



August 2022

COMPETITIONS GALORE!



2022 Canada Summer Games

in Niagara, ON

Our High Performance athletes

Jeremy, Dillan, Aiden, and Seanna went out east to compete in



the 2022 Canada Summer Games in Niagara, ON. There, they had the chance to show off their canoe and kayak skills at the world-class Welland International Flatwater Centre, meet athletes from all across the country, trade pins, and even attend some Canadian musicians' concerts! We are incredibly proud of the results they achieved and of the support they showed to all of their competitors.



2022 Marathon Worlds Preparations

High Performance athlete Jeremy Poulin went over to British Columbia to train with the Kamloops Canoe & Kayak Club for a few

2022 Alberta Indigenous Games

in Cardiff, AB

We were lucky enough to host the Canoe Kayak event for the 2022 Alberta Indigenous Games! 26 Indigenous athletes



days! He is set to race in a 24km K2 race with KCKC athlete Quintin Neuls at Marathon Worlds in Portugal this fall.



showed up to compete in rec kayak, C2, and sprint races on August 15th (including GERCKC's very own Daniel Malysh and Leon Larocque)! The event was a huge success and we hope to host again next year!



2021-22 Outstanding Volunteer Award

The St. Albert Canoe Kayak Club wants to recognize its most involved volunteers from the 2021-22 paddling season. We have chosen to recognize four outstanding volunteers for their hard work and commitment to the club: Zoe Keels, Ginger Brown, Samih Chama, and Evan Degannes. Congratulations to them!



ICF Sprint and Paracanoe World Championships

in Halifax, NS!

From August 3rd-7th, SACKC and GERCKC Head Coach Zak Mahmoudi was invited by the International Canoe Federation (ICF) to coach 23 athletes from various developing nations in the Talent Identification Program (TIP). The goal of the TIP is to achieve sustained competitive excellence in Olympic, Paralympic and other international competitions and to promote and grow paddlesports worldwide.

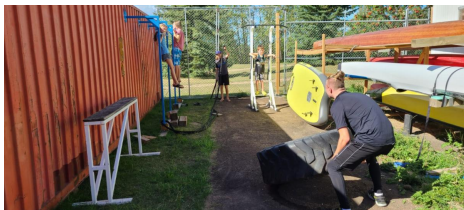
Zak's statement: "I had the great honour of being chosen by the ICF to take the lead on coaching their TIP training camp leading to the championships. I'm extremely proud of the results the athletes achieved: lots of semi-finals, B and A-finals. It was also an opportunity for me to meet with high level athletes and discuss with them the journey to achieving high level results."





Registration for bantam and high performance winter training programs will be opening in October! Now through the brand new RAMP registration system.

PREVIEW REGISTRATION PACKAGES



Site Improvement

A new CrossFit and body weight training area for athletes is now open and operational at Cardiff! The goal is to provide a space for athletes to do body weight training at the club as an integral part of the summer strength training program.



Canadian Sprint Nationals

in Shawinigan, QC



High Performance athletes Aiden and Seanna Stock competed at CKC Sprint Nationals last week! After placing in the top 4 at

NEW in 2023 - 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.



RAINBOW
PADDLE

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.

Divisional Championships in July, Aiden raced in the Men's C1 200m, 500m, and 1000m, while Seanna represented our team in the Women's K1 200m. Congratulations to them!



They also ran into former GERCKC High Performance member Jeremie Bennett!



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

Member Feedback

Did you or your child(ren) participate in one of our programs over the past few years? **Please consider taking some time out of your day to leave us a short review on Google!** Reviews from current members help other parents and athletes feel confident in choosing our club, and they also help us meet your needs!



To leave a review, just search "St. Albert Canoe Kayak Club" and then click on "Write a Review".

Greater Edmonton Canoe Kayak Regatta Schedule 2022		Greater Edmonton Canoe Kayak Regatta Schedule 2022	
Date	Event	Location	Notes
May 11	SAT	Water Polo 1	Edmonton, AB
May 12	SAT	Water Polo 2	Edmonton, AB
May 13	SAT	Water Polo 3	Edmonton, AB
May 14	SAT	Water Polo 4	Edmonton, AB
May 15	SAT	Water Polo 5	Edmonton, AB
May 16	SAT	Water Polo 6	Edmonton, AB
May 17	SAT	Water Polo 7	Edmonton, AB
May 18	SAT	Water Polo 8	Edmonton, AB
May 19	SAT	Water Polo 9	Edmonton, AB
May 20	SAT	Water Polo 10	Edmonton, AB
May 21	SAT	Water Polo 11	Edmonton, AB
May 22	SAT	Water Polo 12	Edmonton, AB
May 23	SAT	Water Polo 13	Edmonton, AB
May 24	SAT	Water Polo 14	Edmonton, AB
May 25	SAT	Water Polo 15	Edmonton, AB
May 26	SAT	Water Polo 16	Edmonton, AB
May 27	SAT	Water Polo 17	Edmonton, AB
May 28	SAT	Water Polo 18	Edmonton, AB
May 29	SAT	Water Polo 19	Edmonton, AB
May 30	SAT	Water Polo 20	Edmonton, AB
May 31	SAT	Water Polo 21	Edmonton, AB
June 1	SAT	Water Polo 22	Edmonton, AB
June 2	SAT	Water Polo 23	Edmonton, AB
June 3	SAT	Water Polo 24	Edmonton, AB
June 4	SAT	Water Polo 25	Edmonton, AB
June 5	SAT	Water Polo 26	Edmonton, AB
June 6	SAT	Water Polo 27	Edmonton, AB
June 7	SAT	Water Polo 28	Edmonton, AB
June 8	SAT	Water Polo 29	Edmonton, AB
June 9	SAT	Water Polo 30	Edmonton, AB
June 10	SAT	Water Polo 31	Edmonton, AB
June 11	SAT	Water Polo 32	Edmonton, AB
June 12	SAT	Water Polo 33	Edmonton, AB
June 13	SAT	Water Polo 34	Edmonton, AB
June 14	SAT	Water Polo 35	Edmonton, AB
June 15	SAT	Water Polo 36	Edmonton, AB
June 16	SAT	Water Polo 37	Edmonton, AB
June 17	SAT	Water Polo 38	Edmonton, AB
June 18	SAT	Water Polo 39	Edmonton, AB
June 19	SAT	Water Polo 40	Edmonton, AB
June 20	SAT	Water Polo 41	Edmonton, AB
June 21	SAT	Water Polo 42	Edmonton, AB
June 22	SAT	Water Polo 43	Edmonton, AB
June 23	SAT	Water Polo 44	Edmonton, AB
June 24	SAT	Water Polo 45	Edmonton, AB
June 25	SAT	Water Polo 46	Edmonton, AB
June 26	SAT	Water Polo 47	Edmonton, AB
June 27	SAT	Water Polo 48	Edmonton, AB
June 28	SAT	Water Polo 49	Edmonton, AB
June 29	SAT	Water Polo 50	Edmonton, AB
June 30	SAT	Water Polo 51	Edmonton, AB
July 1	SAT	Water Polo 52	Edmonton, AB
July 2	SAT	Water Polo 53	Edmonton, AB
July 3	SAT	Water Polo 54	Edmonton, AB
July 4	SAT	Water Polo 55	Edmonton, AB
July 5	SAT	Water Polo 56	Edmonton, AB
July 6	SAT	Water Polo 57	Edmonton, AB
July 7	SAT	Water Polo 58	Edmonton, AB
July 8	SAT	Water Polo 59	Edmonton, AB
July 9	SAT	Water Polo 60	Edmonton, AB
July 10	SAT	Water Polo 61	Edmonton, AB
July 11	SAT	Water Polo 62	Edmonton, AB
July 12	SAT	Water Polo 63	Edmonton, AB
July 13	SAT	Water Polo 64	Edmonton, AB
July 14	SAT	Water Polo 65	Edmonton, AB
July 15	SAT	Water Polo 66	Edmonton, AB
July 16	SAT	Water Polo 67	Edmonton, AB
July 17	SAT	Water Polo 68	Edmonton, AB
July 18	SAT	Water Polo 69	Edmonton, AB
July 19	SAT	Water Polo 70	Edmonton, AB
July 20	SAT	Water Polo 71	Edmonton, AB
July 21	SAT	Water Polo 72	Edmonton, AB
July 22	SAT	Water Polo 73	Edmonton, AB
July 23	SAT	Water Polo 74	Edmonton, AB
July 24	SAT	Water Polo 75	Edmonton, AB
July 25	SAT	Water Polo 76	Edmonton, AB
July 26	SAT	Water Polo 77	Edmonton, AB
July 27	SAT	Water Polo 78	Edmonton, AB
July 28	SAT	Water Polo 79	Edmonton, AB
July 29	SAT	Water Polo 80	Edmonton, AB
July 30	SAT	Water Polo 81	Edmonton, AB
July 31	SAT	Water Polo 82	Edmonton, AB
August 1	SAT	Water Polo 83	Edmonton, AB
August 2	SAT	Water Polo 84	Edmonton, AB
August 3	SAT	Water Polo 85	Edmonton, AB
August 4	SAT	Water Polo 86	Edmonton, AB
August 5	SAT	Water Polo 87	Edmonton, AB
August 6	SAT	Water Polo 88	Edmonton, AB
August 7	SAT	Water Polo 89	Edmonton, AB
August 8	SAT	Water Polo 90	Edmonton, AB
August 9	SAT	Water Polo 91	Edmonton, AB
August 10	SAT	Water Polo 92	Edmonton, AB
August 11	SAT	Water Polo 93	Edmonton, AB
August 12	SAT	Water Polo 94	Edmonton, AB
August 13	SAT	Water Polo 95	Edmonton, AB
August 14	SAT	Water Polo 96	Edmonton, AB
August 15	SAT	Water Polo 97	Edmonton, AB
August 16	SAT	Water Polo 98	Edmonton, AB
August 17	SAT	Water Polo 99	Edmonton, AB
August 18	SAT	Water Polo 100	Edmonton, AB

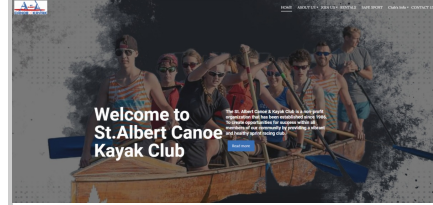
[Click to see our full calendar](#)

Upcoming Events

- Pacific Novice Cup
 - in Maple Ridge, BC
 - September 9-11
- Cardiff Regatta
 - in Cardiff, AB
 - all ages (including Masters!)
 - September 24
- Canoe/Kayak Marathon World Championships
 - in Ponte de Lima, Portugal
 - September 29 - October 2



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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