



ORENDA CANOE CLUB ORIENTATION PACKAGE

Mission Statement

To **DEVELOP** athletes in the sport of paddling; building confidence, competence, personal growth and leadership towards representing Canada internationally.

To **PROMOTE** the sport of paddling in an inclusive, safe and healthy environment, through skilled coaching, which supports individual and team accomplishments.

To **COMPETE** in the sport of paddling at both a provincial and national level.

Club Profile

Orenda Racing Canoe Club is a non-profit, parent run organization, with a membership of approximately 150 athletes. One full time coach is employed along with summer and afterschool coaches. The club is situated five kilometers 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.

Fundraising

Orenda Canoe Club undertakes several fundraising events throughout the year. Each family is required to participate in club fundraising. The main purpose 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, boat repairs and equipment purchases.

Examples of these fundraisers are Auctions, chocolate bar sales, Father's Day brunch, spring & summer bottle drives and blueberry sales.

Registration

Registration Form, medical form, contract of understanding and cold water policy, if applicable, must be submitted prior to the program being enrolled in, along with the applicable payment. There are multiple payment options and payment plans can be arranged for your convenience; however, they must be set up prior to any child being able to take part in programming (see registration forms for details)

All forms and fees are located on the website: www.orendacanoeclub.ca and at the club.

Executive (2017)

Commodore: Shelley Leverman-Peddle
Head Coach: Corey Firth
Treasurer: Jennifer Briggs
Paddling Representative: Jill Latta
Secretary: Kelly Murphy
Registrar: Lindsay Munroe
Athlete's Representative: Jessica Peterson, Mitchell White
Officer at Large Public Relations: Scott Reinhart
Officer at Large Fundraising: Michelle Lacombe
Officer at Large Grant Coordinator: Scott Reinhart

Communications

Club phone: 902-829-3433

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

Website: www.orendacanoecub.coa

Facebook Page: Orenda Canoe Club

Registrar: Lindsay Munroe email – lkmunroe74@icloud.com

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

Keep checking our Facebook page and our website for up to date information on programs and events.

Facilities

WEIGHT ROOM

CHANGING ROOMS

WASHROOMS

CLUB OWNED CANOE/KAYAKS

1000M RACE COURSE

SAFETY BOATS

VOLLYBALL COURT

SWIM DOCK

CANTEEN (available during summer programming)

Coaching staff

All our coaching staff are under the supervisor of head coach Corey Firth. They possess Canoe kids training certificates, First aid/CPR, pleasure boat license, as well as criminal record checks.

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, freezies, and drinks. Parents are welcome to pre-pay lunches/snacks so children do not need to bring money with them to the club. Price list will be posted in the canteen. The canteen is operated by volunteers and help is always required.

Gear Required

Atom – Lifejacket

Peewee/Bantam – Lifebelt (*available for purchase from the club*) or Lifejacket.

All Ages: Also required is a pair of sneakers, change of clothing, sunscreen, plenty of water, bathing suit and towel.

Singlets - must be worn at all regattas and can be purchased from the club.

Volunteering – What you can do to lend a hand

Divisional Regattas

Over the course of the summer all clubs are required to provide safety boat drivers (volunteers are provided with training by the division for boat safety course, which is offered in early June - so all you need to do is contribute your time) and other regatta assistance. We also need help loading and unloading boats, clean up and barbecue duty.

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

Club hosted events – These occasions require a large group participation in various capacities to ensure success. The needs will be communicated via email/Facebook.

Year-round Training

Orenda offers a high-performance year around paddling program for grades 7 and up, as well as an afterschool program for those who are in grade 6 and under.

Summer Events

Orenda Olympics

Rock the dock dances

Regattas

Member socials

Fall Camp Harris weekend

And many more.....

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 Floatation Device (PFD) jacket always when on the water. Parents must provide these.
2. Peewee and Bantam age paddlers MUST wear a flotation belt or PFD always when on the water. Parents must provide these.
3. In the interest of safety, there will be NO running or pushing on the docks or in the Club house.
4. 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.
5. 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.
6. The Club requires all paddlers to maintain respect for the Coaches and Staff, and for each other. Unpleasant behavior, bullying, and swearing will result in disciplinary action ranging from parent notification to dismissal from the Club, with no refunding of fees, as per the Orenda Canoe Club discipline policy.
7. Coaches are only responsible for supervision of paddlers when they are on 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 the registration form where someone can always be reached.
8. 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. All waste must be placed in the appropriate containers as directed by athletes coached. Time will be made during the program day for clean-up.
9. Each paddler is solely responsible for putting away their equipment after use.
10. Willful 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.
11. Athletes are not to leave clothing at the club. Articles of clothing left behind are placed in a lost and found box for a short period and then cleaned and donated to a local charity.

Parent concerns

If at any point concerns arise, we encourage parents/guardians to first speak directly to your child's coach. If your concerns are not satisfactorily resolved, please speak to the club manager.

Summer Regatta Schedule

When available the summer regatta schedule can be found here:

<http://www.adckc.ca/Regattas/Regatta-Schedule>. This link will provide you with a list of all the regattas which your child may be participating in depending on age. Please be sure to check with your child's coach to determine their seasonal race schedule. **If your child is competing in a regatta it is expected that parents/caregivers will make every effort to have them attend the event. With both individual and team events the club depends on everyone's participation to be successful.

It is the parents' responsibility to have your athlete on site one hour prior to race time. It is also the parent's (for younger children) or the athlete's responsibility (for older children) 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. Your athletes coach can provide details. 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.

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. When naming racing boats, one uses the letter 'K' or 'C' followed by a number 1, 2, or 4.

Sprint racing is governed by a registered amateur athletic federation called the Canoe Kayak Canada (CKC). The CKC boasts a membership of over 6500 sprint paddlers, coaches, officials and volunteers across Canada. The CKC 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 or www.adckc.ca.

Canoes are paddled by a paddler kneeling on one knee, using a single blade paddle. There is no rudder or keel, 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.

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):

U-11 - Any child under 11 years of age on the 1st of January of the year of the Competition

U 13 - Any child under 13 years of age on the 1st of January of the year of the competition.

U 15 - Any child under 15 years of age on the 1st of January of the year of the competition.

U 17 - Any child under 17 years of age on the 1st of January of the year of the Competition

U 19 – Any child under 19 years of age on the 1st of January of the year of the competition.
Senior

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

Block – a foam formed block used in all “C” boats to kneel on.

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 during 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).