

Welcome to the Fort Canoe Kayak Club 2025

Who are we?

We are a small Not-For-Profit organization that focuses on introducing the sport of Canoe Kayak to everyone. We strive to provide a positive, encouraging, and inclusive environment for everyone, including athletes, recreational participants, and staff.

What is the Fundamentals Program?

The Fundamentals Program is a year-round program that introduces athletes to the sport of Sprint Canoe Kayak. We practice 1-3 times per week during the school year and 5 times a week in the summer. When the weather is appropriate, we work on building a foundation of balance and coordination on the water, and when the weather changes, we transition to dry land training. We swim, play games, run, use body weights, stretch, and more.

We plan to build the next generation of paddlers within the next few years, meaning there will be friendships, crews, and more to build upon. For everyone comfortable with competing, we have numerous local competitions for Fundamentals athletes to showcase their skills from the Spring to Fall months. We are super excited to welcome you to our programs!

Pricing:

Membership fees include membership to our governing bodies, and insurance fees cover our competitive insurance. Both are required before going on the water. Depending on athletes' ages, they are between \$215 and \$275 per year.

Each season has a different price structure, as each season requires more coaching hours, resources, etc:

Winter estimated around: \$355

Spring estimated around: \$415

Summer estimated around: \$455

Fall estimated around: \$415 *We do offer Part Time options each season!

Practice Times and Season Outline:

Each season may have different schedules due to weather, light out on the water, and more.

Fall (Early September- Mid-December):

- Tuesdays (4:30-6:30pm on water or in the ATC)
- Thursdays (4:30-6:30pm on water or 5:30-7pm at the Walnut Grove Swimming Pool)
- Saturdays (10am-12pm on water or in the ATC)

Winter (Early January- Mid-March):

- Tuesdays (4:30-6:30 in the ATC)
- Thursdays (5:30-7pm at the Walnut Grove Swimming Pool)
- Saturdays (10am-12pm on the water or in the ATC)

Spring (April- Late June):

- Tuesdays (4:30-6:30pm on the water or in the ATC)
- Thursdays (4:30-6:30pm on the water or in the ATC)
- Saturdays (10am-12pm on the water or in the ATC)

Summer (Early July- Early September):

- Monday- Friday, 9am-12pm (On water)
- No practice on Mondays after Regatta
- No practice on Saturdays or Sundays during the Summer.

Make sure to bring running shoes, an extra change of clothes, and layers, depending on the weather!

Parent Involvement:

Boats, Paddles, lifejackets, and all the needed equipment are costly. Unfortunately, our fees cover coaching costs and insurance, meaning we usually get new equipment from grants and fundraising. We are fully run by a volunteer board of directors, so we need all parents to help at Regattas, sit on the board, participate in fundraising, or do any other volunteering that might need to be done.

Gear

1-2 times per year we open our merchandise store for families to buy Fort Canoe Kayak Club t-shirts, hoodies, jackets, singlets (racing shirts), sweatpants, and more. This is a great way to represent our club, wear our club gear at regattas and more!

Equipment Handling

Our boats are made out of Carbon Fiber, meaning they're fragile. When carrying a boat, please be aware of your surroundings, and if you need help, ask for help. Please do not bang paddles on the floor or scrape them; they are also fragile and expensive. We want to ensure everyone has a fair chance at using all the equipment, so please treat all equipment with care and respect. If something is broken, please tell a coach so we can fix it and make the boat last longer!

Team Communication

We use various forms of communication. You may be sent reminders, upcoming events, and more VIA emails from our program's coordinator, board, and coaches throughout the week. Our

coaching team usually uses our RAMP APP to send reminders, quick updates, or location changes (i.e., from outdoor to indoor training if the weather is bad). Please [download the RAMP APP and RSVP to practices](#) so the coaches know you are coming!

Regattas

We train year-round, getting faster and more familiar with our boats! We do this to compete at local Regattas during the Sprint, Summer, and Fall months.

Regattas are one to two full days (usually Saturdays and Sundays) filled with races. Most Regattas start in the morning (usually 7:30 a.m. arrival) and wrap up in the late afternoon before dinner; however, we frequently have delays. An athlete might have between two and eight daily races alone, with others, and more! We work towards crew boats in Canoes and Kayaks, but the choice is yours.

Athletes receive information well in advance with all the details. You will get detailed information about the location, times, fees, and boat transport ahead of time from the coach.

Here is a quick checklist of things to bring:

- Your club racing shirt/singlet (our club has some to borrow)
- A PFD (required for U15 paddlers and younger)
- Healthy food and drinks (including lots of water!)
- Sunglasses, sunscreen, and hat
- Shoes, sandals, extra dry clothes, a warm hoodie or jacket, a towel
- Lawn chairs, blanket, binoculars, cameras (for parents)
- Rain gear, plastic sheet for the ground
- Beach toys or games for younger siblings (it can be a long day)

Regattas are fun for everybody. There is great team spirit, and everyone cheers for all athletes no matter which club they paddle with. As the races go on for a day or two, plan to settle in and take the opportunity to get to know the other families in our club!

We know joining a new sport and community can be stressful. We are here to help and can answer your questions! Please email programs@fortcanoekayak.ca or headcoach@fortcanoekayak.ca with any questions or concerns!