
Carleton Place Canoe Club U14 Crew Boat Selection Guidelines

The CPCC aims to provide the best development opportunities for young athletes in our sprint racing programs. When determining crews for regattas, CPCC coaches will use the following guidelines to help them put together regatta entries that will provide for the best opportunities for success at competition events. It is important to note that there are slightly different expectations for each age group, and that coaches spend a significant amount of time working with their groups. Coaches see and interact with all the athletes at practice and at play every day at the canoe club, so they are the most informed parties when considering the below factors. In consultation with the Head Coach, Assistant Head Coach, and Program Manager, coaches will have the final decision regarding all regatta entries.

U10 Guidelines

The goal for U10 athletes is to help them have fun and be successful at beginner competitions. Although the primary goal is not necessarily to WIN, we want to set athletes up for a successful development experience, which may mean putting crews together that work well with one another. Crew boats in the U10 age group will be determined by U10 coaches based on the following four factors:

- Participation – An athlete’s contribution to the group day-to-day, their willingness to participate and complete tasks assigned by their coaches
- Attitude – An athlete’s behaviour with regards to listening skills, cooperation, and effort, and their contribution to a fun and positive environment both on and off the water
- Ability – An athlete’s skills on the water, on land, and in crews. At this age, athleticism is an indicator of potential, so this may be considered as a factor when determining crew boats
- Compatibility – Our sport is incredibly unique when it comes to teamwork due to the significant technical component of the sport. Some athletes will work well together physically and technically, and some will not. Our coaches are experts in their field and will determine whether a crew is technically compatible. Compatibility can also mean working well as a team and cooperating with one another to achieve a common goal. Some athletes are in the same program, but may have a different reason for being there, so in order to prepare them for success, it may be a consideration to pair athletes with a similar mindset together

U12 Guidelines

The goal for U12 athletes is to help them have fun and be successful at beginner and intermediate competitions. Although the primary goal is not necessarily just to WIN, we do want to set athletes up for a successful racing experience at a competitive level, which may mean putting crews together that work well with one another to go fast. This age group will also begin racing at the provincial championships, where the goal is to put the fastest crews on the water. This often takes most of the season to figure out, so coaches may switch crews around from one regatta to the next to try new combinations. Crew boats at the U12 age group will be determined by U12 coaches based on the following four factors:

- Participation – An athlete’s contribution to the group day-to-day, their willingness to participate and complete tasks assigned by their coaches



- Attitude – An athlete’s behaviour with regards to listening skills, cooperation, and effort, and their contribution to a fun and positive environment both on and off the water
- Ability – An athlete’s skills on the water, on land, and in crews. At this age, athleticism is an indicator of potential, so this may be considered as a factor when determining crew boats
- Compatibility – Our sport is incredibly unique when it comes to teamwork due to the significant technical component of the sport. Some athletes will work well together physically, and some will not. Our coaches are experts in their field and will determine whether a crew is technically compatible. Compatibility can also mean working well as a team and cooperating with one another to achieve a common goal. Some athletes are in the same program, but may have a different reason for being there, so in order to prepare them for success, it may be necessary to pair athletes with a similar mindset together

U14 Guidelines

The goal for U14 athletes is to help them be successful at intermediate to advanced competitions, and to develop skills and habits for long-term success in canoe/kayak. Although the primary goal is not always just to WIN, we do want to set athletes up for a successful racing experience, which may mean putting crews together that work well with one another to go fast. As this is an older group, the focus does shift toward putting fastest boats on the start line. This age group is racing at the provincial championships, with some beginning to race at the national championships, where the goal is to put fastest crews on the line. The CPCC will NOT hold race offs for seat selection in this age group. Crew boats at the U14 age group will be determined by U14 coaches based on the following four factors:

- Participation – An athlete’s contribution to the group day-to-day, their willingness to participate and complete tasks assigned by their coaches
- Attitude – An athlete’s behaviour with regards to listening skills, cooperation, and effort, and their contribution to a fun and positive environment both on and off the water
- Ability – An athlete’s skills on the water, on land, and in crews. At this age, athleticism is an indicator of potential, so this may be considered as a factor when determining crew boats
- Compatibility – Our sport is incredibly unique when it comes to teamwork due to the significant technical component of the sport. Some athletes will work well together physically, and some will not. Our coaches are experts in their field and will determine whether a crew is technically compatible. Compatibility can also mean working well as a team and cooperating with one another to achieve a common goal. Some athletes are in the same program, but may have a different reason for being there, so in order to prepare them for success, it may be necessary to pair athletes with a similar mindset together

Carleton Place Canoe Club U16+ Crew Boat Selection Guidelines

All crew boat selections for U16+ programs are at the discretion of the club Head Coach and/or Assistant Head Coach. In no particular order, the following factors will be considered when selecting crews:

- Fastest individuals
- Fastest crew
- Coachability, attitude, and level of commitment
- Attendance to training (year-round)
- Compatibility (crew skills)

If determined necessary by the Head Coach and/or Assistant Head Coach, race-offs may be arranged to determine the crew in question for U16 and older crews. There will not be race-offs held for any crew in the U14 or younger category.

With regards to athlete age and discipline, our U16+ Sprint high performance programs will aim to race the fastest crew from within these programs, therefore an athlete from a younger age group may be invited to hold a position in a crew boat in an older age category (at the sole discretion of the Head Coach).

PARENT COMMUNICATIONS

If a parent or athlete should like to question or discuss decisions made by coaching staff, they may do so via the following avenues:

- Email to the Head Coach at any time (coach@cpcanooclub.com)
- Setting an in-person or phone meeting with the Head Coach outside of practice, regatta, and event times (this can be done via email)
- If unsatisfied following the preceding processes, email to the Director of Programs and Coaching (programs@cpcanooclub.com)

The following means and process for communication are NOT permitted and the information below should always be considered before communication occurs:

- Communication regarding entries/crews during a competition event is not permitted, coaches are required to be focused on working with their athletes during regattas
- Allow for a 24-hour period before engaging in communications regarding events and regatta entries
- Communication during a training session is not appropriate. This applies to communicating with coaches as well as athletes during training
- Communication regarding entries/crews while other athletes/parents are present is not appropriate

REGATTA AND TRAINING ENVIRONMENT CONDUCT FOR PARENTS AND FAMILIES

While at a regatta, in the training environment at home, or away at training camp, it is important that athletes and coaches have time and space to carry out their best practices. Athletes should be entirely

focused on the tasks at hand, whether that be warming up properly, doing their pre-race visualization routine, post-race debriefs, or simply quiet preparations to get into 'race mode'. Once at the event venue, or in training hours at home, coaches and athletes will set up their distraction free area (focus area), where family and friends are asked to refrain from entering. The goal is to train athletes to be able to manage their performance independently and effectively on their own. As they reach higher levels of performance, it is extremely important that athletes be able to practice self-motivation, self-management, and problem solving independently with the support of their coach.

It is not the goal of these policies to create separation between family and athlete, but simply to help shape a healthy and resilient athlete. Family support is a huge component of athlete success, we simply want to keep that support separate from the active training and competition environment. Below are a few guidelines to help support your athlete's development:

- During, before, and after training sessions;
 - Refrain from interacting with athletes verbally (unless in case of an emergency). Allow them to stay focused on their environment, training, and coaching
 - Including before and after practice, give athletes and coaches time and space to conduct pre and post training discussions and debriefs
 - Non-program participants are not to be in, or in front of the boat bays, on the docks, or in the office during program training times

- During competition;
 - No family on the docks - this is often a requirement of the venue as well
 - No family in the athlete/coach focus area - this area is for athletes and coaches only
 - Communication with coaching staff should be outside of competition days - competitions are very busy for coaches and it is important that staff remain focused on athletes and events to carry out responsibilities
 - When communicating with athletes, stay positive and encouraging. Mental preparation and performance is a significant component to success