



# MIC MAC AMATEUR AQUATIC CLUB PARENT'S HANDBOOK



**MIC MAC AMATEUR AQUATIC CLUB**



### **MIC MAC A.A.C. RULES:**

1. PLEASE KEEP OUR CLUB CLEAN. PLACE ALL GARBAGE IN APPROPRIATE CONTAINERS.
2. MMAAC IS NOT RESPONSIBLE FOR LOST OR STOLEN ITEMS. PLEASE DO NOT LEAVE PERSONAL ITEMS AT THE CLUB & LOCK YOUR LOCKER IF APPLICABLE.
3. PROFANITY WILL NOT BE TOLERATED.
4. REPORT ANY DAMAGE TO EQUIPMENT OR FACILITIES TO THE COACHING STAFF IMMEDIATELY.
5. TWO OR MORE PADDLERS ARE REQUIRED TO CARRY BOATS. ASK FOR ASSISTANCE.
6. EMPTY ALL BOATS BEFORE RETURNING TO RACKS. STORE BOATS/PADDLES IN THEIR DESIGNATED SPOTS.
7. PLEASE ENSURE ALL EQUIPMENT IS RETURNED IN GOOD CONDITION.
8. THERE IS NO SMOKING PERMITTED IN OR AROUND THE BOATHOUSE AREA.
9. ALL BICYCLES MUST BE STORED OUTSIDE THE BOATHOUSE AT THE BIKE RACK.
10. NO SKATEBOARDING OR BICYCLING IN THE BOATHOUSE OR ON THE DOCKS.

REVENUES RAISED THROUGH FUNDRAISING EFFORTS ARE USED TO PURCHASE AND REPAIR OUR BOATS & EQUIPMENT. STAFF WILL INSTRUCT ATHLETES ON PROPER CARE AND HANDLING OF THE EQUIPMENT. ALL ATHLETES WILL BE EXPECTED TO ADHERE TO THE RULES AND WILL TREAT ALL EQUIPMENT WITH CARE AND RESPECT. ABUSE OF EQUIPMENT WILL NOT BE TOLERATED.

### **INCIDENT REPORTING:**

MIC MAC A.A.C. HAS ENFORCED AN INCIDENT REPORTING POLICY TO ENSURE THAT PARENTS/GUARDIANS ARE INFORMED OF ALL INCIDENTS AND/OR DISCIPLINARY WARNINGS IN A TIMELY MANNER. If your children are involved in any form of first aid, injury or disciplinary incident you will be asked to sign an acknowledgement of the incident upon pick up. Staff will go over and review any questions or concerns at that time explaining any incident and how to take steps to eliminate any recurrence.

It is the responsibility of the coaching team to review any incidents to ensure that all appropriate action has been implemented to prevent recurrence. Incidents will be reviewed by the MMAAC Paddling Committee to ensure actions are communicated, handled appropriately and actions taken in a suitable and timely manner.

### **DISCIPLINARY POLICY:**

MIC MAC A.A.C. Enforces a zero-tolerance policy for inappropriate and disrespectful behaviour towards coaches, paddlers and equipment. This includes but is not limited to bullying, failure to follow club rules, disregarding coaching directives, violence and/or any form of discriminatory behaviour. MMAAC reserves the right to discipline any person who displays any such behaviour.

### **DISCIPLINARY POLICY ACTION:**

**1<sup>ST</sup>. OFFENCE: 1 DAY SUSPENSION & NOTIFICATION TO PARENT/GUARDIAN**

**2<sup>ND</sup>. OFFENCE: 1 WEEK SUSPENSION & WRITTEN NOTIFICATION TO PARENT/GUARDIAN**

**3<sup>RD</sup>. OFFENCE: EXPULSION FROM MIC MAC AMATEUR AQUATIC CLUB**

**THERE WILL BE NO REFUNDS ISSUED AS A RESULT OF ANY DISCIPLINARY ACTION.**

### **REGISTRATION & PAYMENT OF FEES:**

Registration fees shall be set by the MMAAC Paddling Committee prior to the season commencing. Spring/Summer registrations will be held early April until Summer Program start up. Registrations will be collected on-line under paddling registration & fees on the website ([www.micmacaac.com](http://www.micmacaac.com)). You can register for Day Camps on-line or via phone using Visa/MasterCard or e-transfer. Registrations will be considered complete only upon receipt of the following by the registrar.

- Completed registration forms
- Full payment of programs covering all appropriate fees

For liability reasons paddlers will not be permitted to participate in programming or events until registration is complete. Payment options are as follows:

- Payment in full (Cash, Cheque, Debit, Visa, MasterCard or e-transfer to [paddling@micmacaac.com](mailto:paddling@micmacaac.com))
- Postdated cheques provided the full amount is paid prior to the start of the program

All paddlers must pay the applicable CKC, ADCKC & Safety boat fees at time of registration. These fees go directly to Canoe Kayak Canada, the governing body as well as Atlantic Division Canoe Kayak Canada to assist in promotion, development & safety of the sport on a Provincial, National & International level.

### **SAFE ARRIVAL & DEPARTURE POLICY:**

The safety of the young children at our club is of the utmost importance to our staff and directors. Children registered in the Day Camps must be checked in and out each day with one of the camp directors. The Day Camp participants will be met at the entrance to the boathouse for check in and again in the afternoon for check out. If a child will be leaving early please notify the staff or if the child is being picked up by another adult please send a note or notify the staff by phone.

We ask that you call the staff before 9:00 am to notify us if your child will be absent otherwise we will contact you by phone to ensure that you are aware that your child is absent. Your child's safety is a primary concern. Please ensure that we have accurate contact information on registration forms.

It is our policy to not permit cell phones or tablets in or around the water therefore, if it is necessary for the paddlers to have electronic equipment as a means of contact they must be stored in their lockers or in kit bags while they are in the programs. Staff leads will be accessible by phone at all times.

### **PADDLING PROGRAMS:**

#### **Full Summer Program:**

This program offers insight into sprint canoe and sprint kayak programs from a novice level to competitive levels. The program covers age groups from under 6 years to Master ages groups. Children under 7 will not race in any regattas but will learn boating safety, skill development appropriate for this age group, balance skills and structure as part of the introduction programming. The U-10 program is a half-day program although our club offers an afternoon Day Camp program if you are looking for a full day for those under the age of 10. The full day program introduces a combination of dry-land and on-

water training including conditioning exercises and stretching in preparation for the sport. Running, age appropriate gym workouts and warm up activities as part of the all-round athletic program.

#### Summer Camps:

Weekly summer camps are offered for those age 5 – 12. The young athletes are grouped in ages where they are better able to learn and play at like levels. Older participants in the Day Camps may train with the full program age groups to give them the experience of training with those in their same age groups. All participants will learn basic boating safety, technical skills, team building and social skills. The participants will have swim and game times as well as on-water sessions to learn the basics of age appropriate sprint canoe & sprint kayaking. Cold, windy or heavy rainy days where the conditions are unsafe to go on the water the participants will engage in off-water or indoor activities. All participants must wear a size appropriate PFD (provided by parent/guardian) while on the water. Sunscreen applications will take place throughout the day. Please ensure you child has sunscreen with them.

#### Adult Paddling Programs:

The adult programs run three evening per week and some mornings if requested. The Master age group is for those 25+ years and includes those with experience as well as novice paddlers who are looking to learn sprint canoe and kayak. There are several regattas during the summer for those who would like to race along with the National Championship. This program includes all size boats for those who would like to try. Paddling is an excellent recreational/social program for those who want exercise and to enjoy being on the water.

#### Dragon Boat Program:

The Dragon Boat Program is designed for adults looking for a great workout while enjoying the scenery of the lakes. This program runs three evening per week under the direction of the Dragon Boat Coach. The participants will provide their own PFD if they choose. Paddles are provided by the club. The crew will race in a few local regattas during the summer/fall season. Paddlers will participate in conditioning and exercise as well as a great social grouping throughout the season.

#### Spring Training:

Spring Training is a “Kick Start” program designed for experienced paddlers looking to begin paddling and training before the full summer program begins in July. This program is offered after school and weekends to allow the athlete to prepare for the upcoming season using dry-land, gym exercises and on-water training (weather permitting). Running, flexibility and strengthening will be included as standard training guidelines. Spring training is a great way to boost your confidence in your abilities and skill sets in preparation to set and reach your goals.

#### Fall & Winter Training:

Paddling programs continue throughout the fall/winter for any member wanting to continue their conditioning, technique and skill development. The athletes will be on-water (conditions permitting) as well as running, weights – strength training, swimming and flexibility training. These programs run before and after school as well as Saturday mornings for Tier 1 & Tier 2 athletes. The Masters/Dragon Boat teams remain on-water until mid – late October then use the gym facilities.

### **REGATTAS:**

Regattas (races) are held throughout the summer generally on weekends with exception of U-10 (under 10) age groups. These are Tuesday or Wednesday evenings throughout the summer (July/August). Please see the ADCKC Regatta schedule for details.

If you are unable to attend a regatta please let the coaching staff know in advance. Paddling is a team sport in that an athlete who signs up to race and doesn't show up disappoints the remaining team members as they will lose their racing opportunity.

Paddlers are asked to arrive 1 hour prior to their first race. It is recommended bringing along extra clothing, sun screen, hat and a chair. There are generally canteens available for snacks, drinks, etc.

The coaches are on hand during regattas, however they are very busy with all the athletes. If you need to discuss your child's specific requirements or have any questions please ask the coach to speak with you at an opportune time. We ask that parents be there for support and enjoy the regatta. During the regatta parents/spectators should not be on the dock as this impedes the flow of traffic for regattas.

Parents can use the draw (schedule of events) for each regatta to follow the races, etc. Many parents follow results on their phones. Times, finishes and any changes to the draw will be posted very quickly from ADCKC. You may print a copy of the draw if you prefer.

A life belt/jacket and singlet must be worn in the boat. If a paddler falls out of their boat they will be rescued by a safety boat who will bring them back to the dock, unless they are close enough to swim to the dock when they fall in.

For regatta information including schedules: [www.adckc.ca/Regattas/Regatta-Schedule](http://www.adckc.ca/Regattas/Regatta-Schedule)

### **AGE CATEGORIES:**

- U-10 / UNDER 10 YEARS OF AGE ON JANUARY 1<sup>ST</sup> OF THE YEAR OF COMPETITION
- U-12 / UNDER 12 YEARS OF AGE ON JANUARY 1<sup>ST</sup> OF THE YEAR OF COMPETITION
- U-14 / UNDER 14 YEARS OF AGE ON JANUARY 1<sup>ST</sup> OF THE YEAR OF COMPETITION
- U-16 / UNDER 16 YEARS OF AGE ON JANUARY 1<sup>ST</sup> OF THE YEAR OF COMPETITION
- U-18 / UNDER 18 YEARS OF AGE ON JANUARY 1<sup>ST</sup> OF THE YEAR OF COMPETITION
- MASTERS 25 YEARS OF AGE OR OVER ON JANUARY 1<sup>ST</sup> OF THE YEAR OF COMPETITION

### **U-10 ATHLETE MODEL:**

U-10 Paddlers are young & energetic spending their days learning to hone skills such as balance, team work, fair play, swimming and playing. These young participants will gain skill levels appropriate for their age groups, strengths and comfort levels. The paddlers will spend quality time on-water learning basic boating techniques, boating safety and structured group paddling activities. It is mandatory for any athlete in the U-10 group to wear a PFD while on the water. Other activities include games, dragon boating, swimming, etc.

Any of the athletes who are 7 years old may participate in the U-10 Mini Regattas which take place in the evening usually Tuesday or Wednesday for 2 hours. These regattas give the young athletes the opportunity to learn how to race at their own level as well as building confidence in their skills.

### **U-12 ATHLETE MODEL:**

The U-12 paddlers begin to try out all the boats learning more technical and balancing skills. These athletes will work on singles, tandems, fours and war canoes fine tuning their development. There are local regattas for these athletes to compete against other local clubs followed by a championship regatta held in late August. Coaches ensure these paddlers follow the LTAD plan as set out by Canoe Kayak Canada allowing the athletes to experiment and experience all boats and distances. Team boats are a large part of this age group where they learn to work together, support each other while having fun, getting exercise and making healthy lifestyle choices. Overall fitness, work ethic, skill development, confidence building and self-esteem are all key aspects at this age group.

### **U-14 ATHLETE MODEL:**

The U-14 (Under 14 years) paddler is now at the level where they are preparing to take their training and results seriously. The U-14 athlete now is wanting to win a race or set a personal best time or break a race record while achieving previously determined personal goals. Regattas give this athlete the opportunity to compete with their peers at their club as well as divisionally, provincially and often at a first National Championship in crew boats.

### **LONG-TERM ATHLETE DEVELOPMENT (LTAD) CANOE KAYAK CANADA:**

#### **FUNDAMENTALS (U-8/U-10/U-12):**

- Fun & skill development while giving participant fun race opportunities
- Conduct multisport regattas, paddling, games, running, biking, swimming, etc.
- Include both Canoe and Kayak: no boat specialization
- Focus on participation in team boats
- Utilization of age appropriate equipment, mini kayaks, mini canoes, lightning kayaks
- Gain race day protocols, etiquette, rules and routines in a fun environment
- Minimize financial stress on parents and club to purchase high-end boats and equipment

#### **TRAIN TO TRAIN (U-12/U-14):**

- Multiple distances; no distance specialization
- Include both Canoe and Kayak; no boat specialization
- Focus on participation in team boats
- Learning to paddle and build aerobic machines, understand PHV variance in athletes
- Minimize travel and financial commitments for parents and club
- Minimize high-level regattas (Qualifying & Nationals)

#### **LEARN TO COMPETE (U-14/U-16/U-18):**

- Multiple distances; race across as many race distances as possible
- Consideration given to school/work transition, part-time jobs, etc.
- Proficiency in paddling single boats
- Development of wash-riding skills and boat control skills
- Bridge gap from U-14 to U-16
- Regular off-water team building activities
- Introduce higher-level competition (Qualifying & Nationals)

### **TRAIN TO COMPETE (JUNIOR):**

- Specialization in Canoe vs. Kayak
- Specialization in distance; following PHV/growth spurt
- Specialization in crew boats vs. singles
- Competition analysis and debriefs
- High Performance identification; recognize Domestic and International HP pathways

### **TRAIN TO WIN (SENIOR):**

- Provincial and National Coaching

### **ACTIVE FOR LIFE (ADULT RECREATIONAL/MASTERS RACING):**

- Facilitate paddlers' continued involvement by pursuing personal goals and by promoting boats which foster their continued participation; crew boat 4's and war canoe (C-15) and Dragon boating

### **PARENT VOLUNTEERS:**

Mic Mac Amateur Aquatic Club is a non-profit organization relying on efforts of volunteers to be successful. Volunteers are required throughout the season to help with many activities.

If you are willing to volunteer in any capacity please contact our communications director who will forward your information to our committee.

- Fundraising: Opportunity to assist with all fundraising projects from our Wine Tasting night to paddle-a-thon to teen dances, 50/50's & social fundraisers.
- Maintenance: Folks experienced in carpentry, fibreglass repair, welding, machining, drywall, painting, motor repair, etc. are always needed.
- Safety Boats: Clubs are responsible for staffing safety boats during regattas.
- Boat Drivers: ADCKC is always looking for boat drivers/line judges/officials & will provide training.
- Sponsorship: Corporate Sponsorship promotion is necessary to offset costs.
- Committee Members: Individuals interested in joining our committees.

### **EQUIPMENT:**

Mic Mac A.A.C. attempts to make all the required equipment available to its member in all programs. In an effort to keep costs to a minimum we expect all athletes to treat all equipment with respect and to notify their coach/dock supervisor immediately if they find a problem with a boat or paddle. The club will provide boat numbers, back numbers, straps, etc. Athletes will provide their own block or bun for use in canoes as well as PFD's/lifejackets.

Please clearly label personal equipment.

**CLOTHING:**

All paddlers must dress appropriately for all practices and regattas. It is recommended that female athletes wear a one-piece bathing suit or shorts & tank top over a two piece swim suit & male athletes should wear a tank top or t-shirt along with swim suits or trunks. This is a safety issue when trying to do water rescues when the athletes tip. Hats are highly recommended to prevent over exposure to the elements.

During regattas, athletes must wear a singlet representing their club. These are available for purchase through the canteen at a cost of \$60.00. Again, please label them with the athlete's name.

T-shirts, Hoodies, hats, headbands, etc. are available for purchase at the canteen.

**LOCAL PADDLER'S LANGUAGE:**

**ADCKC:**

Atlantic Division Canoe/Kayak Canada located behind the tower on Lake Banook this is our sports regional/provincial governing body.

**CKC:**

Canoe Kayak Canada – our sport's governing body located in Ottawa, Ontario

**BACK NUMBER:**

*A Back number is worn* to identify which lane you are in during a crew boat race. The cox of a war canoe or the person in the back of the boat wears this number.

**BLOCK:**

A foam block used for kneeling in the canoes.

**SINGLET:**

A Singlet is a tank top unique to each paddling club. These must be worn at regattas.

**K-1, K-2, K-4, C-1, C-2, C-4 & C-15:**

K means Kayak: K-1 = Single Kayak, K-2 = Kayak for 2, K-4 = Kayak for 4

C means Canoe: C-1 = Single Canoe, C-2 = Canoe for 2, C-4 = Canoe for 4, C-15 = Canoe for 15.

**REGATTA:**

A Regatta is a structured race for specific age groups. There are local, regional, provincial and National Regattas held annually. Status points are awarded at these regattas.

**BLADE:**

The paddle end is known as a blade which cuts through the water.

**BOAT NUMBER:**

A boat number is used to identify the boats in each lane of the regattas. These are mandatory to have on the boats during regattas and racers will be disqualified if the boat does not have the correct number or a number affixed properly to the boat.

**BURGEE:**

A championship flag (shaped like a nautical flag) presented to clubs securing a championship

**CHIEF OFFICIAL:**

The top official in charge of regattas. They are responsible for resolving any protests that may be filed; verifying and approving all crew substitutions and making all pertinent decisions regarding race day as far as inclement weather or race conditions.



**REFEREE:**

An on-water official who follows a race down the course. The official has the authority to judge the race, stop the race, caution and/or disqualify the paddler or crew failing to race within the rules of CKC and ADCKC.

**STARTER:**

An on-water official designated to start each race. This official's objective is to give all competitors a fair and even start on the start line. A Starter can stop a race and/or disqualify a competitor.

**COMMODORE:**

The committee member responsible for the overall running of the paddling program.

**COX/COSWAIN:**

Steer-person and captain of the war canoe or C-15.

**C-BOAT:**

Flat water canoes designed to be paddled in a kneeling position. They are known as C-1 (Canoe for 1 person), C-2 (Canoe for 2 people), C-4 (Canoe for 4 people), C-15 (Canoe for 14 paddlers and 1 Cox also known as a War Canoe).

**K-BOAT:**

Flat water kayak designed to be paddled in with a kayak paddle with a "blade on either end". These boats are known as K-1 (kayak for 1 person), K-2 (kayak for 2 people), K-4 (kayak for 4 people).

**DNF OR DNS:**

A DNF means an athlete did not finish a race. A DNS means an athlete did not start a race.

**FLOORBOARD:**

A wooden or fibreglass board used in the bottom of the canoes and kayaks to raise the paddler to allow a flat surface to kneel or sit on for the benefit of reach and power in their strokes.

**FOOTBOARD:**

A footboard is part of the steering system for a kayak. It is used to push with the feet for better stroke length.

**J-STROKE:**

A Steering stroke used to maintain a straight line in a canoe.

**PFD:**

A Personal Flotation Device is required for all athletes under the age of 16. Life Belts are no longer acceptable to use while on the water.

**SPRAY SKIRT:**

A water repellant cover designed to cover the cockpit of a kayak protecting the paddler from water entering the boat at the cockpit.

**SINGLET:**

A CKC approved racing shirt representing your club to be worn at all regattas.

**TECHNIQUE:**

Applying physiological principles to achieve the most efficiency if propelling your boat

**LOCAL CLUBS:**

AB: ABENAKI-BELL LAKE, DART. NS	BA: BANOOK-LAKE BANOOK, DART. NS
CH: CHEEMA, LAKE THOMAS, WAVERLY, NS	KE: KENNEBECASIS-KENNEBECASIS RIVER, NB
KI: KINAP, PORTER'S LAKE, NS	MA: MASKWA, KEARNEY LAKE, NS
MM: MIC MAC A.A.C., LAKE BANOOK, DART. NS	OR: ORENDA, LAKE ECHO, NS
PI: PISIQUID, WINDSOR, NS	SA: SACKAWA, LOWER SACKVILLE, NS
SE: SENOBE, LAKE BANOOK, NS	

**MICMAC A.A.C. CONTACT INFORMATION:**

HEAD COACH-CHRIS CHIASSON 902-488-9790 Chrischaisson@gmail.com	BOATHOUSE 902-466-2617
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