

Gorge Rowing and Paddling Centre 2009/2010 Competitive Junior Rowing Program



*This program will help
prepare young rowers for a complete athletic career spanning
from beginner to podium and beyond*

www.gorgerowingandpaddling.com / 250-380-4669

Coaching Staff:

Head Coach Gavin McKay, is extremely proud to work with such a talented group of coaches to deliver our Competitive Junior Rowing Program. Our boathouse facility and dock are located in the award winning Selkirk Waterfront Community where our select leaders and champions from the world of rowing will coach the junior team.

Mission Statement:

The Gorge Rowing and 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.

General Goals:

We emphasize safety, fun, sound technique, quality training, and team building in all aspects of what we do.

Competitive Goals:

Our aim is to provide a world class program for student athletes aged thirteen to eighteen and to be the fastest club in Canada! Specifically, we strive to have the fastest quad and separate coxed quad over 2000 meters for each age group and gender. When we combine those crews we will have the fastest eights! Within these goals we are excited to promote each student athlete to be their best. We aim to provide as much support as possible in order for each athlete to achieve their goals.

GRPC Try Outs : November 5 & 6, 2009

- Try Outs located at 105-2940 Jutland Road Victoria BC
 - November 5th 5:00pm to 6:00pm (Oak Bay, Reynolds, Lambrick)
 - November 6th 3:30pm to 4:30pm (Vic High, Esquimalt, Spectrum)
 - November 6th 5:00pm to 6:00pm (GNS, Mt. Doug)
- Everyone is welcome to try out!
- Complete application form (attached) and as a minimum the Ball Throw and Jump portions of the BC Radar Talent ID protocols

(These protocols are developed by Rowing BC and are administered at GRPC by our Head Coach Gavin McKay)

Team Selection

- Capped at 96 Junior Competitive Rowers
 - Each successful rower will be contacted by Head Coach Gavin McKay
- (Additional spots may become available based on results of the talent ID and availability of resources)*

Winter Season

- November 17th - December 18th
- M/T/W/Th 4:00-5:30 pm(land training)
- Friday 3:00-4:30 pm (water practice)
- Training Break December 19th - January 3rd

Spring Season

- January 4th - May 24th
- Monday to Friday 4:00 to 5:30 pm
- Weekends are for getting ahead with school work, part time jobs, family, and racing!

Summer Season

- June 1st - August 8th
- Monday to Friday 4:00 to 5:30 pm (June)
- July/August practice times are TBA (Pending team preference)

2010 GRPC Junior Team Regatta Schedule

- February 1st, Monster Erg, UVic Mckinnon Gym
- February 14th, Hungerford Cup, Shawnigan Lake
- February 15th, Head of Shawnigan Lake
- February 28th & March 1st, Elk Lake Spring Regatta, Elk Lake
- April 4th & 5th, Dueling Over a Grand, Elk Lake
- April 18th, Maple Bay Regatta, Quamichan Lake, Duncan
- April 24th, 25th, & 26th, Brentwood Regatta, Mill Bay
- May 9th & 10th, Shawnigan Regatta, Shawnigan Lake
- May 23rd & 24th, Delta Deas, Deas Slough, Delta BC
- June 4th, 5th & 6th, CSSRA, St. Catharines, Ont.
- July 10th & 11th, Challenge West Regatta, VCRC, Victoria BC
- TBA Vancouver Lake Washington Annual Exchange, GRPC, Victoria BC
- August 3rd-8th, Royal Canadian Henley Regatta, St. Catherines, Ont.
- August 4th-7th, FISA Jr. World Championships, Czech Republic, BC Championships

*Participations at regattas will be up to the discretion of GRPC coaching staff and/or Rowing BC/Rowing Canada where applicable.

Convenient Payment Options for 2009/2010: Prices Include Tax and RCA fees

Winter Nov'09-Dec'09	Spring Jan'10-May'10	Summer June'10-Aug'10	Early Bird Nov'09-Aug'10	Monthly Payment Nov '09-Aug'10 (contract)
\$136.50	\$920.00	\$460.00	\$1364.86	\$166.82

Registration Dates:

- **Early Bird - November 13th, 2009**
- **Monthly Payment - November 13th, 2009 (Contract)**
- **Winter Season - November 13th, 2009**
- **Spring Season - December 1st, 2009**
- **Summer Season - May 3rd, 2010**

Kids Sport - KidSport™ provides support to children in order to remove financial barriers that prevent them from playing organized sport.

Check out their website at: <http://kidsportvictoria.ca/>

Email them at info@kidsportvictoria.ca

Dynamic Opportunities for Youth - Dynamic Opportunities for Youth is a free national rowing program designed to share the benefits of sport with youth at risk in communities across Canada, promoting self-esteem and teaching lessons of teamwork, trust, personal challenge, discipline, and fair play in a positive and challenging learning environment. GRPC hosts up to 100 youth in Dynamic Opportunities for Youth each year, with the support of corporate sponsorship and individual donations.

Tax Credit- Did you know that up to \$500 in eligible fees may be claimed, per child, to enrol the child in a qualifying program of sport or recreational activities, up to and including the year in which the child turns 16. (Taken from the Canada Revenue Agency Website www.cra.gc.ca)

The sky is the limit for crews and athletes with drive and determination. Both Rowing BC and Rowing Canada will be looking for top junior athletes to fill their teams, not to mention numerous university programs with scholarships available for top juniors rowers. We're looking forward to a great season and GRPC wants you as a member of our team!

Contact us:

Gorge Rowing and Paddling Centre

105-2940 Jutland Road

Victoria BC Canada V8T 5K6

250.380.4668 (Head Coach) / 250.380.4669 (Registration)

www.gorgerowingandpaddling.com

gavin@gorowandpaddle.org (Head Coach) / info@gorowandpaddle.org (Registration)

For more information please view our website: www.gorgerowingandpaddling.com Specifically click on **Rowing** and then click the link to the **Annual Youth Rowing Program Brochure**. The application form is also on the rowing page.

GRPC 2009/2010 Junior Rowing Program Application

Name:
DOB: dd/mm/yy
Gender:
Address:
City/Prov:
Postal Code:
Home Phone:
Email Address:
Emergency Contact (s):
Emergency Phone:
School:
Parent's Names:
Parent's Email:
Medicine Ball Result:
Jump Result:

Gorge Rowing and Paddling Centre
105-2940 Jutland Rd.
Victoria British Columbia Canada V8T 5K6
250.380.4668
gavin@gorowandpaddle.org

**For more information or to register, please call 250-380-4669
www.gorgerowingandpaddling.com**



Gorge Rowing and Paddling Centre 2009/2010 Junior Competitive Rowing

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 *Coached* Dragon Boat 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.

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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.



For Registrants Under 19 years of age

BY SIGNING THIS YOU ACKNOWLEDGE THAT YOU ARE AWARE OF CERTAIN RISKS

Please Read Carefully!

Re: Participation in the GO rowing and paddling programs, pursuant to the GO safety guidelines, rules and regulations, (collectively referred to as the "Rules").

Name: _____ Phone: _____ Gender: _____ Centre/Event: _____

Address: _____ City: _____ Prov.: _____ Program: _____

Postal Code: _____ DOB: _____ Fax: _____ Email Address: _____

(All personal information given by participants will only be used for administration and regular communication with respect to related programs & events with GO. For more information regarding our Personal Information Protection Privacy Policy and rules and regulations, please visit www.gorowandpaddle.org).

TO: GO, and their respective directors, officers, employees, contractors, representatives, officials, agents, and volunteers.

• **ACKNOWLEDGEMENT OF RISKS**

I am aware and understand that rowing and paddling sports has inherent dangers, hazards and risks (collectively called the "RISKS"). The following is only a partial list of examples of these RISKS:

- ABRUPT WEATHER CHANGES
- COLLISION WITH MANMADE OR NATURAL OBJECTS OR OTHER ROWERS OR BYSTANDERS
- CONDITIONS OF WATER SURFACE
- EQUIPMENT FAILURE
- IMPROPER USE OF EQUIPMENT
- NEGLIGENCE OF OTHER ROWERS
- OVERTURNING
- POOR SWIMMING ABILITY
- ROWING SITE HAZARDS
- SUSTAINED RIGOROUS PHYSICAL ACTIVITY
- TRAVEL TO AND FROM ROWING SITE
- WATER TEMPERATURE

I understand that injuries resulting from such RISKS are a possible occurrence of rowing and paddling sports.

I acknowledge that it is my responsibility to act in such a manner as to be responsible for my own safety and participate within my own limits.

Signature of Registrant

I, as a parent or guardian of the Registrant, acknowledge that, by my signing this document, I am, in addition to the Registrant and others, assuming the responsibility to educate and inform the Registrant of the RISKS.

Witness' signature

Signature of Parent/Guardian

Date signed