



Winter 2023

OFF-SEASON TRAINING

Spring Camp 2023

In Florida & Alabama

This spring, some of our athletes will be heading south to get do on-water paddling before the ice melts here at home! Bantam athletes Everett, Zachary, and Logan will be heading to Alabama with the Manitoba Paddling Association. High Performance athletes Seanna and Ginger will be in Florida with Maskwa Aquatic Club, and Jeremy will also be going to Florida with Canoe Kayak Ontario.

Partnership with Edmonton Whitewater Paddlers

We have been very lucky to partner with the Edmonton Whitewater

Paddlers for some winter training this year! GERCKC athletes have had the opportunity to participate in kayak surfing in the West Edmonton Mall wave pool and in the Kayak Polo Cup of the North at the Kinsmen Sports Centre. We are excited to get back on the water with them after our return from spring camp!



Partnership with Action for Healthy Communities



**ACTION FOR HEALTHY
COMMUNITIES**

PEOPLE AND COMMUNITIES IN ACTION

In the coming paddling season, we are working with Action for Healthy

Communities to offer free canoe and kayak programming for young athletes who are new to the area and/or new to Canada! We also hope to offer a leadership training program in June. These programs will be geared towards athletes in elementary and junior high school.

Visit their website here: <https://a4hc.ca/>



2022 Marathon Worlds

in Ponte de Lima, Portugal

GERCKC High Performance athlete Jeremy Poulin competed in Marathon Kayaking World Championships

in October! He placed 29th in the K1 24km race and he and his partner Quintin Neuls of Kamloops Canoe Kayak Club placed 20th in their 24km race the following day. He had the opportunity to meet paddlers from all over the world, and hopes to compete in marathon worlds again this coming season in Vejen, Denmark!



NEW in 2023 - Intro to Rainbow Paddle Program

Starting in 2023, our summer camps will all follow the newly developed Rainbow Paddle Program! Created by Head Coach Zak Mahmoudi, the goal of the program is to offer a fun, structured, skill-based summer program for beginner paddlers.

The Rainbow Paddle progression is organized around six stages (colours) to acquire a basic level of paddling skills. In all stages of Rainbow Paddle, three main areas of expertise are covered:

- Safety: Knowledge of equipment and its use, ease or aquatic intervention, communication;
- Technique and sports culture: Tactical and strategic skills, technical and motor skills;
- The environment: Physical factors, flora & fauna, heritage and regulations.



After demonstrating the acquisition of skills and knowledge, paddlers will progress to the next colour the following week.

2023 Event Calendar		Regatta Schedule 2023		Location		UT6	UT3	UT4	UT5	UT6	UT7	UT8	Est. cost
Date	Day	Event	Location	UT6	UT3	UT4	UT5	UT6	UT7	UT8	UT9	UT10	Est. cost
Nov-04	FRI	West Ed Mall Wave Pool - Kayak Surfing	West Edmonton Mall	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Entry Fee
Dec-09	SAT	Winter Testing 1	Garrison Fitness Center	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Entry Fee
Dec-16	SAT	Christmas Eve	Garrison Fitness Center	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Entry Fee
Jan-14	SAT	Winter Testing 2	Garrison Fitness Center	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Entry Fee
Jan-21	SAT	Kinsmen Wave Pool - Kayak Polo Event AWA	Kinsmen Pool	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Entry Fee
Jan-22	SUN	Kinsmen Wave Pool - Kayak Polo Event AWA	Kinsmen Pool	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Entry Fee
Feb-17	SAT	Kayak Polo Cup of North	Kinsmen Pool	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Entry Fee
Feb-22	SAT	Winter Testing 3	Garrison Fitness Center	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Entry Fee
March 25 - April 16	3 weeks	Spring Training Camp	Albama	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	\$2,500
17-Apr	FRI	Spring Season Open	Sturgeon River	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No cost
April 23 or May 5	FRI	Whitewater Kayak Wave Pool Session	West Edmonton Mall	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No cost
May-27	SAT	Pembina/Lobstick River Trip	Pembina River Park	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No cost
TBD-June	SAT	Open House - Summer Camp	Candle Lake	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No cost
June	FRI	Official Level 2 Course	Manitoba Leisure Center	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No cost
June 23-25	FRI-SAT-SUN	National Team Trials - NT2	Montreal, QC	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No cost
July 8-9	SAT-SUN	CCC Canada Cup West	Heggin, SK	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	\$300
July 15-23	SAT-SUN	North America Indigenous Games	Dorchester, NS	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	\$150
July 20-23	THUR - SUN	2023 Alberta Summer Games	Oletocks, AB	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	\$150
August 5-6	SAT-SUN	Western Divisional Championship	Regina, SK	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	\$300
August 12	SAT	Edmonton Novice Cup 1	Castell Pond	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	\$30
August 19-21	MON	Alberta Indigenous Games	Castell Pond Park	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No cost
August	SAT	Edmonton Novice Cup 2	Leibel Boating Club	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	\$30
August 29-30	TUE-SAT	Canadian National Championship	Dorchester, NS	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	\$30
September 9-11	FRI-SAT-SUN	Pacific Novice Cup	Maple Ridge, BC	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	\$30
TBD		Casino Fundraiser St Albert Canoe Kayak Club	St. Albert	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No cost

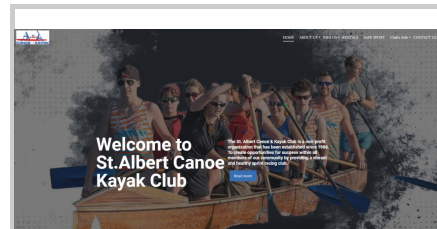
Upcoming Events

- Spring Training Camp
 - High Performance athletes in Florida
 - Bantams in Alabama
 - March/April 2023

Click to see our full calendar



Check out the GERCKC website!
www.edmontonsprintcanoe.com



Check out the SACKC website!
www.sackc.com

THANKS TO OUR PARTNERS!



Greater Edmonton Racing Canoe Kayak Club

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