



MCC Youth Racing Winter Training Program 2017/2018

MCC's Youth Racing (U11/U13/U15) winter training program is designed to accommodate the technical and physical training processes of our developing Canoe/Kayak athletes. Athletes will be introduced to a variety of training activities that include paddle pool, strength/flexibility training, running and gymnasium activities.

The program's intent is to introduce the growing athlete to a number of activities and skills that will help to facilitate athlete development to an optimal level. The program allows the athlete to maintain his/her fitness levels so that the transition to on-water training and racing is a smooth process. Beginners will also be welcome to join in the program to learn the introductory skills of sprint Canoe/Kayak along with general fitness training skills.

Program runs: October 1st – April 9th 2018

Program practice schedule for Youth Racing Program:

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| October 1 st – 19 th | Tuesday & Thursday Saturday | 4:00 – 6:00 p.m. 9:00 – 11:30 a.m. |
| October 24 th – April 9 th | Tuesday & Thursday Saturday | 5:30 – 7:30 p.m. 9:00 - 11:30 a.m. |

*No practices during long weekends, December and March school breaks

Important dates for the 2017 MCC Youth Racing Winter Program:

- MCC's BEEHIVE Race - Saturday, October 28th
- Chilly Willy Run & Trim the Tree - Saturday, December 9th

Cost and Volunteer Requirements:

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| Regular program (3 days per week) | 500.00 + HST = 565.00 | 2 Club volunteer commitments per registrant |
| 2 Session per week option | 400.00 + HST = 452.00 | 2 Club volunteer commitments per registrant |
| Saturday Sessions only (1 day) | 300.00 + HST = 339.00 | 1 Club volunteer commitment per registrant |

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

For further information about the MCC Youth Racing Program, contact the Head Coach, Kyle Jeffery: headcoach@gomissygo.ca