

MCC Masters Summer 2017 Program



Program Description:

Personal summer training program designed for both experienced and beginner paddlers. This established and well-delivered training program is designed for men and women who are interested in developing and maintaining their skills in sprint canoe/kayak. The program will include general strength and aerobic fitness work on and off the water in addition to on-water sprint canoe/kayak technical training. The goal of MCC's Masters Program is to best prepare our members for the 2017 competitions that include the MCC Home Regatta, Dominion Day Regatta and the Canadian Masters Championships (CANMAS).

Participants must be over the **age of 25 to enroll in this program.*

Program Schedule:

Start Date: April 18th

Tuesday/Thursday 6:30 – 8:30pm, Sunday 10am – 12pm

Program Duration: April 18th – Sep. 28th

Note: (*No Practice on May 21st, July 2nd and August 6th and from Aug. 29th – Sept. 14th)

<u>Cost Masters Summer Program</u>	<u>Volunteer Commitments (3)</u>
Registration: \$600.00 + HST (\$78.00) = \$678.00	3 Bingo's, Club or Divisional Events *2 events must be Bingo's
Racing Fee: \$50.00 + HST (\$6.50) = \$56.50	
Total Fees = \$734.50	
Club Singlet: \$50 + HST (\$6.50) = \$56.50	Ask coaching staff for singlet ordering as required.
Boat Storage: \$75 + HST (\$9.75) = \$84.75	Boat Storage fee is charged annually for personal boats stored at the canoe club.

Extended Masters Program

The 2017 MCC Extended Masters Program will run on Monday and Wednesday nights from 5:30 - 8:30pm in addition to regular Masters programming to provide additional on-water paddling activity. Program participants are advised that no coaching will be provided during this extended program.

Program Cost for Extended Masters Program: Summer Masters membership (\$734.50) + \$100 + HST (\$13.00) = **\$847.50**

Sunday Masters Program

The 2017 MCC Sunday Masters Program will run every Sunday morning (10am – 12pm). If a participant wishes to compete, race fees (\$56.50) will be added to the registration fee.

Note: (*No Practice on May 21st, July 2nd, August 6th, Sep. 3rd & 10th)

Program Cost for Sunday Masters Program: \$350.00 + HST (\$45.50) = **\$395.50** + **1 Bingo volunteer commitment.**

Important Dates for the Summer Masters Program:

- April 12th – Registration Night, 6 – 8pm, Mississauga Canoe Club
- June 10th – Mississauga Home Regatta, Mississauga Canoe Club
- July 1st – Dominion Day Regatta, Location TBD
- August 27th – Canadian Masters Championships, Welland, Ontario
- ***Other dates may be announced by the coaching staff**

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

For further information about the MCC Masters Program, contact the Head Coach, Kyle Jeffery:

headcoach@gomissygo.ca