



**A D C K C P R O V I N C I A L  
T E A M F L O R I D A  
T R A I N I N G C A M P**

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# LEAD STAFF

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# GENERAL CAMP INFORMATION

**CAMP DATES: MARCH 31 - APRIL 14, 2024**



# COACHING STAFF

Target coach to athlete ratio is 1:10

- Mike Kerrivan - ADCKC Provincial Coach
- Christian Hall - Maskwa Head Coach
- Karen Furneaux - Assistant Coach, Banook Canoe Club
- Remaining staff TBC





# ATHLETE ELIGIBILITY

- 14 years old as of December 31, 2023
- Parent/guardian & Coach approval for U15 athletes
- Must be registered in full-time training at a CKC member club
- Must be in an on-water training environment for 2 weeks prior to the Camp start date
- Member in good standing within Club and ADCKC

**Camp Intention:** Progress athletes to peak performances at June NTT in Montreal, OH & Junior/U23 Worlds nominations, and improved athlete performances at international competitions





# ACCOMMODATIONS

## LEGACY VACATION RESORTS - PALM COAST, FL

### Legacy Vacation Resorts - Palm Coast, FL

- Proximity to Club camp locations:
  - 134 miles from Homosassa
  - 94 miles from Port Canaveral
- Condominiums:
  - Private gated compound
  - 2 bedroom / 2 bathroom
  - 4 beds per unit
  - Dining area & full kitchen
  - Living room
  - Washer & dryer in units
  - Furnished & free internet
  - 4 units per building
- Many amenities within compound







# ACCOMMODATIONS (CON'T)

## LEGACY VACATION RESORTS - PALM COAST, FL



**Two - Bedroom Villa**  
*1,145 square feet*

*\*Floor plan layout and size may vary upon availability of booking and/or check-in. All room types and layouts are not guaranteed and are subject to change.*





# TRAINING LOCATION

ON-SITE: MATANZAS RIVER (INTERCOASTAL WATERWAY)

- Beach/shoreline launch
- Boat storage on-site
- Tidal waterway
- 10km+ of speed-controlled side canals
- Great conditions for training zones emphasized in Spring
- Options for poor weather & powerboat traffic







# TRAINING OUTLINE

- All training on-site:
  - On-water
  - Weights
  - Mobility
  - Running (using paved trails)
- 3-4 sessions per day
- 50% crew boat
- Teambuilding activities & games emphasized





# FOOD & NUTRITION

- All dinners provided through a catering company (included in camp fee)
- Breakfast, lunch and snacks are the athlete's responsibility
- Grocery trips arranged
- 1-2 team dinners off-site
- Pre-camp nutrition workshops with CSIA professionals





# ACADEMIC EXPECTATIONS

- Ignite athletes work with school and Ignite coordinator
- All others encouraged to meet with teachers & Principal/Vice Principal first week of 2<sup>nd</sup> semester
- Athletes are expected to establish good habits for training and school
- Condo quiet time 11:00am-2:00pm
- Quiet spaces available throughout Resort
- **Work together and ask for support!**





# TRAVEL TO AND FROM CAMP

## Arrival - facilitated by ADCKC

- Pickup from Club camps & airport (MCO/SFB), or;
- Drop off in Palm Coast by Club coaches
- Must arrive March 31

## Departure - facilitated by ADCKC

- Must depart April 12-14
- Dropoff at MCO or SFB airport
- Any alternative departure must be accompanied by parent/guardian or a pre-approved adult (i.e. relative of the athlete)
- All equipment (paddles & boats) transportation facilitated by ADCKC







# HEALTH & SAFETY

- Hospital proximity: 20 minutes
- Urgent care proximity: 8 minutes
- All athletes must provide proof of out-of-country medical insurance
- All staff trained in CPR & First Aid
- Contagious virus prevention strategies
- LGBTQ2S+ & BIPOC Awareness and training
- SafeSport policies in affect at all times to prevent maltreatment
- ADCKC Travel Policy (in development)



# CODE OF CONDUCT & EXPECTATIONS OF THE TEAM



- ADCKC Code of Conduct
- EDI Policies
- Provincial Team Agreement (in development)
- Curfew and room checks
- Respect accommodations staff
- Attend all sessions, unless excused
- Maintain cleanliness and organization
- Actively contribute to a healthy and growth-oriented environment
- Laws of Florida & Nova Scotia
- Follow staff instructions







# REGISTRATION DETAILS

- Email Mark & Mike by November 13, 2023 with confirmation
- All registration will be finalized on RAMP Registration with waivers and relevant forms
- Deposits only refundable due to medical reasons (with proof)
- Camp Fee: MAXIMUM of \$1300.00, target is \$1000.00 CAD

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





Q U E S T I O N S ?