

Nelson Paddling Club Members, Welcome to the 2019 paddling season!

So what's new this season?

1. **Name Change!** We are officially the Nelson Paddling Club. As our club expands and develops, we are working towards building an inclusive paddling environment that incorporates stand up paddle boarding, OC-1, surf ski and more!
2. **New programing**, this season we are starting three new programs; our Master's skills development program, our community paddle night and our high performance high intensity training program. Check them out in detail below!
3. Our **Environmental Ambassador Program**, the NPC is looking for an environmental ambassador. This person will liaison with biologists and local environmental education groups on initiatives to build awareness regarding aquatic and shoreline values and wildlife on the West Arm of Kootenay Lake and how to mitigate disturbance impacts. See document attached for more details!
4. **Expansion of our amazing coaching team.** This year the NCP hired eight passionate and certified coaches to run our summer programming. Read about our new coaches here: <http://nelsonkayakandcanoecub.com/cms/?e=43>



Nelson Paddling Club events this season:

May 15th: Key exchange

If you are renting a storage space in our club please come down to the boat house between 5pm and 6pm to exchange your new key as we will be changing the club house lock.

June 1st: Nelson Paddling Club Open House

Come join us down at the clubhouse on June 1st from 9:00am-1:00pm. The sprint team will be doing a paddle-a-thon as a fundraiser for our club. They are asking the community to make a pledge for each km they paddle in a three hour period. Our doors will be open to the public and we will have boats and coaches available for the public to try our amazing sport. Invite all your friends! There will also be a bake sale

so if getting out on the water is not your thing you can still come and eat delicious treats and watch our sprint team work hard. At 12:00pm we will be having a potluck with the rowing club so bring a small dish and celebrate the start of a great paddling season!

Link to more information on our paddle-a-thon: <https://www.canoekayakbc.ca/club-resources/funding-opportunities/paddle-a-thon/2019-paddle-a-thon/nelson-paddling-club>

June 8th -9th: Ted Houk Memorial Regatta in Seattle

Our sprint team will be attending the Ted Houk Memorial Regatta in Seattle. Check our website, face book page and Instagram account to stay updated on their results.

July 20th: Provincial Championships and National Qualifiers in Kamloops

Our sprint team will be attending the Provincial Championships and National Qualifiers in Kamloops. This is an exciting year because we have a great group of determined athletes with the goal of attending Nationals. Check our website, face book page and Instagram account to stay updated on their results.



July 29th-30th: Canoe Kayak BC comes to us

Provincial coach and organizer Gillian Fedechko will be coming to Nelson to work directly with our upcoming development athletes as we prepare for next year's BC Summer Games.



August 5th: Nelson Regatta, Club Potluck and Cardboard Kayak Race

Celebrate BC day on the water with us! For the fourth year in a row we will be hosting a small regatta for our club members as well as our annual cardboard kayak race fundraiser. Mark it in your calendar! This is not an event you will want to miss!

August 27th-31st: Sprint Kayak and Canoe Nationals in Regina

Hopefully we will be sending a large Nelson Team this year. Get ready to cheer on our athletes through live streaming of this event.



September 7th-8th: BC Pacific Cup

The Fun end of season regatta for our younger paddlers U12-U14. Let's take home the team spirit award again this year Nelson!

2019 Programming

Youth Programming

Sprint team program- Learn to Train

The Learn to Train Skills Camp is the entry level program to the Nelson Kayak Canoe Club Sprint Team. Developed through fun games and drills, athletes will improve paddling technique, balance and will have an opportunity to experience team boats. This program has a smaller ratio of athletes to coaches and is an ideal learning environment. These two week sessions are a mandatory starting point for athletes under the age of 12 or athletes trying the sport for the first time.

Register Here: <https://nelsonpaddlingclub.sportical.com/events/4546>



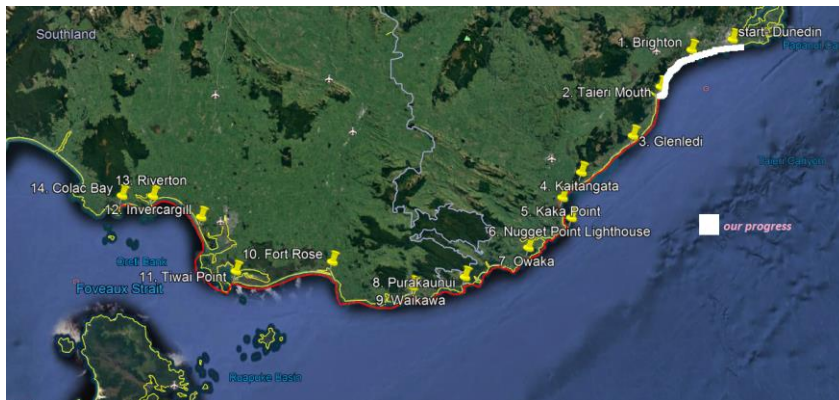
Sprint Team Program - Regatta Ready



The Regatta Ready Intermediate Level program of the Nelson Kayak Canoe Club Sprint Team is designed for athletes who have some experience in sprint canoe/kayak. This program offers three practices per week, where athletes develop their paddling skills through drills, techniques, and games. In this program, athletes will have opportunities to race at different provincial regattas and local race nights.

Registration for the regatta ready program is now closed.

This year the Regatta Ready Sprint team is doing a km challenge. They have decided to set a goal of paddling around New Zealand. Each practice a new athlete will tell us about the town we have arrived in. So far we have been to Brighton and Taieri Mouth and have paddler over 30km! Check in on our website to see our progress.



Summer Camps



- SPEND THE SUMMER ON THE WATER -

These fun summer camps are designed for children between the ages of 8 – 16. Children will develop kayaking and canoeing skills, while making friends, and having fun on the water.

Details:

- Weekly camps run through July and August from 9:00 AM-3:00 PM, from Tuesday to Friday.

Adult Programming

Adult Learn To-sdays

The Learn-to Tuesday Adult Paddler Program will introduce paddling technique and is designed for adults with little to no sprint paddling experience. This program is also recommended for recreational paddlers looking to improve their stroke development. The Learn-to Tuesday Adult Paddler Program has a smaller ratio of athletes to coaches and is an ideal learning environment. These four week sessions are a great way to try the sport!

The first Adult Learn to-sdays will begin the first week of June.

Register here: <https://nelsonpaddligclub.sportical.com/events/4600>



Masters Skill Development



This is a new program in 2019. Jason Rusu, olympic paddler and NCCP Level 3 coach will be providing paddling training sessions for the Nelson Paddling Club. Paddlers that have Level 2 or 3 paddling experience can register directly to this course. Level 1 paddlers require the NPC Adult Learn to Paddle program or private lessons completed before they apply and get approval of the coach.

Level 2: Sometimes referred to as "intermediate", this level is for those who need to refresh their skills in order to paddle more efficiently and confidently in more performance oriented boats and in varied water conditions. This level is for people who have paddled before and have reasonable confidence in varied paddle crafts on flat, choppy or slow-moving water. This level focuses on boat control as well as maintaining speed and rhythm in varied conditions.

Level 3: is for confident paddlers who want to refine their skills. This program will be given primarily on the water and will concentrate on diagnosis of problems and practice of improved technique. You will practice adapting your paddling technique to different types of paddle craft and water conditions. Participants should have the stamina to paddle continuously for 8+km

This program has been divided into 3 sessions

Module 1: May 20th – June 24th Module 2: July 8 to Aug 12th Module 3: Aug 19 – Sept 30th or you can register in all 3 sessions at a reduced cost.

This program will run every Monday regardless of weather issues! Dryland programming will be provided when on the water programming is prohibited by weather. Cold weather gear is required for early season paddling.

Participation in this program also includes Thursday night race fees!!!

Register here: <https://nelsonpaddlingclub.sportical.com/events/4547>

Wednesday Fun Community Paddle Night



The Community Paddle Night is a great way to join the Nelson Paddling Club in trying out the many forms of paddling on our beautiful Kootenay lake. There is no commitment required for this program, as it is completely drop in! You can purchase a 5 punch if you are interested in coming weekly. Weekly activities include; Sit on top kayaks, recreational canoes, sprint kayaks, sprint canoes, kayak polo, women's night paddles, stand up paddling...and more.

If you have an idea for a paddle night that you would like to see, Let us know!

The first three nights:

June 5th- Learn to paddle a sit on top

kayak Register: <https://nelsonpaddligclub.sportical.com/events/4627>

June 12th- Learn to paddle a recreational canoe

Register: <https://nelsonpaddligclub.sportical.com/events/4628>

June 19th- Learn to paddle a sprint kayak Register:

<https://nelsonpaddligclub.sportical.com/events/4629>

Race Night

This fun and social race night is a great opportunity to meet paddlers from other programs and race in a time controlled distance race. Race night is open to those who have participated in club programming or are competent in canoe, kayak and SUP.



This year the program is included in the Masters Skills programs (No extra fee to participate). A 5 punch pass can also be purchased through the club and can be used to attend this program and other Wednesday night programs. Single participation "drop in" is also welcome. Come join the fun!

Register for the first Race night: <https://nelsonpaddligclub.sportical.com/events/4168>

We will also be offering private and small group lessons!