



NATIONAL JUNIOR WORLD TEAM CAMP

Dates: June 21 – July 12, 2009

Where: Olympic Training Center — Lake Placid, NY

ATHLETES NOMINATED TO FINAL SELECTION CAMP

Kayak Men: Cedric Bond, Gig Harbor, Luke Potts, LCKC, Nick Hanoian, SDCKT, Ryan Stock, SDCKT, Chris Miller, LCKC, Hezekiah Blackburn, LCKC, Jared McArthur, LCKC, Zach Robertson, LCKC

Kayak Women: Giulia Anderson, HCKT, Katy Hill, Gig Harbor, Morgan Smith, LCKC, Katelyn Dill, LCKC, Cannie Ash, LCKC, Chelsea Smith, LCKC.

Canoe Men: Ben Hefner, LCKC, James Watson, LCKC, Ian Ross, WCC

— NEW PAYMENT PROCESS —

Fees — \$600.00 US — payable to USA Canoe Kayak through online payment system – see website National Development page for details.

Fee Deadline — Wednesday June 10th — midnight ET

— FORMS —

Olympic Training Center Forms — sent directly on May 21, 2009 to each athlete &/or parent

All athletes are to bring the **four** signed forms with them to be handed in at the reception counter upon their arrival for accreditation purposes.

Russian Consulate Visa Form — sent directly on May 21, 2009 to each athlete &/or parent

All athletes are to bring this completed form, with the attached passport photo, on June 21 and give it to the National Development Director upon their arrival at the OTC – LP.

PASSPORTS

All athletes are to surrender their passports to the National Development Director/Coach upon their arrival in order to expedite the Russian visa process as necessary during the training camp.

LAKE PLACID INTERNATIONAL REGATTA

This two day event is to be held on Sunday and Monday, July 5 & 6, 2009. Entries will be handled by the National Development Director as part of the Junior World Team selection process.



FINAL SELECTION PROCESS

Seat Races / Crew Combinations – Specific Crew Measurement

Individual contribution to crew performance will be evaluated during designated training sessions or time trials and will be recorded by the National Development Director/Coach and/or coaching support staff. These various seat assessments or crew combinations are vital criteria in the ongoing assessment to determine the fastest and most consistent crews. Times will be shared with camp athletes.

Training Times – Individual Measurement

Athletes will be assessed in singles over a variety of distances during Junior World Team training camp. Training times from race simulations and/or time controls within the assessment camp environment will be posted and shared with athletes. These evaluations will be executed and monitored by the National Development Director/Coach and/or coaching support staff.

Video Assessment - Crew and Individual Observation and Measurement

Athletes will be videotaped to help the National Development Director/Coach and the coaching support staff to assess the compatibility of techniques, timing and stroke rate of an individual athlete in singles and crew boats.

Fitdex Testing

Results from Fitdex tests — 1200m Run, Chin Ups, Bench Pull and Bench Press (weight set at half body weight) — executed by OTC-LP and the coaching support staff, will be used to objectively assess fitness parameters of the camp athletes. The testing protocols are posted on the website — NDP page. All results will be posted at the camp.

Medical Assessments

Athletes may be required when practices are missed to submit to OTC medical tests to assess their health. The National Development Director/Coach may consider those tests in assessing an athlete's ability to handle the daily training regime as part of a crew during the preparing for the 2009 World Junior Championships. If the National Development Director/Head Coach determines that an athlete is not medically fit — based on this assessment — to contribute to the performance of the crew during the 2009 World Junior Championships preparation period then the National Development Director/Coach will review this with the Sprint Selection Committee (SSC), athlete, and parent/s.

Commitment to the Crew / Common Goals / Compatibility

Athletes will be expected to strengthen the crew through their display of such qualities of determination, commitment, leadership / teamwork. Athletes must demonstrate the values of fair play, respect for fellow athletes, the coaching staff and OTC staff throughout the Junior World Championships preparation period. The National Development Director/Coach, support coaching staff or designate will lead the Junior World Camp athletes in various team building exercises and reinforce positive team behavior on an ongoing basis.

Effort in Training / Quality

All athletes are expected to be giving their best effort for each training session on a daily basis. Camp training will be set up by the National Development Director/Coach on a structured plan for athletes aspiring to compete at the 2009 Junior World Championships. Daily sessions will include as a minimum — pre breakfast light run/stretching, am water session, daily core workouts, three circuit sessions per week and an afternoon on water session.



FINAL TEAM SELECTION ANNOUNCEMENT

On or before July 10th the final Junior World Championship Team will be announced. An athlete not selected will be informed individually by the National Development Director/Coach prior to this announcement. Team USA for the 2009 Junior World Championships will be posted on the website within 24 hours of final approval by the SSC. All nominated athletes will be asked to accept or decline their nomination immediately to the National Development Director/Coach.

TEAM USA — JUNIOR WORLD CHAMPIONSHIPS — FEES

As communicated earlier via email to all Junior World Camp athletes and/or parents and included in the Junior World Team selection criteria posted on the website November 2008, the budget for this project will require a partial self funding model.

All athletes named to the Team are required to pay \$2000.00 to USA Canoe kayak on Monday, July 13th via the USA Canoe Kayak website designated payment system — TBA.

DEPARTURE — non selected athletes

Arrangements are to be made for departure from the Lake Placid Olympic Training Center on July 12th via transportation from Albany International Airport for those athletes not selected to the Junior World Team. Athletes not selected, along with all of the athletes involved in the National Development Camp (June 28th – July 12th) will be driven via the OTC bus, leaving the camp at 7:30am to arrive in Albany by 10:00am on July 12th. Flights or other transportation modes are to be booked accordingly and are the responsibility of the athlete and parents as per Selection Criteria posted on the website – National Development page – Junior World Selection criteria.

TEAM USA — JUNIOR WORLD CHAMPIONSHIPS

Athletes selected to the Junior World Team will remain at the OTC LP. The final Junior World Championship Team Camp will run from July 13th to Tuesday July 21, 2009. The team will depart the OTC LP on Wednesday July 22 via the OTC bus for Albany International Airport and the subsequent flight into Moscow to arrive on Thursday July 23rd. Our team will be housed at the Hotel adjacent to the Moscow race course as per September 2008 pre Test Regatta. Training sessions will be conducted from Friday June 24 until the Championships begin on Friday, July 31 – Sunday August 2nd.

The team will fly out of Moscow on Monday August 3rd with flights arranged to the home city of the Team athletes and coaching staff.

COACHING STAFF

Alan Anderson, Head Coach Gig Harbor — Kayak Women & assistant Team Coach

Chris Barlow, Head Coach San Diego Canoe and Kayak Team — Kayak Men & assistant Team Coach

Mac Hickox, National Development Director/Coach — Canoe Men & Head Coach and Team Leader

QUESTIONS

Direct any questions you may have to Mac Hickox, USA Canoe Kayak Sprint National Development Director/Coach mac@usack.org or call 619 587 4454.

May 27, 2009