

*Mission —To support all USACK affiliated clubs in their efforts to provide quality paddling programs to their members and communities.*

*Vision —To foster an environment in which the athletes, coaches, officials, directors, parents and volunteers are valued and respected in their efforts to support the growth of sprint canoe and kayak.*

### **2008 Lake Placid Camp**

Twenty six National Junior and Development Team athletes took part in this two week camp from June 22 to July 7. Housed at the Olympic Training Center a typical day began with a 6:30 am run followed by stretching and team building activities before breakfast at 7:00.

The two OTC vans left at 7:30 for the Northwood Academy training site on Mirror Lake where our boats were housed. On most days the athletes had two on the water training sessions followed by one to two off water sessions either as a run, circuit in the weight room or core and stretch routine in the adjoining gymnasium.

On the first day all athletes were tested in maximum chin ups, as well as the bench row and bench press 90 second endurance tests taken from the National Development Fitdex Program. Run tests were also conducted from the Mirror Lake, Northwood site to the OTC – some notable test results:

*Chin Ups* — Ryan Dolan, BJ Campbell, HCKT and Shaeffer Sorrells LCKC all at 30  
Daphne Austin, SCKC 16, Nicole Mallory, LCKC 14 and Chelsea Smith, LCKC 13

*Bench Press* — Cedric Bond, Gig, Shaeffer Sorrells and Kai Chong HCKT  
Chelsea Smith, Morgan Smith, LCKC and Katy Hill, Gig

*Bench Pull* — BJ Campbell, Shaeffer Sorrells and Luke Potts, LCKC  
Chelsea Smith, Katy Hill and Morgan Smith

*Run - Northwood to OTC* — Alden Keefe Sampson SCKC, Luke Potts and Cedric Bond  
Nicole Mallory, Lexie Bohlman, SDCKT and Katy Hill

This year a mini Triathlon was held – swim 200m, run 1km and paddle 250m. As we soon found out, we need to shorten the swim even more and lengthen the paddle – order out of the water, was the order across the line in the end. Congratulations to Lexie Bohlman and Nick Hanoian of SDCKT – rounding out the top three in the women and mens category was Katy Hill and Giulia Anderson, HCKT and Ryan Stock, SDCKT and Cedric Bond. The Triathlon was a lot of fun and will be repeated in the future, albeit with the adjustments, after all, we are paddlers!

A special thank you goes out to the coaching staff – Jaime Preston, Gig; Dan Henderson, Cascade; Aasim Saleh, SCKC, Robyn Singh, HCKT, Blane Chong, HCKT and Wanda Blackburn, SEP.



## U23 Camp

Although U23 programs are part of most ICF Canoe Kayak countries, this was the first time a USA Canoe Kayak U23 Camp has been held.

Five athletes accepted their nomination to attend this one week camp again hosted at the OTC in Lake Placid, June 29 – July 7. Athletes included — Emily Vinson, Emily Wright, Maia Farrar Wellman, Sam D'Entrement and Chris Koressel.

This was an outstanding group of athletes as they quickly joined into the already established camp routine and raised the training performance bar for the already high level of excellence being shown by our National Junior and Development athletes.



NOTE: Thank you to Kathy Timmons and Hugo Monday for the photos.

## Grand Prix Tour

This was another first for USA Canoe Kayak. A challenge cup to be presented to the country that achieves the most points in the ICF Junior category events held at the Canada Day Regatta, July 1 in Ottawa and the Lake Placid International, July 5, 6.

After the points were announced at the conclusion of the LPI, USA Kayak Men dominated their Canadian counterparts, while a similar pattern was announced for Canada over the US in the Canoe Men. The margin in the Kayak Women was very close with Canada narrowly edging out the USA athletes. The final overall point spread after three days of racing was Canada 164, USA 151.

Many athletes from the USA Canoe Kayak program by the third day of racing against the Canadians began to believe that they could be very competitive and began to have brake through performances.

For complete results go to the Lake Placid International website and the Canada Day Results on the Rideau Canoe Club website.

## Club Development Camp

Twenty eight club canoe and kayak athletes from all across the US attended this camp from June 29 to July 7. These athletes travelled with their clubs and stayed at the National Sports Academy as well as other locations in and around Lake Placid. Most took part in the Canada Day Regatta as well as the LPI.

A special thank you to Devri Robertson, assistant coach of LCKC for coordinating the coaching staff and camp activities – Graham Ulmer and Jon Sousley, Gig, Aasim Saleh of SCKC and David Robertson of LCKC.

## Transportation of Boats — Volunteerism

Jaime Preston, an assistant coach at Gig, drove Dan Henderson's van and the Cascade trailer from Seattle to Lake Placid and back! Wanda Blackburn, SEP coach, drove a van and trailer up from LCKC. These boats were used by athletes in the various Lake Placid Camps. This is a huge and expensive undertaking. The cooperation of the following clubs is very much appreciated – HCKT, SDCKT, SCKC, Gig, Cascade and LCKC.

The need for a fleet of boats in the East is becoming more and more an operating prerequisite for USA Canoe Kayak Development Programs.

## USA Canoe Kayak — National Award Winners

The **USOC Olympic Training Centers** each month nominate an athlete for recognition. This is a huge honor for both the athlete and the sport. The OTC – Lake Placid gave this opportunity to USA Canoe Kayak for the month of July. Remember that while we staying at the OTC, so did the sports of Luge, Bobsled, Nordic skiing and USA Hockey. The latter had 110+ athletes representing Women U22 and Women’s Elite 17 – every bed in the house was being used.

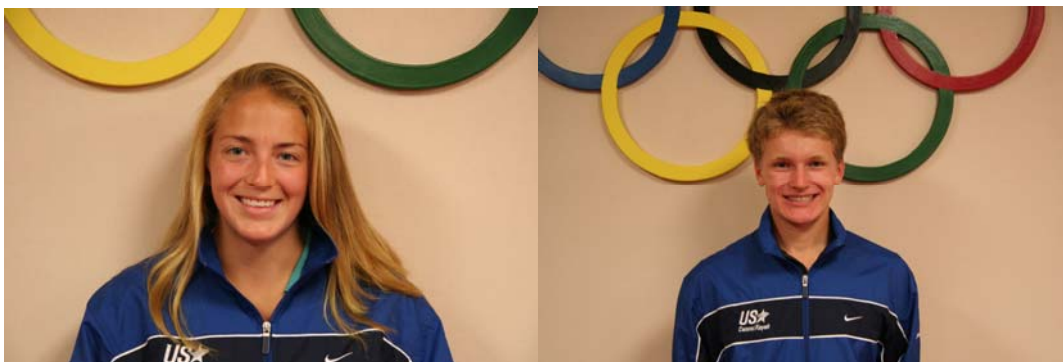
A great big thank you goes out to Jack Favro, Director OTC LP and his staff for this recognition.

The Canoe Kayak coaching staff named **Emily Vinson**, U23 Team athlete and LCKC member and **Nick Hanoian**, Junior National Team athlete and SDCKT athlete.

Emily Vinson, fresh off her outstanding victory in K1 1000m at the Pan Am Championships, medaled in every race she entered at the Canada Day Regatta and the LPI – includes K1/2 & 4.

Nick competed in every final event in the LPI – an outstanding accomplishment against the strong contingent of athletes from Canada. Nick also won the Triathlon.

Congratulations to both Emily and Nick on this very prestigious award. Their names are displayed on a permanent plaque at the OTC LP.



**Goodyear Tires and the USOC** is recognizing those unsung heroes that have helped give America’s athletes the opportunity to succeed. Goodyear would like to honor those individuals who have most helped those athletes ‘Get there’ by helping them ‘Get there’. All 28 sport nominees will receive a free set of Goodyear icon technology tires for their outstanding support (\*value exceeding \$1,500). A Goodyear panel, headed by a former gold medalist, will select three winners from amongst the 28 nominees to receive a special Goodyear ‘Get there’ Award. USA Canoe/Kayak has nominated **Chris Barlow**, San Diego Canoe and Kayak Team as someone who has helped along the way for our athletes to make it to China. Congratulations Chris and thank you for all the work you do to promote USA Canoe Kayak through your efforts at the San Diego Canoe and Kayak Team.



## **National Development Teams — Selection Criteria**

All USA Canoe Kayak National Development Teams have as part of their selection criteria an athlete's performance at the National Championships. Be sure to review on the website further information on these various Teams – see Barton Bantams - National Development Programs selection criteria. Teams include U14 Barton Bantams, U16 National Development, U18 Junior National and U23. This information was posted on the website last November.

## **Coaching Education — Lake Placid**

Three ninety minute seminars were held in Lake Placid – Coaching and Leadership, Coaching Ethics and Coaching Philosophy. Coaches attending were Graham Ulmer, Jaime Preston and Jon Sousley, Gig; Aasim Saleh, SCKC; Blane Chong, HCKT; Dan Henderson, Cascade; Wanda Blackburn, SEP and Dave Robertson, LCKC.

In addition, Krista Austin, USOC Performance Services consultant, gave a ninety minute power point presentation and Q&A on Nutrition to coaches and athletes attending the Lake Placid Camp. This presentation has been forwarded to all National Junior, National Development and U23 Team athletes and coaches that attended this seminar and OTC camp.

After one year USA Canoe Kayak has a data base with 18 coaches having attended these coaching seminars associated with High Performance One, with 11 of this group having submitted assignments for grading. The next series of coaching seminars will begin this fall at the OTC – Chula Vista, under High Performance Two. These seminars will be offered to coaches attending the camps as assistant coaches. In order to qualify as an assistant coach, candidates must have completed HP1.

Clubs interested in having their coaches receive training in the Coach Level or High Performance One are asked to contact me. Athletes deserve trained and certified coaches.

## **Fall Camps**

Three USA Canoe Kayak discipline camps will be held in October, 2008 — MK October 16-21, OTC-Chula Vista, CA; WK October 21-28, OTC-Chula Vista, CA; MWC October 30 – November 4, Mississauga Canoe Club, Toronto.

Athletes will be housed at the OTC CV and be billeted at MCC.

These camps will be available to selected U23, U18, and U16 athletes based on the posted selection criteria.

Athletes will be tested using National Development Fitdex testing protocols. This will be an intensive training camp. Athletes attending will be in the top of the ranking lists for their age groups.

A guest coach will also be part of the coaching staff – details to follow.

## **NACCK**

The National Association of Coaches in Canoe and Kayak will hold its annual meeting at the Nationals on Wednesday, August 6 immediately after the morning events. At this meeting, four 2009 Directors will be elected – presently, Alan Anderson, Gig Harbor; Chris Barlow, SDCKT; and Dave Robertson, LCKC are the interim Directors. They have all agreed to serve in that capacity again but must be approved by a vote at this meeting. Other nominations for Directors positions must be given to me by Monday, August 4<sup>th</sup> 6:00 pm.

The second meeting for NACCK will be held on Thursday, August 7<sup>th</sup> immediately following the morning events. At this meeting, discussions will be held on suggested directions for USA Canoe Kayak and specifically the Nationals format, '09 Trials and Camps.

Both of these meetings will be held in the Chesapeake boathouse.

## **200 km Fall Charts**

Each Bantam athlete has the opportunity to tally their fall paddling kilometers for a two month period beginning at a time in the fall that the club coach identifies in the Yearly Plan. Athletes that accumulate 200 km in the designated two month interval will receive a recognition award from USA Canoe Kayak.

**200 Fall Km USA Canoe Kayak** charts will be issued at the NACCK meetings held in OKC during the Nationals to all club coaches in attendance, to post at their club training site in order to track athlete totals.

Last year there were 35 athletes that accumulated the 200 km and received awards.

### **Moscow Trials – August 3, 4**

Mary Garland has agreed to be the Chief Official. As Events Chair of USA Canoe Kayak Sprint Racing Committee, Mary was last seen in Lake Placid with her good bud Deb Page frantically solving entry issues for the LPI on little to no sleep.

Other officials/volunteers that will be on hand for this Trials event include — Connie and Richard Hagler, Connie and Frank Naughton, Tom and Margot Mickle, Deb Page, Scott Griefenberger, Pete Smith, Melinda Easterday, Cheryl Smith, Mary Jo Hope, Matt Woodson, Nancy Canupp, Lauren Collins, Gary Wright and Gina Sanchez.

There are a few items to remember – Sat. Aug 2 Check in and Boat Control 1:00 – 6:00 Chesapeake Boathouse area; Coaches meeting – 6:00 – 7:00 (maximum) Chesapeake Boathouse; Sunday August 3 500m events; Monday August 4 1000m events.

Schedule of events to be sent out by Mary Garland – MK 2 heats; WK and MC direct finals; all doubles are direct finals.

### **Moscow Junior Regatta**

The selected athletes will leave on Saturday August 30 and return on Sunday September 7. Further details will be issued to the Moscow Team athletes following the Team Selection.

“Friendships through paddling”

*Mac*