



Atlantic Division CanoeKayak Canada

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2024 ADCKC Provincial Team Florida Training Camp Information Package #1

Camp Dates: March 31 – April 14, 2024 (2 weeks)

Location: Palm Coast, Florida – [Legacy Vacation Resorts](#)

General Information

Camp Staff (target coach to athlete ratio is 1:10)

- Mark James – Technical Director, ADCKC
- Mike Kerrivan – Provincial Coach, ADCKC
- Christian Hall – Head Coach, Maskwa Aquatic Club
- Karen Furneaux – Assistant Coach, Banook Canoe Club
- Remaining staff will be confirmed in a later update

The camp is intended to progress athletes towards nominations to Olympic Hopes and Junior & U23 World Championship nominations through an immersive training environment and crew boat skill development.

- Athletes must be 14 years of age as of December 31, 2023 in order to be eligible to attend the training camp
- Priority will be given to members of the 2023-2024 ADCKC Provincial Team
- Athletes must have spent a minimum of 2 weeks training on-water at another training camp before joining the ADCKC Provincial Team camp
- U15 Athletes must have approval of readiness from parents as well as an endorsement of athletic development appropriate with the demands of the camp environment from their personal coach
- Athletes must be registered in a full-time, year-round training program at a CKC member club and in good standing with ADCKC and their primary ADCKC club
- The camp is most appropriate for those athletes whose training objectives and competitions goals are oriented towards top performances at National Team Trials, National Championships, and international competitions

Information Session #1

We are hosting a virtual information session for parents/guardians, athletes, and coaches on Monday, October 30, 2023 at 7:30pm AT. Please register using the following [link](#). The session will review common camp questions and answer any additional questions you may have. After the session, camp documents will be circulated as well as timelines of registration and deposits.

Accommodations and Training Location

[Legacy Vacation Resorts](#)

98 Palm Coast Resort Boulevard
Palm Coast, FL 32137

Measuring 1,145 square feet, each 2 bedroom / 2 bathroom suite accommodates up to 4 athletes with 1 king bed, 1 queen bed, living room with a sleeper sofa, and one cot (where required). Also included is a dining room, full kitchen, washer and dryer, screened patio, free wireless internet, and TV. Resort amenities include a pool, tennis court, miniature golf, fitness centre, beach volleyball, outdoor game room, and a playground.

The Resort provides boat access through a beach launch to the Matanzas River (an intercoastal waterway) and over 10km of small group training on smaller canals. For running, the Team will use an intercoastal waterway trail.

Food

All dinners are included in the camp registration fee (dinner will be provided on the date of arrival). Participants are responsible for their own breakfast and lunches, as well as all meals while traveling. Food can be purchased on arranged shopping trips.

Training Specifics

Training sessions: Athletes should be prepared to complete 3-4 training sessions per day, including: on-water training, weights, running, and other dry-land activities.

Off-water activities: Athletes will also take part in team building activities that reinforce important personal skills, such as teamwork, leadership, communication, building self-confidence, individual excellence, and respect for all participants.

Academic work

Athletes are encouraged to develop a workplan with their teachers in the first week of their next semester. Quiet time within the accommodations units is 11:00am-2:00pm daily to provide an environment conducive of completing schoolwork and respecting teammates.

Travel

ADCKC staff will coordinate with club coaches for drop off of athletes at the accommodations in Palm Coast or pickup at their previous club-camp location in the following locations:

- Homosassa, FL (Maskwa)
- Port Canaveral, FL (Senobe & Cheema)
- Other locations will be considered once club camps are confirmed

ADCKC will facilitate airport pickups for any athletes arriving by air. Any athletes arriving by air travel must arrive between March 31-April 1 at Orlando International Airport (airport code –

MCO) or Orlando Sanford International Airport (airport code – SFB). Athletes are responsible for their own return travel from these airports between April 12-14, 2024. ADCKC will provide shuttle services to the airports on a drop off schedule to be determined later. Depending on the number of athletes requiring transportation at the same time, drop offs may be in excess of 4 hours prior to the scheduled flight departure time.

Parents/guardians seeking alternative travel plans for athletes must accompany athletes themselves, or an approved adult (i.e. relatives living nearby) in their departure from Palm Coast, FL. Any arrangement must be made at the travel confirmation deadline, to be determined.

Equipment

ADCKC will transport all equipment from Palm Coast, FL to Dartmouth, NS at the conclusion of the Camp. Athletes are responsible for coordinating with their club coaches for delivery of their boats, no earlier than the afternoon of Saturday, March 30, 2024 after 3:00pm ET. ADCKC will not assume responsibility for damages that may occur during transport or while the boats are at camp. ADCKC will not insure private boats. All participants must provide their own (or club) singles boat in good working order. If repairs are needed at the camp, the athlete will be charged for any associated expenses.

Paddles and paddling equipment may be taken with you as personal baggage or packed in your boat. No other personal items are allowed in the boat and will be removed as they will cause a delay at customs. All boat covers must be labeled with the athlete's name and club for return transportation from Palm Coast, FL. No equipment or personal items will be taken in the truck transporting the boat trailer.

CKC safety policy and the Canadian & US Coast Guard Regulations governing racing canoes/kayaks will be followed. 2024 U16 athletes are required to wear a government certified PFD always while in their boat. **All other athletes are required to have a government certified PFD in their boats.** Please plan accordingly for this.

Medical Insurance

Athletes are required to purchase out of province medical insurance to cover any medical treatment. Proof of insurance must be provided by February 5, 2024. Failure to provide proof of insurance will result in the athlete being deemed ineligible to attend camp and forfeiture of any fees paid. Submission details will be provided later.

Medical Services

[AdventHealth Palm Coast](#) hospital is a 20-minute drive from the accommodations and offers 24/7 emergency services. In addition, [AdventHealth Centra Care Palm Coast](#) is an 8-minute drive from the resort and offers urgent care. Note: Camp participants are responsible for all fees related to treatments.

Participant Conduct

Athletes and staff are expected to conduct themselves in an exemplary manner as representatives of ADCKC and their club. All participants must:

- Comply with CKC's most current Safe Sport policies and all ADCKC Code of Conduct, Provincial Team Agreement, and Travel Policies (in development)
- Attend all sessions unless excused by staff
- Be in their own rooms by the designated curfew time
- Maintain a clean-living environment
- Always show consideration for accommodations staff and guests, the accommodations facilities, and property
- Contribute to a positive training environment for the betterment of yourself and those around you
- Refrain from any form of harassment
- Obey all accommodations rules, the laws of Florida and Nova Scotia
- Respect all participants and follow staff instructions

Violation of the regulations may result in disciplinary action, including possible expulsion from the Camp (at the individual's own expense), and/or suspension from ADCKC projects and events. Further policies and dispute resolution procedures will be shared prior to the registration deadline.

Registration Details

Parents/guardians & athletes are to notify Mark James & Mike Kerrivan, by email, of their commitment to the camp by **November 13, 2023**.

2-week Camp: March 31 – April 14, 2024	Maximum of \$1300.00 CAD
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Please note: The final camp fee is to be determined once ADCKC staff have finalized funding from external sources. All camp registrations and payments will be completed using RAMP Interactive.

Payment Timeline	
December 11, 2023	\$300.00 non-refundable deposit
February 5, 2024	Final balance due – amount TBD

Deposits and final payments will only be refunded if the ADCKC must cancel the camp 30 days prior to the camp start date for extraordinary reasons. A prorated refund will be provided for any camp cancellations during the camp. Camp deposits may also be refunded due to medical issues if medical proof is provided prior to the camp start date (reviewed on a case-by-case basis).

The camp registration fee includes the following:

- Accommodations
- Dinners from Monday-Saturday
- Team Project gear

ADCKC is investing in the camp to cover the following costs for participants:

- All coaching costs (travel, accommodations, meals, motorboats & gas etc.)
- ADCKC commercial general liability for out-of-country projects
- Rental vehicles & gas
- Return boat transportation
- Other expenses and contingencies

Weather

Come prepared for a variety of weather conditions. The daily average temperature in April is a high of 27°C and a low of 15°C. That said, the region can have abnormally cold temperatures in the early morning, so pack at least one warm long sleeve and a headband/buff or tuque. The average rainfall is 15 days/month, so bring rain gear.

Day trips

The focus of the 2-week camp is training and crew boat development. Should any day trips be planned, it will be at the expense of the individual athletes.

What to Bring

Consider what you need to go through an average week when training or racing away from home at the National Championships. This may include:

- All athletes must have a functioning GPS and heart rate monitor for the camp unless purchasing is not financially feasible
- Singles (kayak or canoe)
- Paddle, blocks (C1 and C2/C4), floorboard, seat, footrests, spray skirt, resistors, etc.
- Paddling/training clothes (warm, cold, and rainy weather)
- Running shoes and running gear
- Sun block, hat, and sunglasses (Florida has strong UV rays that reflect off the water)
- US currency for breakfast, lunches, Sunday dinners, and any personal expenses

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