

Program Description

| Membership Type | Born in | Description | Program Elements |
|------------------|--|---|--|
| Atom | 1998, 1999 & 2000 | Introduces children to the sport of sprint canoeing and kayaking. Participants will learn to paddle all boats; singles, doubles and fours as well as war canoe. Training is done in a group environment. Paddlers will have the opportunity to take part in age class local regattas and at the Western Ontario Division Atom regattas. | <ul style="list-style-type: none"> ❖ Individual activities ❖ Team activities ❖ On water instruction ❖ Water safety ❖ Social activities ❖ May to September |
| Peewee | 1996 or 1997 | For both experienced and inexperienced youth paddlers. Participants will learn to paddle all boats; singles, doubles and fours as well as war canoe. Training is done in a group environment. Athletes will have the opportunity to compete in age class regattas. | <ul style="list-style-type: none"> ❖ Individual activities ❖ Team activities ❖ On water instruction ❖ Water safety ❖ Social activities ❖ May to September |
| Bantam | 1994 or 1995 | For both experienced and inexperienced paddlers. Participants will learn to paddle all boats; singles, doubles and fours as well as war canoe. Training is done in a group environment. Athletes will have the opportunity to compete in age class local regattas and at the Provincial Championships. The program timing runs as follows: On-water: April to October Off-water: November to March | <ul style="list-style-type: none"> ❖ Individual activities ❖ Team activities ❖ On water instruction ❖ Water safety ❖ Social activities |
| Development | Juniors 1989 or before Juveniles 1990 or 1991 Midgets 1992 or 1993 | Designed for Youth, athletes who want to learn to paddle and compete in singles, doubles and fours as well as war canoe. Athletes will have the opportunity to compete in age class local regattas and Provincial and National Championships. The program timing runs as follows: On-water: April to October Off-water: November to March | <ul style="list-style-type: none"> ❖ Daily individual training sessions ❖ War Canoe training sessions ❖ Dry land training ❖ Paddle pool coaching ❖ Group and general on water instruction and coaching ❖ Social activities |
| High Performance | Juniors 1989 or before Juveniles 1990 or 1991 Midgets 1992 or 1993 | Designed for Midget, Juvenile and Junior athletes who have expressed an interest and desire to compete at the highest level. They must be competent in all boats specifically C-1 and K-1. Athletes will have the opportunity to compete in age class local regattas and Provincial and National Championships. They will also be able to compete at Ontario and National Team Trials. The program will include one-on-one counseling with the coaching staff to develop short and long-term objectives and a personalized training program that will help you achieve your goals. The facility and all equipment will be available up to seven days a week at times designated by the Head Coach. The program timing runs as follows: On-water: April to October Off-water: November to March | <ul style="list-style-type: none"> ❖ Twice daily-individual training sessions ❖ War Canoe training sessions ❖ Dry land training ❖ Social activities ❖ Weight training ❖ Personalized on the water instruction and coaching ❖ Paddle pool coaching ❖ Video taping |

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|-----------------|--|--|---|
| Crew | Juniors 1989 or before Juveniles 1990 or 1991 Midgets 1992 or 1993 | Designed for youth athletes who wish to train in a team environment in war canoe and four boats only. Crews will be made up of different age groups and gender. Athletes may have the opportunity to compete in age class local regattas and Provincial and National Championships. Spaghetti supper (no charge) is served every Thursday after practice. The facility and specified equipment will be available 2-3 days a week. The program timing runs as follows: May to October | <ul style="list-style-type: none"> ❖ 2-3 training sessions per week as scheduled ❖ Crew War Canoe training sessions ❖ Dry land training ❖ Social activities ❖ Weight training |
| Fun-fit | 1993 or before | This program is for novice and experienced alike. All ages 14 years and up welcome. The program aimed at providing fitness in a relaxed, social atmosphere. Training is primarily in War Canoe but may also include crew boat sessions and introduction to singles. Participants must cover all fees and expenses incurred for racing if recruited for competitive crews. | <ul style="list-style-type: none"> ❖ Training sessions ❖ May – October ❖ Tuesday and Thursday evenings ❖ Indoor training is available after the on-water sessions end at an additional charge |
| Masters | 1983 or before | For both experienced and inexperienced paddlers, as well as those adults looking to learn to paddle. The goal of this program is to provide a fun and social atmosphere in which to enjoy the sport of canoeing. Adult Masters athletes are 25 years and older. War Canoe is the focus of this program but participants can learn to paddle all boats, (canoe and kayak); singles, doubles and fours as well as war canoe. Training is done in a group environment and athletes will have the opportunity to compete in their age class at various regattas throughout the year. The facility and specified equipment will be available up to seven days a week at times designated by the Head Coach. The on-water program runs from May to October Masters can continue training by registering for the winter session - October to April. | <ul style="list-style-type: none"> ❖ Team War Canoe training sessions ❖ Singles and crew training ❖ On water instruction and coaching ❖ Fitness facilities ❖ Club boat access ❖ Social activities ❖ Discounted hall rental |
| Learn to Paddle | 1991 or before | This program is designed to introduce ages 14 and up to paddling in a non-competitive program. This group will also be invited to participate in the team war canoe program. June to August. | <ul style="list-style-type: none"> ❖ 2-3 sessions per week as scheduled ❖ On water instruction/coaching ❖ Social activities |
| Alumni | 1983 or before | For experienced paddlers who have raced at Nationals in singles or doubles. No coaching or instruction provided. Participants must cover all fees and expenses incurred for racing. Training times must be approved by the Head Coach. Use of BCC boats when not being used by another program. | |