



GO Rowing & Paddling Centre
#115 - 2940 Jutland Road
Victoria, BC Canada V8T 5K6

GRPC GORGE OUTRIGGER PROGRAM

PROGRAM MISSION STATEMENT:

to promote enjoyment and excellence in outrigger paddle sport.

OBJECTIVES: We are a goal oriented program geared towards developing better paddlers. We are dedicated to helping outrigger paddlers develop their skills to succeed in achieving their paddling goals. Each season's goal races are selected and paddlers are trained in a structured, fun and respectful environment.

STRUCTURE

- » fall and winter practices
(1 September 2011 - 31 March 2012)
- » 2 X OC6 coached practices
- » individual OC1 workouts
- » cross training
- » All paddlers will practice together, except when the training needs of one tier differ from those of the others. This will allow all paddlers to grow together while allowing some practices to focus on specific needs.

COACHING

Coaching is an integral part of this program. All GRPC coaches have several years of paddling and coaching experience and have competed in local and international races at a competitive level.

Our coaches:

1. James Hill
2. Corey Teramura
3. Jim Pearson
4. Melanie Conard

Three-Tiered Training Program

TIER ONE

- > This tier is designed for paddlers newer to outrigger paddling but seeking to advance their skills through a directed training program.
- > Tier one paddlers will learn basic stroke mechanics, steering skills, and will be introduced to OC1 paddling.

COMMITMENT LEVEL:

- > 2 coached practices per week for the season





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- > participation in OC1 time trials if wishing to advance to the program's tier two

ENTRY SKILL LEVEL:

- > some paddling experience
- > able to swim
- > basic fitness

TIER TWO

- > This tier is designed for paddlers who have already developed basic outrigger skills in both OC6 and OC1 and have some seat flexibility and basic steering skills.
- > Tier two paddlers further develop seat and steering skills, increase water knowledge, gain comfort in open water conditions, build endurance, and learn crew and racing skills.

COMMITMENT LEVEL:

- > two coached OC6 practices per week and one individual OC1 practice per week
- > participation in time trials
- > participation in one or more goal races

ENTRY SKILL LEVEL:

- > must meet all criteria and have acquired the skills listed under tier one

TIER THREE

- > This tier is designed for paddlers who are comfortable and effective in all water conditions in OC6s and OC1s, have reasonable mastery of stroke technique, can be effective in any seat, and demonstrate endurance and commitment to cross training.
- > This tier will work on racing skills, maximizing race performance, develop roles in the OC6 and increase proficiency in open water conditions.

COMMITMENT LEVEL

- > two OC6 practices per week
- > minimum of one individual OC1 practice per week
- > cross training
- > understanding that training will increase during the summer racing season
- > commitment to program goal races

ENTRY SKILL LEVEL:

- > minimum 15% back from fastest man/woman
- > demonstrated mastery of skills in tier two





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Goals Races for 2012

- » INTER-CLUB RACES
(all tiers)
- » FOCUS RACES:
 - > Island Iron
(tier 1 and above)
 - > Vernon Iron/Changes
(tier 2 and above)
 - > Catalina Crossing
(tier 3)
- » Race crew selections will be based on paddler skill, ability and interests.

Costs and Services Included

Fall/Winter program cost is \$275 plus HST per person.

The program fee includes:

- > a training program customized to help you to meet your paddling goals
- > two coached big boat sessions per week
- > access to OC1s and OC2s, coaching in how to develop small boat skills as well as structured small boat workouts provided by coaches that can be completed individually

PRACTICE SCHEDULE

- » TIER 1: Mondays, 5.30pm and Saturdays, 12.30pm
- » TIER 2: Thursdays, 5.30pm and Sundays, 10.30am
- » TIER 3: Tuesdays, 5.30pm and Sundays, 8.30am
- » Scheduled and self-directed small boat practices

How to sign up...

Call GRPC at 250 380 4669 and submit your payment of \$275 plus HST for the "Gorge Outrigger Program."



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tel: 250 380 4669
www.gorgeoutrigger.ca



Gorge Rowing and Paddling Centre
2011/12 Coached Outrigger Canoe
250-380-4669
105-2940 Jutland Rd, Victoria, BC
www.gorgerowingandpaddling.com
www.gorgeoutrigger.ca



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* 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.

