



MCC High Performance Summer 2017 Program

Program Description:

Program is professionally designed and implemented by MCC's qualified Senior Coaching staff. Training loads will vary between 8-13 practices /week depending on coach's Yearly Training Plan and it's compliance with Canoe Kayak Canada's Long Term Athlete Development philosophies.

Ultimately, the High Performance Program is aimed at developing the club's future **Champions**- whether in team boats or singles at the Provincial, National or International level.

Young Paddlers that have previously participated in MCC's U15 (Youth Racing) program, or show a strong interest in paddling for fitness or achievement in sport, are also welcome to join the High Performance Program.

Registrants of the program should be highly motivated and active with the desire to learn how to train, compete with friends and embrace the great sport of paddling!

** Participants between the ages of 12-24 years old as of January 1st, 2017*

Program begins April 13th – Ends September 30th

Program Coaches:

- Doug Tutty (Senior High Performance Coach)
- Tamas Buday Sr. (Senior High Performance Coach)
- Kyle Jeffery (Head Coach)

Program Training Schedule/Practice Schedule:

Subject to the coaching staff and their weekly training plan. Program participants should anticipate a variety of weekday morning training session from 6:00am – 7:15am and afternoon training sessions from 3:45pm-6:30pm when scheduled by coaching staff.

Important Dates for the MCC High Performance Program:

- June 3rd - 4th – Ontario Team Trials, Welland
- June 10th & 11th – Home Regatta & MDBF, Mississauga Canoe Club
- June 17th/18th – Time Trial Event & OCSRA Spring Development Camp, Welland
- July 15th – U15 North Bay Regatta, North Bay
- July 22nd – Balmy Beach Regatta, Welland
- July 29th - 30th W.O.D Trials, Welland
- August 12th /13th – Ontario Championships, Ottawa
- August 22nd - 26th – Canadian National Championships, Welland
- ***Other dates may be announced by the coaching staff**

Program Cost:

<u>Cost HP Summer Program</u>	<u>Volunteer Commitments (3)</u>
Registration: \$835.00 + HST (\$108.55) = \$943.55	3 Bingo's, Club or Divisional Events *1 event must be a bingo
Racing Fee: \$100.00 + HST (\$13.00) = \$113.00	*OTT's & NTT's Race Fees are not included
Total Fees = \$1056.55	
Boat Storage = \$75 + HST (\$9.75) = \$84.75 annually for personal boats stored at the club.	

*All participants are required to purchase a club-racing singlet (\$56.50) in order to compete. Ask coaching staff for singlet ordering as required.

*NSF fee \$50, Program withdrawal fee \$50, program: non-refundable after one month

For further information about the High Performance Program, contact the Head Coach, Kyle Jeffery:
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