



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.

Lake Placid Camp & Grand Prix Tour — June 22-July 7

Congratulations to the following USACK Sprint Junior National Team athletes on their selection to the National Development Camp and Grand Prix Tour (DAC & GPT).

Based on their performance standards achieved at the National Team Trials in Oklahoma City, April 18 – 20, the twenty six named junior athletes (15 to 18 years of age) will have a two week camp at the Olympic Team Training Center in Lake Placid. These athletes will be part of Team USA that will compete against Team Canada at the Canada Day Regatta in Ottawa on July 1 and the Lake Placid International on July 5th and 6th.

Up for grabs is the Grand Prix Trophy awarded to the top country based on points accumulated at the two competitions in the Junior ICF events.

Lanier Canoe and Kayak Club – Kayak Women – Chelsea Smith, Morgan Smith, Katelyn Dill; Kayak Men – Luke Potts, Schaeffer Sorrells, Zack Robertson, Will Roszel, Hezekiah Blackburn; Canoe Women – Anna Crawford and Canoe Men – Ben Hefner, John Blackburn.

Seattle Canoe and Kayak Club – Kayak Women – Mia Overton, Daphne Austin; Canoe Men – Alden Keefe Sampson.

Gig Harbor Canoe and Kayak Club – Kayak Women – Abby Barber, Katy Hill; Kayak Men – Cedric Bond;

Cascade Canoe Club – Yevgeniy Mikhaylov

San Diego Canoe and Kayak Team – Kayak Men – Ryan Stock, Nick Hanoian; Kayak Women – Lexie Bohlman.

Hawaii Canoe and Kayak Team – Kayak Men – Ryan Dolan, BJ Campbell, Kai Chong; Kayak Women – Guilia Anderson

Rochester Kayak Team – Kayak Women – Nicole Mallory

Coaching Staff — Dan Henderson, Head Coach Cascade Canoe Club; Jaime Preston, Assistant coach Gig Harbor Canoe and Kayak Club; Robyn Singh, Head Coach Hawaii Canoe and Kayak Team; Blane Chong, Assistant coach HCKT; Aasim Saleh, Assistant coach Seattle Canoe and Kayak Club; Mac Hickox, USACK Sprint National Development Coach.

Pan Am Championships — Montreal, May 15 to 18

For complete results see www.canoekayak.ca then go to Pan Ams logo and click on padtrac.com

My sincere thank you to the Pan Am Coaching staff for all their efforts in coordinating team logistics regarding entries and boat transportation — Head Coach, David Robertson and Assistants, Devri Robertson and Alain Noguerras. In addition, my gratitude extends to Team Manager, Chris Hipgrave for all his work behind the scenes to arrange accommodation, accreditation, uniforms and spray skirts for all of the junior and senior non Olympic event team athletes competing.

In the junior ranks the following athletes took part:

Kayak Women - Nicole Mallory, Chelsea Smith, Katy Hill, Emily Winskill, Katelyn Dill, Morgan Smith, Anne Truscot, Mia Overton.

Kayak Men – Ryan Dolan, BJ Campbell, Ryan Stock, Luke Potts, Schaeffer Sorrells, Erik Edwards, Hezakiah Blackburn, ZackRobertson.

Canoe Men – John Blackburn

Canoe Women – Anna Crawford

In the senior ranks the following athletes took part:

Kayak Women - Emily Vinson, Emily Wright, Lauren Austin, Maia Farrar -Wellman, Katarina Batina,

Kayak Men - Pat Dolan, Eric Abbott, David Petrovics, John DePalma and Brady Bragg

Canoe Women – Anna Crawford, Hannah Menke, Kaitlyn McElroy

Canoe Men – Robert Finlayson, Alejandro Swedhelm

Emily Vinson — K1 100m - Senior Women – Gold Medal – Pan Am Championships



Kayak Spray Skirts — Seal Spray Skirts

Since 1984 Joe Galea and his company have been supplying spray skirts to our Olympic Sprint Kayak Teams. This year he will continue that pattern of support.

BUT Joe also has now extended his generous support to the USACK Development Program. Last year Seal Spray Skirts supplied the Junior World Team (12 in total) and this spring he supplied all kayak athletes on the Pan Am and Continental Olympic Qualification Teams – a total of 40 skirts. That works out to over \$5000.00 in retail donations since July '07.

Each skirt is tailored to sprint athlete needs for fit and carries the USA Team logo. The company logo appears on the USACK website.

Club Athlete Development Camp — Lake Placid — June 29 to July 7

Again this year for club athletes that are attending the Canada Day Regatta in Ottawa on July 1 and the Lake Placid International on July 5&6, there will be a Lake Placid Camp beginning on Monday June 30.

Each day club athletes are welcome to take part in this camp. There will be two water workouts each day as well as land sessions. The water workouts are as follows:

- 9:30 – 11:00 & 5:00 to 6:30 Monday, Wednesday, Thursday and Friday am.
- Friday afternoon is OFF as the beach is cleared of boats for the July 4th FIREWORKS – a spectacular event that must be seen that night.
- Athletes are to meet at the Mirror Lake beach area at 8:30 and 4:00 for warm up activities and on water boat assignments.
- All athletes will be met each workout and assigned training groups by the coaching staff.

- Club coaches involved include — Alan Anderson, Head Coach Gig Harbor; Dave Robertson, Head Coach LCKC; Devri Robertson, Asst. Coach LCKC; Blane Chong, Asst. Coach HCKT; Graham Ulmer & Jon Sousley, Asst. Coaches Gig Harbor; Aasim Saleh, Asst. Coach, Seattle Canoe and Kayak Club.
- Each participant will receive a participation diploma and a racing style T shirt with USACK logo.
- There is no charge to take part in this Club Development Camp
- Clubs are asked to let me know by June 9th the number of club athletes expected to attend.
- Clubs are responsible for registering their athletes in each regatta – the Canada Day Regatta registration package has been forwarded to your club and for the Lake Placid International check their website for registration information www.lakeplacidinternational.com

Coaching Education in Lake Placid

Coaches are invited to attend the coaching seminars being offered on Monday, June 30, Wednesday, July 2 and Thursday July 3 at the Olympic Training Center 12:30 to 2:00. Topics include Coaching and Leadership; Coaching Philosophy and Ethical Coaching Practices.

Any coach wishing to attend is to let me know by June 11th in order that I can have the appropriate number of coach workbooks on produced.

There is no charge for this ongoing National Development Coaching Education program offered by USACK.

NOTE: Coaching candidates that have taken part in High Performance One seminars are reminded of the June 15th deadline for submissions.

National Championships Trials Event — August 3 and 4 — Oklahoma City

Check the USACK website for details under Selection Criteria Moscow Test event. Registration information will be sent to interested ICF Junior athletes via their club coaches shortly. Club coaches are asked to email me the names of those athletes planning on attending the Trials by June 11th. Upon receiving this information I will have a registration package sent to the athletes through their coaches. This includes a visa application form that I will need to send to the local organizing committee by July 10th.

Senior U23 Camp

The following athletes have accepted their nomination to attend this one week camp in Lake Placid, June 29 to July 7. Congratulations to the following club athletes:

Kayak Women — Emily Vinson, LCKC; Emily Wright, Rochester; and Maia Farrar–Wellman, WCC.

Canoe Men — Robert Finlayson, LCKC; Sam D'Entrement, LCKC; Chris Koressel, SCKC.

These athletes will be housed at the Olympic Training Center and take part in the Canada Day Regatta and the Lake Placid International as part of Team USA.

Fall Training Camps

Three camps are planned again this fall for the National Junior and Development Programs in preparation for the Moscow Junior World Championships — July 31 – August 2, 2009. The camp for canoe men and women will be held again at the Mississauga Canoe Club, October 30 – November 4. The two separate camps for kayak men and kayak women will be held again at the Olympic Training Center, Chula Vista October 16 – 21 and October 23 – 28 respectively. U23 athletes will also be invited to attend these camps. All nominations will be based on results at the National Team Trials & National Championships.

Moscow Pre Test Junior Regatta

The local organizing committee has just released details of this event.



CANOE SPRINT PRE-WORLD CHAMPIONSHIPS JUNIORS Rowing Canal “Krylatskoe”, Moscow, RUSSIA

To all National Canoe Federations affiliated to the International Canoe Federation

Dear Sport Friends,

The All-Russian Kayak-Canoe Federation is pleased to invite you to participate in the **Canoe Sprint International Moscow Regatta “Pre-World Juniors Championships”** which will take place on **September 2-5, 2008** at the **Olympic Rowing Canal “Krylatskoe” in Moscow.**

Many large international competitions have been held in this course on time of existence of the USSR, the most famous of them are the XXIInd Olympic Games in 1980 and carried out yearly – Memorial of Yulia Ryabchinskaya – Olympic Champion 1972. And in 2009 this venue will become the Host of XIIIth ICF Canoe Sprint World Championship Junior. We invite you to participate and to become acquainted with place, conditions and facilities of this important event.

The general information

Date: 2 – 5 September, 2008

Place: Moscow, Rowing Canal “Krylatskoe” (west district of Moscow)

Participants: the teams of the interested national federations. In case of confirmation of a small quantity of national teams the Organizers reserve to themselves the right to allow the clubs' teams to participate in International Moscow Regatta.

Age group: sportsmen of 15-18 years old (born 1990 – 1993)

Events: Men: 1000 / 500 m K1, K2, K4, C1, C2, C4

Women: 500 m K1, K2, K4 / 1000 m K1, K2

Each team **may enter two crews** in each event indicated in program.

Preliminary time schedule (final time schedule will be confirmed at team-leader’s meeting):

2 September, Tuesday - teams’ arrival; boat control; training

- 17.00 – team leader’s meeting

3 September, Wednesday - 10.00 – heats 1000 m

MK1, MC1, WK1, MK2, MC2, WK2, MK4, MC4

- 16.00 – heats 500 m

MK1, MC1, WK1, MK2, MC2, WK2, MK4, MC4, WK4

4 September, Thursday - 10.00 – semi-finals 1000 m

- 16.00 - FINALS 1000 m

5 September, Friday - 10.00 – semi-finals 500 m

- 16.00 - FINALS 500 m

NOTE: Team USA athletes traveling to this event will be required to have visas – in order to meet the deadline of July 10 for submission of visa information to the local organizing committee any athlete planning on attending the National Championships Trials event in OKC on August 3 and 4th must submit the following to me on or before June 22nd in Lake Placid – Visa application form signed and photo copy of the first page of their passport.