



Gorge Rowing and Paddling Centre 2011/12 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 OUTRIGGER CANOE (OC6) PROGRAMS

Another great Outrigger year! 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. Outrigger paddlers can also access GRPC OC1 & OC2's using the Small Boat Reservations binder. Individual name and phone number must be recorded for your reservation. Please be on time for arrival and returning to the dock.

Outrigger Paddlers will be signing up as individuals for the 2011-2012 season. However, in order to guarantee your boat time and slot we will need a non-refundable deposit of \$600.00 per boat (equivalent of 3 memberships – \$178.57 + HST). All teams from last season have the first right of refusal for their last season's time slots. If your team does not plan on using the same time slot please let us know and we will open it up. Please fill out the Outrigger Registration Form - one of these sign-up sheets needs to be filled out for every OC6 that you are planning on using. There needs to be six people per boat at a minimum. If your team has more than 6 people, please complete an additional form. Each individual must pay the season's fees, regardless if your team has more than 6 people. Please make sure you return the waivers along with the sign-up form.

Fall/Winter Season

September 1/11 – March 31/12

\$178.57 + HST/person

Spring/Summer Season

April 1/12 – August 31/12

\$129.47 + HST/ person

Winter Season

January 1/12 – March 31/12

\$76.53 + HST / person

Annual Season

September 1/11 – August 31/12

\$281.25 + HST / person

WET HULI PRACTICE DRILL

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. If we have not heard from individual teams by mid September GRPC will set-up a mandatory appointment for your practice drill.

OUTRIGGER REGISTRATION - SEPTEMBER 1, 2011 TO MARCH 31, 2012

Team Name: _____
Team Contact: _____
Phone: _____ **Email:** _____

Type of Team: MIXED MEN'S WOMEN'S

Paddler's Name:	Phone Number:	Email Address:	Season Payment:	Annual Payment:
1)				
2)				
3)				
4)				
5)				
6)				

Teams will practice **ONE WEEKDAY EVENING** and **ONE WEEKEND MORNING OR AFTERNOON**

FIRST CHOICE PRACTICE TIMES:

CHOOSE ONE: MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY
4:00 to 5:30 **OR** 5:30 to 7:00 **OR** 7:00 to 8:30

CHOOSE ONE: SATURDAY SUNDAY
8:30 to 10:30 **OR** 10:30 to 12:30 **OR** 12:30 to 2:30 **OR** 2:30 to 4:30

SECOND CHOICE PRACTICE TIMES:

CHOOSE ONE: MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY
4:00 to 5:30 **OR** 5:30 to 7:00 **OR** 7:00 to 8:30

CHOOSE ONE: SATURDAY SUNDAY
8:30 to 10:30 **OR** 10:30 to 12:30 **OR** 12:30 to 2:30 **OR** 2:30 to 4:30

Date of First Practice: _____

A non-refundable deposit of \$600.00 PER BOAT
(equivalent to 3 memberships at \$178.57+HST) is **REQUIRED** to secure practice days and times.

BALANCE IS DUE September 1, 2011. Session expires March 31, 2012.
Teams cannot paddle until balance is paid in full & ALL waivers submitted.

Office use Only:

Deposit Paid (\$600.00): _____ Method of Payment: VISA MC DEBIT CASH
 Paid in Full: _____ No. of Waivers _____



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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 boats by using the Small Boats Reservations binder. Individual name and phone number must be recorded for your reservation. Please be on time for arrival and returning to the dock.

Fall/Winter Season

September 1/11 – March 31/12

\$178.57 + HST/person

Spring/Summer Season

April 1/12 – August 31/12

\$129.47 + HST/ person

Winter Season

January 1/12 – March 31/12

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September 1/11 – August 31/12

\$281.25 + HST / person

PROGRAMS & CLINICS

Below is our series of Programs and Clinics.

We will be sending you additional information regarding the pricing and times of these clinics. We feel these are an important component of your paddling experience and hope you are able take part.

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 huli. Upon completion of this course, you will be prepared to enter into any of our outrigger canoe programs. Limited to six participants.

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).



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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).

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!**

3. Boat Care & Maintenance Clinic

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

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!**

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!**

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. **FREE!**