



## **MCC High Performance Winter Training Program 2017/2018**

MCC's **High Performance Program** is professionally designed and implemented by MCC's qualified coaching staff. Training loads will vary between 8-12 practices/week (Monday-Saturday) depending on the coach's yearly training plan. Ultimately, the High Performance Program is aimed to **develop the club's future champions** - whether in team or single boats at the provincial, national or international level.

To meet the physical needs of the athlete, activities may consist of paddle pool, swimming, boxing, running, strength training and spinning. Other exercises may include cross-country skiing and other team activities. \*Some activities may require additional fees on a pay as you go basis (spinning, boxing & skiing).

Technical, psychological and tactical development along with goal-setting will be an integral part of the winter training program. The programs offered will allow paddlers of all abilities to excel and move up the provincial and national ranking list.

**Program runs: October 1<sup>st</sup> – April 9<sup>th</sup> 2018**

### **Program Practice Schedule:**

Week Days	<b>Mon-Fri mornings</b>	6:00-7:00 a.m. (as assigned)
	<b>Mon-Fri afternoons</b>	4:00 -6:15 p.m. (as assigned)

Weekends	<b>Saturday</b>	7:30- 11:00 a.m. (as assigned)
----------	-----------------	--------------------------------

- Practice times are subject to the coaching staff's weekly training plans

### **Program Coaches:**

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

### **Cost and Volunteer Requirements:**

<b>675.00 + HST = 762.75</b>	<b>3 Bingo commitments per registrant</b>
------------------------------	---

**NSF fee \$25; program withdrawal fee \$50; fees non-refundable  
after one month**

For further information about the MCC High Performance Program, contact the Head Coach, Kyle Jeffery: [headcoach@gomissygo.ca](mailto:headcoach@gomissygo.ca)