



Welcome to Sack-A-Wa!

Planning for the summer fun at Sackawa is well underway. We hope that you are all as excited as we are for a great summer this year. We have many great activities planned in addition to the day to day activities that your child will experience as part of our program.

As you know a large portion of our operating costs and equipment purchases are covered by fundraising activities throughout the year. In order to make this happen and keep the club running we look to our members to provide as much support as possible. We would not exist without members like you.

The club recently built a new state-of-the-art clubhouse, which will provide athletes the amenities necessary to enhance our already successful paddling program. The new facility also offers a member's bar, which provides food and regular entertainment. All profit from the bar goes to building upkeep and maintenance. Come visit us upstairs in the Paddle Pub and bring your friends. We need your support.

We have scheduled a few fundraising events during the summer and we hope that you will volunteer your time and/or attend these events:

**Fundraising Dances** - July 8th, July 29th, Aug 19th

**Fundraising Auction** - Aug 12th. We ask that each family donate at least one item to our annual auction. Because of Covid we have not held our action for the last couple of years, and this was normally our biggest fundraising event. Let's make it big again! We have attached a letter that you can use to solicit items from community businesses for our auction. Please spread the word and invite your friends and family for a great evening in support of Sackawa.

**Chase the Ace** - Every Thursday at the Paddle Pub. Jackpot is currently over \$300 with 45 cards remaining. Tickets are sold from 5-7pm with the weekly draw done at 7:15pm. If you can volunteer with the ticket sales some Thursday evening, please reach out to [manager@sackawa.ca](mailto:manager@sackawa.ca). Or, just come out and make our Jackpot grow!

Sackawa Canoe Club



## Our Staff

### [Chris MacPherson](#) **Head Coach**

Chris manages the coaching staff, Mentors their development and delivers the year round Elite-1 training program for Sackawa's national and international competitive athletes. Chris is Canoe Coach for the 2022 Nova Scotia Canada Games Team.

### **Braiden Clark Women's Kayak Lead Coach**

Braiden mentors the Camp Counselors in Kayak instruction for new female participants. Braiden delivers the year round Elite-2 training program for Sackawa's provincial and future national competitive athletes. Braiden is the athlete liaison with a compassionate and understanding nature.

### **Lilly MacPherson Men's Kayak Lead Coach**

Lilly mentors the Camp Counselors in Kayak instruction for new male participants. Lilly coaches the Elite-2 training program for mens kayak in the summer program, instructing Sackawa's provincial and future national competitive male kayakers. Lilly is the Head Coach liaison and is tasked with management decision making when the head coach is unavailable.

### **Enya Pouliot Women's Canoe Lead Coach**

Enya mentors the Camp Counselors in Canoe instruction for new female participants. Enya coaches the Elite-2 training program for Women's Canoe in the summer program, instructing Sackawa's provincial and future national competitive Female Canoers. Enya is the Parent liaison and is a valuable resource for parents to understand training and competition.

### **Miles MacPherson Men's Canoe Lead Coach**

Miles mentors the Camp Counselors in Canoe instruction for new male participants. Miles coaches the Elite-2 training program for Men's Canoe in the summer program, instructing Sackawa's provincial and future national competitive Male Canoers. Miles is the program lead and ensures that all staff are instructing the athletes toward our team goals.

### **Caroline Perrin Lifeguard, Swim Coach, PaddleAll/PaddleAbility Coach [caroline@sackawa.ca](mailto:caroline@sackawa.ca)**

Caroline does it all! She even has a background in Kayaking with an established kayaking career. Caroline will be the day to day lifeguard as well as teaching some competitive swim basics to our paddling athletes. In the evenings Caroline leads the PaddleAll group for those with intellectual disability. She is the Liaison for the PaddleAll program and she is actively recruiting to make this program grow.



### **Jessie Hynes Strength and Conditioning Coach**

Jess comes to us with a high-performance background. Jess is currently completing her kinesiology program at Maryville University. Jess will be responsible for programming strength and conditioning in an age-appropriate program to complement canoe kayak training.

### **Mark Richard Whitewater / Kayak Polo**

Mark Mentors the Camp Counselors in Whitewater instruction for all participants. Mark coaches the kayak polo program (year-round). Mark is a current national team member with CKC Whitewater and has represented Canada in competition all over the world.

### **Cornella Steele U10 Boys Counselor**

Cornella joins our team with educational assistant experience. She will be managing the day-to-day activities of the U10 Boys and will be the primary contact for the parents of these athletes.

### **Natalie Kroll U10 Girls Counselor**

Natalie joins our team with camp counselor experience. She will be managing the day-to-day activities of the U10 girls and will be the primary contact for the parents of these athletes.

### **Ashlyn Wright U12 Girls Counselor**

Ashlyn joins our team with soccer coaching experience. She will be managing the day-to-day activities of the U12 Girls and will be the primary contact for the parents of these athletes.

### **Aj O'connell U12 Boys Counselor**

AJ re-joins our team with many years of canoe kayak and Sackawa Coaching experience. He will be managing the day-to-day activities of the U12 Boys and will be the primary contact for the parents of these athletes.

### **Dakota Marsh U14 Counselor**

Dakota Joins our team with many years of Camp experience. He will be managing the day to day activities of the U14 athletes and he will be the primary contact for the parents of these athletes. Dakota will be the early drop off contact to sign in the U10 and U12 athletes before 9AM

### **Noah Avery-Gray Weeklong Coach/Counselor**

Noah is a long time Sackawa member with years of experience in Canoe Kayak he will bring fun and excitement to the weeklong program and will work with the coaching staff to give all weeklong participants exposure to all the canoe kayak programs we provide.



## Our Program

Sackawa Canoe Club is a year-round, nationally competitive club in the Olympic sport of sprint canoe kayak. We strive to balance our introductory program (Summer Camps) with our year-round high performance program. We have a unique combination of low summer camp participant numbers paired with athletes who compete at the top level nationally and internationally.

- Sackawa is a team, although a large component of our sport is individual, most of our competition is as a crew; doubles, fours and War Canoe (15). Our championship competitions are set up as a team points total so every athlete on the team matters! Everyone who goes to the regatta gets a race. But, if a crew is missing a member they are unable to race which can be frustrating to those with only a few races.
- Full summer participants are expected to compete in all age appropriate competitions (regattas). Joining Sackawa should be regarded as joining a sport as missing a regatta would be like missing a hockey or soccer game.
- Often our younger athletes show a particular interest in competition and are encouraged to race up to gain even further experience. Racing up means attending another regatta for an older age group as it is generally one age group per regatta.
- Full summer participants who show a particular interest in the sport will be invited to join in Elite-2 practices where there are lower athlete coach ratios. There is also a greater emphasis on skill and competition. Elite-2 practices are typically 7:30am and 4:00pm. There are no extra fees for the Elite-2 group. Elite-2 athletes may also be excused from some daytime practices at their coaches discretion to rest and recover and get out of the sun.
- Full summer athletes not in the Elite-2 group will race and compete in all the same regattas as well as being in crews with the Elite-2 group. It shouldn't be seen as two different groups. The Elite-2 is just about doing more.



## **Race age Classes:**

### **U10 Regatta:**

All participants must be younger than 10 as of January 1 2022.

### **U12 Regatta:**

All participants must be younger than 12 as of January 1 2022.

Participants under the age of 10 allowed at coaches discretion.

### **U14 Regatta:**

All participants must be younger than 14 as of January 1 2022.

Participants under the age of 12 allowed at coaches discretion.

### **U16 - Open Regatta:**

No age restriction on this Regatta, Race classes go from 14 and older but many U14 athletes will compete in this regatta group. This age group is focused on National competition. U14 athletes will be encouraged to participate.

## **Race Schedule 2022:**

### **July 9, 2022 | U16-Open | Lake Banook (34 Boathouse Ln, Dartmouth)**

*No age restriction on this Regatta, Race classes go from 14 and older but many U14 athletes will compete in this regatta group. This age group is focused on National competition. U14 athletes will be encouraged to participate. U12 athletes at coach discretion.*

### **July 14, 2022 | U10 | Sack-a-wa Canoe Club**

*All participants must be younger than 10 on January 1 2022.*

### **July 16, 2022 | U12 #1 | Lake Banook**

*All participants must be younger than 12 on January 1 2022.*

*Participants under the age of 10 allowed at coaches discretion.*



### **July 17, 2022 | U14 #1 | Lake Banook**

*All participants must be younger than 14 on January 1 2022.*

*Participants under the age of 12 allowed at coaches discretion.*

### **July 22-30 2022 | Nationals Qualifying | Lake Banook**

*No age restriction on this Regatta, Race classes go from 14 and older but many U14 athletes will compete in this regatta group. This age group is focused on National competition. U14 athletes will be encouraged to participate. U12 athletes at coach discretion.*

### **August 3-7, 2022 | World Championships | Lake Banook**

*Sackawas own Tyler Laidlaw set to compete!*

*Sackawa will participate in a war canoe demonstration crew TBD.*

### **August 13, 2022 | U10 #2 | Lake Banook**

*All participants must be younger than 10 on January 1 2022.*

### **August 17-19 2022 | U12/U14 Championships | Lake Banook**

*All participants must be younger than 14 on January 1 2022.*

*Participants under the age of 10 allowed at coaches discretion.*

### **August 23-28, 2022 | National Championships | Shawinigan**

*Participation based on qualifications. No age restriction on this Regatta, Race classes go from 14 and older but many U14 athletes will compete in this regatta group. U12 athletes at coach discretion.*



## Day to Day at Sackawa

### Change rooms and lockers

- There are no locked storage areas within the building. Each athlete will have the use of cubby storage in the change room area. We encourage that items of high value be left home.
- The Change rooms and bathrooms have been designed to reflect SafeSport and Gender Equity policies of our governing body CKC. There are six private all gender bathroom stalls, one Accessible all gender bathroom and two all gender change rooms.
- There is only permitted one person within the washroom or change room at a time.
- All areas of the Canoe Club facility are observable and open including cubby area, coaches office and weight room.
- Athletes, parents, and coaches are not permitted to meet one on one or to have private coaching sessions at any time without the presence of a third party, coach or member of the board. This includes electronic communication.

### Docks and Equipment

- All the necessary equipment needed to participate (excluding PFD's clothing) is provided by Sackawa.
- Access to the docks and equipment is at the discretion of the staff and will follow a regular schedule.
- Some of the equipment is reserved for the highest level of competition and must be preserved with limited use.
- All the equipment (paddles and boats) is very expensive and must be treated with the utmost care. Abuse of the equipment or unintended use will not be tolerated.
- Every piece of equipment has a proper storage place within the building and must be returned after each use.
- All participants in the U16 and younger groups must wear a PFD when on the docks, in the boats or swimming. The Lifeguard may allow some to swim for instructional purposes without a PFD at their discretion.



## **What to bring**

All participants will need:

- 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 the participants who are on the property must participate in the practices and comply with the requests of the coaching and counseling staff. We have strict safety protocols that require all the participants to be with their coaches and counselors and are not able to “opt out” of any of the practices.
- We ask that any athlete who is unable to participate in the scheduled practices due to illness or injury not come to the canoe club that day.
- Any athletes that refuse to participate in the programming will have to be picked up by a guardian and taken from the club grounds until they are able to participate.
- No U14, U12 or U10 athletes are permitted to leave the property during practice times without being signed out by a guardian.
- U14 and U12 athletes are allowed to leave at the end of the day without being signed out by parents.
- U10 athletes must be signed in and out daily.
- No adults are allowed to access the canoe club areas without the supervision of an employee. We ask all parents to wait in the parking lot area when dropping off or picking up.
- There is no yelling or violent language permitted by parents or guardians while picking up children. If you need assistance, please see one of our counselors.

## **Communication**

- Sackawa SMS Alerts Text “Subscribe” to 902-706-5788
- Inquiries General communications@sackawa.ca