



Gorge Rowing and Paddling Centre -2010/11 Outrigger Canoe Program Guide-

250-380-4669

105-2940 Jutland Rd, Victoria, BC
www.gorgerowingandpaddling.com



REGISTRATION POLICIES

Fees: Registration fees cover liability insurance, administration, use of the facility and equipment. Prices do not include tax, uniforms, festival or regatta entry fees or coaching unless specifically noted. Program Fees are non-transferable and cannot be shared by more than one person.

Payment: All fees must be paid in full prior to program start date, unless specifically noted. Registrants who have not paid will not be permitted to participate. Payments can be made by Visa or MasterCard over the phone.

Late Enrollment: With the exception of our Introductory Programs, enrollment is continuous for GRPC Outrigger Canoe Programs - Fees can be pro-rated 2 weeks after the program start date.

Refunds: To qualify for a refund, participants must give notice within 48 hours after the second session – This is the refund deadline: No refunds will be given after this date. Refunds are calculated based on the number of sessions attended and a 10% administration fee (up to a \$500 maximum). Refunds will be processed as an account credit or returned in the same manner in which they were received. In the event of illness, deployment/relocation, pro-rated refunds may be granted - Valid documentation will be required.

Program Cancellation: We reserve the right to cancel programs if enrollment quotas are not met. In this situation all registrants will be notified. Coached programs will not run on statutory holidays.

Missed Sessions: It is the responsibility of the participant to attend scheduled sessions. Missed sessions will not be made up. In the unforeseen circumstance that a session is canceled due to weather, a make-up session may be rescheduled.

*GRPC reserves the right to change program schedules and pricing without notice.

Mission Statement: The Gorge Rowing & Paddling Centre (GRPC) exists to provide the community with an opportunity for a positive experience in rowing and paddling sports. At the GRPC we aim to facilitate excellence, not only in those who participate in these sports, but also in our staff and program delivery.

GRPC is a GO Centre. GO Rowing & Paddling Association of Canada (GO) is a non-profit Amateur Athletic Association, and Registered Charity, dedicated to sharing the benefits of rowing and paddling sports with Canadians of all ages & athletic abilities. For more information on GO, visit www.gorowandpaddle.org or call 1 866 658 6333.





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GRPC SEASONAL OUTRIGGER CANOE (OC6) PROGRAMS

For paddlers wishing to train as a team, GRPC Seasonal OC6 Programs provide two weekly practices, including a 1.5-hour weeknight practice, and a 2-hour weekend practice. Paddlers can also access GRPC OC1, OC2, surf ski and K1 boats, using the Small Boat Reservations binder.

NEW! Team Registration! To register your team, please complete the GRPC OC6 Team Registration Form at the end of this program guide. All teams require six paddlers. The GRPC OC6 Team Registration Form must be submitted to GRPC with a non-refundable \$250 deposit (per boat) by Friday September 3, 2010. The remaining balance is due at the first practice. Teams cannot paddle until balance is paid. If you have more than six paddlers but only want to reserve one OC6, additional paddlers must register individually in the Seasonal OC1 Program. All paddlers must either be listed on a GRPC OC6 Team Registration Form or be registered in a Seasonal OC1 Program to paddle at GRPC.

Fall/Winter Season

September 7/10 – April 1/11

\$1071.42 + HST / Team

Winter Season

January 10/11 – April 1/11

\$455.36 + HST / Team

Spring/Summer Season

April 4/11 – September 2/11

\$776.79 + HST / Team

\$1500 + HST / Team (4 practices/week)

Annual Season

September 6/10 – September 2/11

\$1687.50 + HST / Team

All teams must complete a wet huli each year in compliance with established GRPC policy. For a complete listing of GRPC Outrigger Policies and Procedures, please visit www.gorgerowingandpaddling.com. Teams can either attend a GRPC Wet Huli Clinic (free of charge) or can schedule an appointment with qualified GRPC staff to demonstrate a successful huli that meets GRPC huli standards.

GRPC SEASONAL OUTRIGGER CANOE (OC1) PROGRAMS

For those only interested in paddling the smaller outrigger canoes, these seasonal memberships facilitate the use of GRPC OC1, OC2, surf ski and K1 boats by using the Small Boats Reservations binder.

Fall/Winter Season

September 7/10 – April 1/11

\$178.57 + HST / person

Winter Season

January 10/11 – April 1/11

\$75.90 + HST / person

Spring/Summer Season

April 4/11 – September 2/11

\$129.47 + HST / person

\$250 + HST / person (4 practices/week)

Annual Season

September 6/10 – September 2/11

\$281.25 + HST / person



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GRPC INTRODUCTORY OUTRIGGER CANOE PROGRAM

No previous experience is required. Learn to paddle an outrigger canoe. Our instructors will take you through the paddling stroke and introduce you to basic boat handling skills including how to manage a capsize or huli. Upon completion of this course, you will be prepared to enter into any of our outrigger canoe programs. Limited to six participants, courses run on Saturdays and Sundays from 9am to 12pm (noon). In the event of a schedule change, you will be notified prior to the program date.

\$130 + HST / person

Course Dates

Aug 21 & 22

Sept 11 & 12

Oct 23 & 24

Aug 28 & 29

Sept 25 & 26

Nov 6 & 7

Sept 4 & 5

Oct 16 & 17

2011 Dates TBA

GRPC COACHED OUTRIGGER CANOE PROGRAM

Whether you seek the thrills of competition, want to take your paddling technique to the next level, or simply love the camaraderie of team sports, you will find it all at GRPC! This mixture of recreational and competitive paddlers enjoy feedback from a qualified coach, and train twice or three times weekly in a variety of outrigger canoes. Minimum class size is 6 paddlers. Prior paddling experience required (or completion of the GRPC Learn to Outrigger program). Prices do not include HST.

	Fall	Winter	**Summer
Practice Schedule	Oct 18 - Dec 17/10 (11 weeks)	Jan 10/11 - Apr 1/11 (12 weeks)	Apr 5/11 - June 2/11
Tues/Thurs	\$120+HST	\$145.60+HST	\$121.40+HST

***NEW! Drop-in available on first come first served basis for GRPC Participants or Guests (night of): \$5 incl. HST**



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GRPC OUTRIGGER CANOE CLINICS

Offered to participants of our outrigger canoe programs, these two-hour clinics focus on skill development and enhancement. Sign up sheets for scheduled clinics will be available one week prior on the downstairs bulletin board. All clinics require a minimum of five paddlers to run, with a maximum class size of twelve (the only exception is the Small Boats Clinic). All clinics run from 12:30 to 2:30pm on weekends. While we run these clinics throughout the year, private clinics can also be scheduled. Please contact GRPC for details.

1. Dry Huli Clinic

Conducted on the dock, this clinic covers GRPC Outrigger Policies and Procedures, GRPC Incident Reporting, and Dry Huli instruction, discussion, role playing and review. This course is offered from autumn to early spring.

FREE!

2. Wet Huli Clinic

Learn how to manage a huli out on the water! This clinic covers GRPC Outrigger Policies and Procedures, GRPC Incident Reporting, and full huli instruction, discussion, and review. This course is only offered in summer, and is an important safety requirement for all paddlers. **FREE!**

Scheduled Clinics: Saturday August 21
Sunday September 5

3. Boat Care & Maintenance Clinic

Focusing primarily on our new Mirage six-person outrigger canoe "Nalowale", this clinic covers launching and docking procedures, basic steering techniques, ongoing maintenance issues, and much more. **FREE!**

Scheduled Clinics: Sunday August 22
Saturday September 25
Sunday October 17

4. Steering Clinic

Course content includes review of GRPC flow pattern, Outrigger Policies and Procedures, Incident Reporting, and Huli procedures. Also includes instruction, discussion, and on-water practice of basic steering tactics including keeping a course, team communication, buoy turns, and racing strategies. Details concerning tides, currents, and wave riding/surfing will also be briefly discussed. **FREE!**

Scheduled Clinics: Saturday August 28
Sunday September 12
Saturday November 6



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5. Small Boats Clinic

This course offers everything you need to become comfortable and confident in handling smaller outrigger canoes. Course content includes review of GRPC Outrigger Policies and Procedures, Incident Reporting, flow patterns, and huli procedures. Additional topics include boat handling skills, basic steering techniques and an assessment of your paddling stroke. This clinic requires a minimum of six paddlers to run, with a maximum class size of eight. **FREE!**

Scheduled Clinics: Sunday August 29
Sunday September 26
Saturday October 23

6. Stroke Clinic

Have your stroke reviewed by an experienced coach. Discuss the nuances of paddle entry, drive and exit, along with feedback on posture, grip and balance. Additional content includes injury prevention tips and practices.

\$10 for GRPC paddlers, \$20 for guests.

Scheduled Clinics: Saturday September 4
Sunday October 31



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**GRPC OC6 TEAM REGISTRATION
FALL / WINTER 2010**

Team Name: _____
Team Captain: _____
Telephone: _____ Email: _____

Type of Team MIXED MENS WOMENS

Team Roster

Name	Phone Number	Email Address
1.		
2.		
3.		
4.		
5.		
6.		

Possible Practice Times

Pick one:

Monday	Tuesday	Wednesday	Thursday	Friday
10 - 11:30am	2 - 3:30pm	5:30 - 7pm	7 - 8:30pm	

AND

Pick one:

Saturday	Sunday		
8:30 - 10:30am	10:30 - 12:30pm	12:30 - 2:30pm	2:30 - 4:30pm

Date of First Practice: _____

A non-refundable deposit of \$250 is REQUIRED for each boat to secure practice times. The balance is due at your first practice. Teams cannot paddle until balance is paid in full. All athletes must sign a waiver before paddling. If you would like to alter your roster, please contact GRPC.

For office use only:
Deposit Paid: _____
Method of Payment: _____
Invoice No.: _____
Balance Paid: _____