

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.

NW Region Time Trials, April 5, 2008 — Hosted by Seattle Canoe and Kayak Club



In March, I had a chance to visit with the paddlers at Seattle Canoe and Kayak Club. While there I was very impressed with the number of young athletes out on the water training with coaches Aasim Saleh and Chris Henderson. I wish to thank the new club president, Juhani Nurmi, for sending along the following article.

“Seattle Canoe and Kayak Club (SCKC) is hitting the ground running this spring! We had 30 dedicated young paddlers continue working out throughout the winter, cancelling on the water practices only when our Green Lake venue had ice on it. In addition 22 of those kids participated in a three mornings a week 6 AM weight training program. We are starting our season with 30 bantams, 5 juvies, & 5 juniors. Our spring season officially began on April 5th, when we hosted regional time trials, which included our two local sister clubs, Gig Harbor Canoe & Kayak, and Cascade Canoe & Kayak in addition to SCKC. Over 30 paddlers, from bantams to masters spent a chilly, windy morning on Green Lake looking for that first “win” of the season. A great time was had by all on the water, followed by a pizza feast. One of the great things about paddling in the Seattle area is the number of ways our three clubs are able to collaborate in making paddling more fun for us all. Building community both inside and outside our club is one of the primary values of SCKC.

In addition to a full racing season, SCKC is also planning on April and May open houses, as well as a “Paddleathon” fund raiser to be held in May. The paddle a thon promises to be as much of a team building event as a fund raising event, with the club committing to having at least four kids on the lake at any given time over a ten hour period, with many fun events on the shore adding to the enjoyment. Our beginner classes are rapidly filling up, as are our summer programs. We are also looking to expand our fleet with the acquisition of a war canoe which would be put to good use during our summer outreach programs.

If you ever find yourself in Seattle, please come visit our boathouse.”



National Team Trials — April 18 – 20, 2008 — Oklahoma City

A coaches meeting for the National Association of Coaches in Canoe and Kayak (NACCK) will be held on Thursday, April 17 at 11:30 – 12:30 on the race site.

This meeting is being held to bring the coaches up to date on discussions going on regarding our National Championships for the 2008 and 2009.

It is also an opportunity for all the club coaches to get together to go over any other items of interest.

Pan Am Championships — Number of entries

Just got off the phone with Graham Barton, High Performance Director, Canoe Kayak Canada in an effort to clarify entries for the Pan Am Championships, May 15 – 18 in Montreal.

In the Junior category, Team USA will be entering two entries — an (a) & a (b) entry.

In the Non Olympic Senior events, COPAG, the organizing committee of the Pan Am Championships allows each country to only enter one crew as many of the competing countries use this competition as their target funding event. Having said this, in the senior canoe women events, Team USA will enter an (a) and a (b) entry — depending on the number of entries at the National Team Trials in Oklahoma City and the number of nominations being accepted.

Fitdex Testing #2

This has been posted on the website and sent to all club coaches and club contacts.

Check it out at www.usack.org under Athletes Sprint — some very impressive results.

A total of 44 men and 24 women results are posted from the following clubs — SDCKT, SCKC, LCKC, HCKT, Cascade, SEP and Gig Harbor.

Volunteers

The backbone of all clubs, the backbone of all organizations, the backbone of all events! This is a special note of thanks to the following volunteers.

Ben Blackburn, a parent of John and Hezakiah and husband of coach Wanda Blackburn with the Southeast Paddlers, for driving the truck and trailer for the National Team from the Olympic Training Center in San Diego to Oklahoma City for the Trials in April.

Jim Farnum, of Lake Placid and a member of the USACK Sprint Racing Committee for driving the truck and trailer from the OTC Chula Vista to Lake Placid for the Continental Olympic Qualifier in May.

Jaime Preston, a coach with Gig Harbor will drive a trailer from the NW region to the Trials and on the return leg take the Hawaiian boat fleet from the Trials back up to Seattle for temporary storage until the round trip across to Lake Placid for the National Development Camp and Grand Prix Tour.

Coaching Education

Nine coaches attended the High Performance One seminar series held at Seattle Canoe and Kayak Club March 18 – 20 — Susan Starbird, Jamie Preston, Jon Sousley, and Alan Anderson of Gig Harbor; Chris Henderson, Aasim Saleh, Neil Bransfield and David Fort of SCKC; and Dan Henderson of Cascade Canoe and Kayak Club.

A total of fifteen coaches have now been trained in the HP1 context and are now working on their submissions for gradation. Submissions are due by June 15, 2008 in order for them to take the first module of High Performance Two being offered in Lake Placid, June 30 to July 5th, 2008.

“Friendships through paddling”

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