor shall be under 12 years of age on the 1st of January of the year of the competition.

A *Bantam* competitor shall be under 14 years of age on the 1st of January of the year of the competition.

MIDGET CLASS:

A *Midget* Class competitor shall be under 16 years of age on the 1st of January of the year of competition.

JUVENILE CLASS:

A *Juvenile* competitor shall be 18 years of age on the 1st of January of the year of the competition.

JUNIOR CLASS:

A competitor shall be deemed to be a *Junior* Class competitor if he or she is under 21 years of age on the 1st of January of the year of competition, provided he or she has not qualified for *Senior* status under the *Senior* Class rule.

SENIOR CLASS:

A competitor shall be deemed to be a *Senior* by accumulating a total of four (4) or more points at the Canadian Sprint Canoe Championships as outlined in the Junior Class rule; or by winning a *Junior* or *Senior* War canoe event at the Canadian Sprint Canoe Championships. A competitor classes *Senior* in a specific event as per the foregoing, with the exception of war canoe, shall revert to *Junior* status with zero (0) points in that event upon failing to gain one (1) point in that event in three (3) consecutive years at the Canadian Sprint Canoe Championships. Any competitor who is a member of the National Team (A, B, C, or C-1 Card) in any one year shall be deemed to have gained the necessary one (1) point in all events that he or she is classed as a *Senior* in that same year, whether he or she competed at the Canadian Sprint Canoe Championships or not.

MASTER CLASS:

A competitor shall be deemed to hold *Master* Class status if he or she meets the age requirements on the 1st of January of the year of the competition: Female - 25 years of age or older. Male - 30 years of age or older.



National Team Trials representing Canada

Our National Teams are typically selected based on the results at National Team Trials. National Team Trials are held twice a year in the spring and early summer. The Canadian Canoe Association publishes the National Team Program for Excellence Handbook each year for all involved with a National Team. It provides basic information concerning the programs, services and support available to athletes. It describes the substance of programs, rationales behind programs, policies and selection criteria.

Canada Games

In 2011, the Canada Games will be held in Prince Edward Island from August 15 – 29. For athletes to be eligible for the Games, they must be under the age of 18 as of January 1, 2011.

Canadian National Sprint Racing Canoe Kayak Championships

Ages: Competition begins at midget level however if athletes are deemed experienced/skilled enough by coach, younger athletes may be asked to participate.

Selection Process: Selection is done at the Bill Patterson Memorial Regatta which is held the 1st or 2nd weekend of August.

Local Qualification: Coach decision based on racing at prior regattas

Locations: Across Canada. Dartmouth hosts every 4 years. **2011 will be held in Welland, Ontario from August 24– 28, 2011**

The link for the 2011 Competition is:

<https://sites.google.com/site/2011ckce/>



Summer 2011 Regatta Schedules

TENTATIVE – Check with coach or *<http://adekc.ca/>

DATE	EVENT NAME	LOCATION
MAY 28	LONG DISTANCE # 1	TBA
JUNE 4-5	JUNIOR NATIONAL TEAMTRIALS	LAKE BANOOK
JUNE 18-19	ATLANTIC TEAM TRIALS	LAKE BANOOK
JUNE 25	MIDGET – SENIOR # 1	LAKE BANOOK
JUNE 26	MASTERS # 1	LAKE BANOOK
JULY 16	PEEWEE #1 @ MASKWA	KEARNEY LAKE, NS
JULY 17	BANTAM #1 @ MASKWA	KEARNEY LAKE, NS
JULY 23	ATOM BOMB @ SACK-A-WA	LOWER SACKVILLE, NS
JULY 24	MIDGET – SENIOR # 2	LAKE BANOOK
JULY 30	PEEWEE # 2	LAKE BANOOK
JULY 31	BANTAM #2	LAKE BANOOK
AUGUST 1	NATAL DAY REGATTA	LAKE BANOOK
AUGUST 4 – 6	QUALIFYING	LAKE BANOOK
AUGUST 14	MASTERS # 2 @ PISIQUID	WINDSOR, NS
AUGUST 18-20	BANTAM/PEEWEE CHAMPS	LAKE BANOOK
AUGUST 21	ATOM CHAMPS @ ORENDA	LAKE ECHO
SEPTEMBER 10	MASTER'S CHAMPS	LAKE BANOOK
TBA	LONG DISTANCE # 2	TBA
OCTOBER 15	ATLANTIC CHAMPS	LAKE BANOOK



Club Directions

Banook Canoe Club

464-1694/464-1740

17 Banook Avenue, Dartmouth

The red and white club is located on Lake Banook, Dartmouth. From Main Street, right onto Braemar Drive and left at lights to Prince Albert Road. Take a left onto Crichton, left again on Oakdale Crescent (near a variety store) then turn right on Oakdale Court. Walk on the pathway to the lake. Or you may go to Hawthorn Street to Prince Albert Road then to Nowlan Street. Park in parking lot.

Pisiquid Canoe Club

902-798-2435

Located on Lake Pisiquid in Windsor. Highway 101 towards Windsor, take Exit 6. Turn right off the exit ramp and go towards the town. At the Tim Horton's, take a right and you will see the lake and clubhouse. Parking in parking lot or on street.

Maskwa Aquatic Club

443-0178

Located on Kearney Lake, Halifax. Heading North on Kearney Lake Road, turn left on to Hamshaw Drive, first paved street past Bicentennial Drive. From Hamshaw, take the first right on to Saskatoon Drive and follow it to the end. You will see the Maskwa sign on your left. Park in parking lot.

Abenaki Aquatic Club

434-6111

21A Swanton Drive, Dartmouth

The club is located on Bell Lake, Dartmouth. Take Mount Edward Road to Lucien Drive, then to Swanton Drive. There will be a path that leads to Bell Lake. Parking is on the street.

Senobe Canoe Club

465-4460

6 Nowlan Street, Dartmouth

The blue coloured club is located on Lake Banook, Dartmouth. No parking available at club. Park in designated parking lot – Nowlan Street.

Mic Mac Amateur Aquatic Club

464-9480

192 Prince Albert Road, Dartmouth

The brick with white siding club is located on Lake Banook, Dartmouth. Limited parking at club. Parking on street.



Club Directions Cont.

Cheema Canoe Club

861-3209

Located on Lake Charles in Waverley. From Highway 102, take exit then turn left onto Waverley Road. Travel until you see the Irving Mainway and turn right onto Rocky Lake Drive. Proceed to Cobequid Road. Turn right on MacDonald Sports Park Road – which is a dirt road. You should see a sign on the left for the club. Limited parking at club.

Sack-a-wa Canoe Club

252-7225

159 First Lake Drive, Lower Sackville, close to the Sackville Arena.

***Google Maps are a great place to get directions to any of these clubs.**