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*Welcome to*

## **THE BALMY BEACH CANOE CLUB**

This handbook contains a great deal of information on our club, our programs, and our regatta schedule for the 2007 paddling season.

We strongly recommend that all paddlers read through this handbook. If you are a parent of a paddler we ask that you read through the handbook with your child. It is important that everyone is aware of club rules and procedures for equipment handling and safety as well as general water safety principles. These rules will also be reviewed by the coaching staff throughout the season.

**Please join us at our season Open House and BBQ to meet with fellow paddlers and talk with the coaching staff, on Saturday, June 2<sup>nd</sup> at 1:00 p.m. at Ashbridges Bay.**

### **Mission Statement**

The Balmy Beach Canoe Club is a non-profit organization dedicated to promoting the sport of sprint canoe and kayak racing in the Beach community. The Club's goal is to provide a safe and enjoyable, recreational and/or competitive environment, for members of all ages and abilities. Programs are designed to develop both the physical and mental strength of individual members while encouraging team and Club spirit.

## **Club Coaches**

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### **ROB STOTT - Head Coach**

Rob is entering his 26<sup>th</sup> year as a paddling coach and his 13<sup>th</sup> year at Balmy Beach. He began paddling in Mississauga, and has coached at Orenda Canoe Club in Nova Scotia, Burloak Canoe Club in Oakville and Toronto Canoe Club. Rob's fondest achievement was in 1986, the last time CKC was on Centre Island, when he won Junior Men's C-4, Senior Men's War Canoe and the overall Burgee with Missy. Rob is married to paddler Kim Stott and they have two daughters – Willow, 5 and Ruby, 3. Rob also practices Structural Integration Bodywork (Rolfing) and the Feldenkrais Method of Somatic Education.

### **ROSS BAIN - Assistant Head Coach**

Ross began his paddling career in 1992 at the Toronto Canoe Club. He moved over to Beach in 1995 and began coaching in our Bantam Program in 1996. Ross coaches our Midget & Juvenile Men in War Canoe. His Midget Crew won a silver medal in an exciting race at CKC Championships last season. Ross is a Professional Engineer and has been our Assistant Head Coach since 2003.

### **ALEX POTTER - Summer Canoe Camp Coordinator**

Alex has been paddling at Beach since she was 10 years old and has quite a list of accomplishments in her 10 year paddling career, including gold medals in the C4 at CKC. Alex is a member of the Ontario Kayaking Team and has been coaching in our Bantam program for four years. Also an accomplished skier, Alex is a student at University of Toronto.

### **KEVIN McINTYRE - Competitive Bantam and Development Coach**

Kevin returns to Beach this year after paddling at Burloak and West Rouge for the past few seasons. Kevin is an accomplished kayaker

who began paddling with Beach as a Bantam in 1998. This is his fifth year coaching paddlers. He is a student at Carleton University.

**LIZ McKEEVER - Canoe Kids Coordinator**

Liz has been paddling at Beach for over 10 years and is part of our winning women's C4 and WC Crews. She is a kayaker whose enthusiasm for paddling is certainly catching. Liz has been coaching with us for four years and is a student at University of Toronto.

**BRANDON LEVERMAN – Bantam/Masters Coach**

This will be “Big Bird’s” 10<sup>th</sup> year paddling and his third year training with the High Performance team. He is a kayaker who has coached in our Bantam program for a few seasons and last year began working with the Masters – no coincidence ( as he will tell you) the Masters went on to capture the CANMAS Championships. Brandon is a PhysEd Student at University of Toronto

**LUKE MARTELLI – Bantam/Masters Coach**

Luke is a canoer who has been paddling for 10 years. He sometimes gets called Leverman even though they look nothing alike. They started paddling at the same time, coach the same groups, and BOTH take credit for last year's CANMAS Burgee!! He is a Phys. Ed student at Dalhousie University in Halifax.

**LEIGH SALTER - Masters Coordinator**

Leigh has been with Balmy Beach for 14 years, and has been coaching in the Masters Program for nine years. Leigh is a Kindergarten teacher in the Beach. Leigh paddles Ladies War Canoe and is an active participant in the Masters Programs. She is looking forward to another great season on the water.

**Day Camp**

**LYNN ROWORTH- Sports Camp Director**

Lynn heads up our ever-popular multi-sport day camp which is held at the Main Club. She is a life long beacher and has been responsible for our camp for the past several years. The summer sports camp reflects her love for our community.

## **Paddling Programs**

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**All participants must be registered with the Registrar and in turn with Canoe Kayak Canada, in the Padtrack system, before they are allowed to paddle, train and/or take part in any club event, no exceptions. Any paddler over the age of 18 must also be a member of the Balmy Beach Club. This membership can be obtained through the BBCC Registrar.**

The Balmy Beach Canoe Club offers paddling programs for all ages and at all levels of competitiveness. No previous paddling experience is necessary and the Club supplies all equipment. Two sessions are available: Spring and Summer ( May 1<sup>st</sup> - October 31<sup>st</sup> ) and Fall and Winter ( November 1<sup>st</sup> - April 30<sup>th</sup> ). The following programs are offered **during one or both** of these sessions.

- Canoe Kids(Ages 7-10)
- Summer Canoe Camp (Ages 11-14)
- Race Ready (Ages 11-14)
- Competitive Bantam (Ages 13-14)
- Development Program (Ages 13-16)
- High Performance Program (Ages 16 and over)
- War Canoe Program (Ages 14 and over)
- Masters Program (Ages 25 and over)
- Dragon Boat Program

**The Club also offers a Full Day-Camp in one week segments - Summer Sports Camp (multi-sport with an introduction to paddling). The information on this program is found immediately following the paddling program section**

**CANOE KIDS**

**July 3rd to August 10**

**\$350 for full season**

**Monday, Tuesday, Thursday Friday**

**\$150 for any 2 wk**

**1:15pm to 3:15pm**

This is our entry point for summer paddling programs for boys and girls ages 7 to 10, with an emphasis on **FUN**.

The program involves learning the basics of water safety; how to paddle a canoe and kayak; the team work involved in paddling the 15 person war canoe; and game playing to enhance skill. Participants will have an opportunity to participate in a Fun Regatta held in Richmond Hill on August 8<sup>th</sup>.

**SUMMER CANOE CAMP**

**July 3rd to August 17<sup>th</sup>**

**\$450 for season**

**Tues -Friday 9:30 to 1:00pm**

The Summer Canoe Camp is designed for kids ages 11 to 14. Emphasis is on learning the FUNdamentals of paddling with a variety of skills, drills and games - Kids will learn to paddle with others in War Canoe and Dragonboat. Other activities and sports such as soccer, dodge ball, volleyball and capture the flag are played too: Paddlers in this program may participate in local regattas held throughout the summer.

**RACE READY**

**May to August**

**\$450 for season**

**May – June 3 – 4 times/week (see schedule)**

**July 3rd to August 17<sup>th</sup>**

**Tues - Friday 9:30 to 1:00pm**

The Race Ready program is designed for kids ages 11 to 14. In the spring practices are held 3 - 4 times per week, generally 2 to 3 afternoons and Saturday mornings in May and June. For July and August this group practices 4 mornings per week. This program is ideal for athletic kids who love a challenge. Emphasis is on racing in singles and crew boats. These athletes will participate in various regattas throughout the summer.

### **COMPETITIVE BANTAM PROGRAM**

**Year Round Program** Summer season \$550  
**July 3rd to August 17<sup>th</sup> attend regular Program: Tues - Friday 9:30 to 1:00pm plus additional practices as scheduled by Coach**  
Winter training (optional) \$250

**During the school year practice 3 to 4 times/week**

Participants in the Competitive Bantam Program will be **experienced and proficient paddlers**. The program builds on the skills acquired in Race Ready Program and **includes the regular sessions as well as additional practices two to three times a week** at the discretion of the Competitive Bantam Coach. Participants are selected by the Competitive Bantam Coach in consultation with the Bantam Coordinator.

### **DEVELOPMENT PROGRAM**

**Year Round Program** Summer fees \$550 Winter fees \$250

Participants in the Development Program are **13 to 16 years of age and have at least one season of paddling experience**. Training becomes more intense with **practices held four to five times a week** on a year-round basis - on weekdays in the late afternoon, some early mornings, and on Saturday mornings. From mid-June to mid-August, participants are involved in regional inter-club regattas held on most Saturdays. Emphasis is on **learning to train to compete**, as well as on skill development, technique and personal fitness. Paddlers train and race in singles boats, and doubles and fours team boats and the 15 person war canoe. They attend qualifying trials for the Ontario Championships and National Championships and, if successful, go on to participate at these events. During the off-water season, training involves swimming, running and weight training.

### **HIGH PERFORMANCE PROGRAM**

**Year round program** Summer Fees \$650 Winter Fees \$350

The High Performance Program is designed to meet the needs of the **Club's most serious athletes** with the highest degree of paddling experience and whose objective is selection to either the Provincial or National Team. Goal setting is stressed and reviewed regularly, with

emphasis placed on skill development, technique, personal fitness and nutrition. **Paddlers attend six to eight practices a week** on a year-round basis, with practices held weekdays in the early mornings, late afternoons, and on Saturday mornings. They train mostly in singles boats but are able to train and race in doubles and fours team boats and the 15 person war canoe. They attend qualifying trials for the Ontario Championships and National Championships and can expect to qualify to participate in races at these events. These paddlers are encouraged to attend a March training camp in Florida. During the off-water season, training involves swimming, running and weight training.

**WAR CANOE PROGRAM**

**May to August\_ \$300 for season**

**May and June practices held once per week**

**July and August three times per week**

While all participants in Club programs are encouraged to participate in the War Canoe Program, it is also offered as a stand-alone program. This program is designed to meet the **competitive needs for youth 14 years and over**. War canoe paddling skills are taught with personal fitness and team building being an integral part of the program. **Practices are held at least once a week during May and June and three times a week during July and August.** Crews can expect to participate in most regattas during July and August, and attend trials for the Ontario Championships and National Championships. Selection of crews at regattas will be the decision of the coaches. Skill and participation at practices will be determining factors.

**MASTERS PROGRAM**

**Year Round Program**

**Paddling Fee \$330**

**Balmy Beach Club Social Membership**

**\$260 +GST**

**All Masters MUST also be members of the Balmy Beach Club**

The Masters Program provides a **recreational program** for adults age **25 and up**, but offers, as well, **competitive opportunities** for everyone, including novices. Participants have access to kayaks, canoes, and the war canoe. **Practices are held three times a week**



– on two evenings and on one weekend morning. During the spring and summer an early morning (before work!) practice(s) will also be scheduled. There are four regional regattas open to Masters during May to September. The summer culminates with the CANMAS Masters Championships in late August (held on the Sunday immediately following the National Championships) and it is reasonable to expect that a Master will compete in this event in his/her first year of paddling. The Masters Program offers an excellent way to improve aerobic and fitness skills and meet people. During the off-water season, training involves swimming, running and weight training.

### **DRAGON BOAT PROGRAM**

The dragon boat program is geared to teams needing practice time in preparation for various dragon boat festivals in the Toronto area and beyond. Teams usually book a set number of practices in the weeks/months leading up to their respective race events. All equipment is provided by the club. Coaching is also available. Teams looking to book boat time should contact our dragon boat co-coordinators:

**Rob Chang (robbychang@gmail.com)**  
**Grudy Deligrudev (grudy@eol.ca)**

## **DAY CAMP**

### **KIDS SUMMER SPORTS CAMP**

**Multi Sport full Day Camp** **\$175 per week**  
**Held at Balmy Beach Club at the foot of Beech Ave**

This is the Balmy Beach Canoe Club's **dynamic, high energy multi-sport summer day camp** offering a full day program for **boys and girls ages 8 to 12**, weekly during the months of **July and August**. Children participate in a wide variety of sports and games, instructional and non-instructional - soccer, lacrosse, swimming, capture-the-flag, medic, as well as theme days and day trips.

An **introduction to sprint canoeing and kayaking is provided** through an instructional program twice a week to participating camp children.

The camp focuses on the child's self-esteem, active participation, sportsmanship and general fitness. The Camp runs weekly July 3 to August 25, 2007 from the Balmy Beach Club, at the foot of Beech Avenue. For more information, call the Camp Manager, Lynn Roworth at 416-691-9802 (leave message).

## **Club Safety**

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Safety issues can never be ignored in our sport. Because most of our training is done on Lake Ontario waters, the cold water temperatures present an obvious hazard. Though some boats may appear to be more stable than others, this can never be taken for granted. Our coaches educate paddlers on the risks, on how to avoid them and what to do if the unplanned happens. They are required to enforce the Canoe Kayak Canada Code of Safety and the regulations that follow, and paddlers are expected to cooperate fully.

All paddlers must be insured through Canoe Ontario and the OCSRA before being allowed to participate in the canoe/kayak program. This is done automatically by the Club after a fully completed Membership is submitted to the Registrar. This cost of insurance is covered in the registration fee, so it is important that you register on time.

**All paddlers must and will receive safety instruction before going on water. In addition....**

- All paddlers must be able to swim to the proficiency of the **Canadian Red Cross Swim Level 6** requirements, which includes being able to:
  - Put on a life jacket (PFD) in deep water
  - Stay in the fetal position for one minute
  - Stay above the water for one minute
  - Swim 15m crawl, and 20m backstroke
  
- All paddlers must be **accompanied by a coach(es) and coach**

**boat(s)** when on the water. No paddler should be out of sight of a coach boat at any time.

- **Bantam** aged paddlers must always wear an **approved flotation device**. **Paddlers up to age 15** must wear a **PFD approved life jacket** when **practicing** and an **approved flotation device** when **racing**.
- No boats or equipment may be removed from the Club facilities unless first approved by the Head Coach.
- **All paddlers**, despite their ability, must wear a **PFD approved life jacket** from the start of spring training until at least May 1, during fall training from November 1, and at other times **when the water/air temperature is below 8 degrees Celsius**.
- The Club's Memorandum Re: Cold Water/Air must be signed by each paddler (or his/her parent/guardian if under 19 years of age) training on water during the spring and fall.
- The Club's Individual Cold Water/Air Waiver Form (Members 19 years of age and older) must be signed by those adult paddlers choosing to paddle solo and/or unsupervised, and without a life jacket during the spring and fall. These paddlers do so at their own risk.
- All paddlers must inform his/her coach of any change in his/her health which may affect his/her ability to participate in the sport or which may endanger the safety of other participants.
- All paddlers must inform his/her coach that he/she is under the effect of any medicinal drug.
- Paddlers may not be "tied", "strapped", or "secured" to a boat or its floorboard, in any manner, during training or in competition.
- Paddlers must not purposely jump out of their boat at any time or throw equipment while on the water.

***AND in the Ashbridges Bay Training Area.....***

- All paddlers must stay close to the north and west walls of the Bay.
- When turning at the south end (Lake Ontario), paddlers must keep out of the red/green boat channel markings.
- Paddlers must not go near the sail and powerboats moored on the east side of the Bay. If these boats are backing out, they cannot see a small boat that might be behind them. Buoys have been set out to mark the area.

## **Ashbridges Bay/Coatsworth Cut Water Quality and Recreational Use**

The **City of Toronto** has responded to reports of stormwater pollution and the water quality in Ashbridges Bay being below acceptable standards by **recommending the following precautions be followed:**

- Avoid exposing a cut or rash (could be covered with waterproof bandage).
- Wear a life jacket at all times. If the boat accidentally tips, try to keep your head above water.
- Avoid swallowing any water.
- Ensure a safety boat is available to quickly retrieve tipped boaters.
- Shower immediately after any contact with the water.
- Wash hands after boating.
- Exercise caution if you are in a high-risk group.

We ask all parents and guardians to review these practices with their paddlers and stress their importance to ensure that those who elect to paddle understand and follow the recommendations. While they do seem to be prudent minimum safeguards, there is a continuing residual risk from exposure to the water used by Club paddlers. Club policy requires paddlers aged 14 and under to wear a life jacket at all times. For anyone aged 15 and over, a life jacket or life belt is optional (except when cold water condition regulations are in effect). Life jackets and life belts are available for everyone's use. If you wish your child/ward aged 14 and over to wear a life jacket or life belt at all times, let his/her coach know. However, it is your obligation to give him/her that directive. From a practical perspective, the Club is simply unable to enforce your preference. We can only pass on a reminder

## **Bullying, Sexual Harassment, Alcohol and Drugs**

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Bullying and Sexual Harassment will not be tolerated or condoned.  
The Balmy Beach Canoe Club

Any complaints of this nature will be dealt with by the Head Coach and the Balmy Beach Canoe Club executive. Underage drinking/illegal drug use are prohibited. Any violations of this policy may be subject to suspension and parents will be notified.

## **Managing a Capsized Boat**

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*Remember....* Those who tell you they have never fallen in are lying. It is a part of learning and improving. All involved from paddlers to cox to motor boat drivers must be aware of, and comfortable with, the proper way to handle such a situation.

### **SHOULD A SMALL BOAT TIP.**

Paddlers must :

- Turn the boat over so that it is in the upright position.
- Find paddle and any other equipment that may be floating in the water and place in boat. *THEN -*
- Hang onto the boat and wait for help, or
- Hang onto the boat and hand paddle and kick his/her way to shore.

**Crews of war canoes must use the “buddy system”.** In other words, each paddler must identify a “buddy” at the start of the practice. In the event of a tip, each paddler must find their buddy.

### **SHOULD A WAR CANOE TIP .....**

- All paddlers will attempt to locate the person directly in front of them. Report anyone missing or injured immediately to the cox.
- The cox shall do a head count.
- Paddlers shall, if possible, turn the war canoe over so that it is in the upright position.
- The cox shall do another head count.
- Rescue boats should be on the scene by now. Priority for getting out of the water shall be given to persons who are most in need of assistance (i.e., injured, asthma sufferers, etc.).
- All paddlers should now be in the rescue boats.
- The cox shall do another head count.
- If circumstances permit, rescue boats should now, *and only now*, he Balmy Beach Canoe Club

attempt to pick up any equipment (i.e., buns, paddles) which may still be floating in the water.

- The war canoe should be towed back to the dock in the upright position.
- As the war canoe approaches the dock, it shall be turned over again, and lifted out bow first, upside down.

Although this is an unusual occurrence, it has happened and it will happen again. Above all, everybody must **REMAIN CALM !!!**

## **Protection Against the Sun**

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Paddlers clearly are susceptible to sunburn but hopefully are aware of its adverse side effects and the more established concerns about skin cancer. Although shade is sparse on the water, races are of short duration so should not cause any substantial risk. Where regatta sites lack natural shade, the Club will use a canopy or tarpaulin strung beside the Club trailer to protect paddlers both from the sun and the rain. Paddlers are reminded to minimize exposure between 11:00 a.m. and 3:00 p.m. when the sun is most intense; to cover up and use a sun screen with a rating of 30+ as those generally provide more effective protection. Since the sport involves water and perspiration, a waterproof sun screen should be the preferred choice.

## **Protection Against Mosquito Bites**

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Information is available concerning the West Nile Virus on the Ontario Ministry of Health website at [www.HealthyOntario.com](http://www.HealthyOntario.com) or from your physician. Some mosquitoes carry the West Nile Virus and bites may lead to West Nile Virus infection and, in turn, mild or serious illness. Research indicates that approximately four out of five people bitten by an infected mosquito do not show any symptoms. While most people who become infected will experience no symptoms or have very mild illness, for some the symptoms will be pronounced. Everyone is at risk and precautions are necessary to protect oneself. Consider using a personal insect repellent. Use only products that are federally regulated such as those that contain DEET. The concentration of DEET should be no greater than 30% for adults and no greater than 10% for children. Apply repellent sparingly on exposed skin surfaces

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but not on open wounds, or if skin is irritated or sunburned. Apply on top of clothing and a light coating will do. Wash skin with soap and water when returning indoors or when protection is no longer needed.

## **Care of Boats and Equipment**

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The Club has a wide range of canoes and kayaks and associated equipment to meet the needs and abilities of all the participants. *Please Treat with Care.* We all know that a boat in good condition is a pleasure to use (and goes faster!). Some paddlers have purchased their own boats, floorboards, paddles, buns, lifebelts, etc. These are marked accordingly and should not be used without permission. Coaches will determine the appropriate boat for paddlers to use, one of the reasons being that there is a maximum weight rating for different kayaks. Only experienced paddlers may use the boats that are designed for racing.

### **Before and While Using Boats and Equipment...**

Make sure you are instructed on how to carry your boat and place it in the water. Ask a coach if you are not sure. *Remember.....*

- Two people, especially if Bantam aged or new paddlers, are required to transport single boats.
- Larger boats always require a minimum of two people carrying them.
- K-4s are to be carried by three people near the cockpits, not by the bow or stern.
- War canoes require a combined effort by all its paddlers to get it in and out of the water.
- Don't lay a boat on the dock.
- Handle paddles carefully. Don't throw them. Don't lean on them. Don't grind them into the ground.
- Floorboards are required in all wooden C boats.
- All wing nuts, foot rests, seats and runners must be left in the correct boat.
- Do not stand up in a boat.
- Do not hang your feet out of a boat.
- Never purposely jump out of a boat at any time during a regatta or throw equipment while on the water.

- Never tie, strap or secure yourself to a boat or its floorboard, in any manner, during training or in competition.

### **After Using Boats and Equipment...**

- Never try to take a kayak out of the water when it is full of water! To empty the water from a boat,
  - First turn the kayak right side up.
  - Push down on the nose, letting as much water run to the front of the boat as is possible.
  - Pick up the nose of the boat and quickly turn it upside down, letting the water run out of the cockpit.
 Repeat this procedure two or three times.
- Dry off your boat before placing it on its storage rack. This applies to both wood and plastic boats. A wet plastic boat can drip onto a wooden boat below causing dry rot.
- Return boats to their designated spot. Boats stored outside the boathouse must be secured with a bungee cord.
- Replace paddles after use in the appropriate colored rack. Paddles left on the ground or dock could get broken or cause a fall for someone carrying a boat.
- Boat covers left on the ground pick up dirt and sand which scratch a boat's finish. Make sure covers are hung up or rolled and placed in an appropriate spot off the ground.
- All other equipment should be returned to its proper storage place. This includes life belts, life jackets, buns and floorboards.
- Report any damage at once to your coach; fill out a 'damage form'.

### **CLOTHING**

- Paddlers must wear the Club's official racing jerseys at all regattas.
- Clothes should be tailored to weather conditions and the level of activity. With the possibility of a boat capsizing, clothes should not be of the type to absorb water to the point of limiting the ability to swim or stay afloat. Loosely secured hats and sunglasses are discouraged.
- Depending on the site and the availability of docks, paddlers may have to wade into the water to enter the boat so it is recommended that shoes are worn at this time to avoid any injury to the feet.



- It is highly recommended that paddlers attend practices with a change of clothing and a towel.

## **Regattas/Competitions**

From mid-June on, paddlers are involved in regattas held on most Saturdays, sometimes on Saturdays and Sundays, culminating with the CKC National Championships in late August. Races are 200m; 500m; 1000m in length. They are organized by age groups, with *men* competing against *men* and *ladies* competing against *ladies* in kayaks or canoes in K-1s; K-2s; K-4s; C-1s; C-2s; C-4s; and war canoes. The following shows the structure of Sprint Canoe/Kayak Racing competition categories under the Canadian Canoe Association.

### **Competition Categories –**

<b>Category</b>	<b>Age</b> (On 1 <sup>st</sup> of January of the year of the competition)	<b>Year of Birth</b>
<b>Atom</b>	<b>Under 10</b>	<b>1997 1998</b>
<b>Pee wee</b>	<b>10 - 11</b>	<b>1995 1996</b>
<b>Bantam</b>	<b>12 – 13</b>	<b>1993 1994</b>
<b>Midget</b>	<b>14 – 15</b>	<b>1991 1992</b>
<b>Juvenile</b>	<b>16 – 17</b>	<b>1989 1990</b>
<b>Junior</b>	<b>18+</b>	
<b>Senior</b>	<b>18+</b>	<b>Based on points accumulated at CKC</b>
<b>Masters</b>	<b>25+</b>	

Please refer to the regatta schedule in this handbook. Paddlers should discuss with their coach which regattas they will be able to attend. With this information, the coach can confirm which age groups will attend which regattas and plan crew entries. Paddlers should strive to make sure they attend all regattas for which they indicated they were available. Absences can disrupt crews with which a paddler has been training and may even mean a full crew is not available and the entry must be scratched. Such a situation is disappointing and frustrating for fellow paddlers and coaches. Please let one of the coaches know as soon as possible if any new plans interfere with regatta attendance.

Wherever possible, parents are expected to attend out of town regattas to supervise their paddler(s) (under age 19). Where this is not possible, prior arrangements must be made so that a guardian is appointed and held responsible for a paddler and the coach(s) is informed of the arrangements. We encourage the families of our paddlers to join the Club contingent at as many regattas as possible. The events and locales make for an enjoyable family vacation or a day's outing and our paddlers need all the supporters possible to cheer them on. It is also an excellent way to meet other paddlers and their families.

#### **Regional Inter-Club Regattas**

Paddlers compete locally against other clubs in the WOD Division at regional inter-club regattas held on most Saturdays from mid-June to mid-August. The other clubs include Burloak, Mississauga, Richmond Hill, West Rouge, Toronto Island and London. Please see the regatta schedule in this handbook for details. Clubs attending these regattas compete for points to determine the winner of the particular regatta (for the "burgee"), but there is no ongoing accumulation of club standings or performance requirements to qualify for subsequent competitions.

#### **WOD Qualifying Trials**

WOD qualifying trials serve as qualifying races for Provincial and

National Championship regattas. Only paddlers and crews that have shown competitive potential would be entered at this level. Trials are held locally. Please refer to the regatta schedule for details as to where and when each age category's trials will be held.

For PeeWees and Bantams competing at WOD trials, the first three winning boats in each final race qualify to compete at the Cloverleaf Championships and the first four winning boats in the Bantam category qualify to compete at the Ontario Championships.

For Midgets to Juniors competing at WOD trials, the first four winning boats in each final race qualify to compete at the National Championships and, again, the first four winning boats in each of these age categories qualify to compete at the Ontario Championships.

#### **Ontario Championships**

The first four winning boats in a final race at the WOD trials (Bantam to Junior) will compete at the Ontario Championships. This regatta is held at a venue in Ontario and this year will be held in Welland.

#### **Cloverleaf Championships**

The first three winning boats in a final race at the WOD trials (PeeWee and Bantam) will compete at the Cloverleaf Championships. This competition is held between clubs from the Western Ontario Division, Eastern Ontario Division and Quebec Division. The regatta is held at a venue in Ontario or in Quebec and this year will be held in Sydenham Lake (near Kingston Ontario). This is a very competitive regatta and club policy is that we only send experienced Bantam age paddlers to this event.

#### **National Championships**

The first three winning boats in a final race at the WOD trials (Midget to Junior) will compete at the National Championships. Clubs attend from all over the country. In the past *the Nationals* have been held in Dartmouth; Montreal; Regina; Welland; and this year will be held in Ottawa. There are no PeeWee or Bantam events at the *Nationals*; but a Bantam age paddler will often race "up" in an older category and qualify to race in that category, i.e. a Midget war canoe crew would often include a few Bantam age paddlers.

### **Ontario Team and National Team Trials**

The Club's High Performance athletes will attend regattas (team trials) that will earn them points that in turn may put them on the Ontario and National Teams.

### **Masters Regattas**

Masters events are scheduled in some of the WOD club regattas but they are "exhibition" races and may not be counted in the accumulation of points for the regatta "burgee". There are regattas that are specific to masters, for example –

- **CANMAS (Canadian Masters Championships)** is scheduled for the Sunday following *the Nationals*, and is a regatta open to anyone who is a member of CKC or the American Canoe Association. Masters competing at *the Nationals* can also take part in CANMAS providing they meet certain requirements.

### **March Break Training – Florida**

Just a brief mention here of the March Break training camp(s) that is available to our more dedicated paddlers. The Head Coach may suggest to certain paddlers who have maintained their training over the fall and winter months, that they attend a Florida training camp. The cost of this trip is the responsibility of the paddler. Efforts are made to provide information on such camp(s) before the end of November.

### **Regatta Transportation**

Prior to each regatta, the coaching staff will discuss with the paddlers which age groups and individuals will be competing. A notice will be posted at the boat house listing races and paddlers competing, and requesting the names of those who will need a ride. Parents are expected to transport their children to Regattas. It will help other parents, if parents who are driving to a regatta could arrange through their son/daughter to transport other competitors who need a ride. Maps to the regatta site will be made available. The departure and return point will either be at *The Balmy Beach Club* parking lot or at the Ashbridge's Bay parking lot. Time and location of departure will be posted.

### **Out of Town Accommodation and Transportation**

When an overnight stay is required, group accommodation, usually in a moderate price range, will be arranged by our Travel Director. Paddlers will usually be housed four to a room. Families are encouraged to attend regattas to supervise their paddler. When families are not able to attend an out-of-town regatta they must make arrangements for another family to be responsible for their child. Families may book accommodation independently or arrange with the Travel Director to reserve extra rooms. Competitors can stay with their crewmates, or with their family, this is the family's choice.

Disruptive behavior by anyone will not be tolerated. Damage to rooms, extra charges for phones/movies, etc.– on road trips may be paid for by the Club initially but the Club will definitely recover such expenses from those responsible for incurring them. Where no individuals will admit liability, charges will be applied to each paddler in the damaged room.

When a regatta requires out of town travel with at least one night at the regatta site, either family transportation, a rented van, or a chartered bus will be the means of transport. When a van or bus is required, the Travel Director makes the arrangements and the cost of transportation is then shared by the passengers. Paddlers and Parents will have to make their own travel arrangements to CKC in Ottawa. All other accommodations will be arranged by the Travel Coordinator.

Every effort will be made to provide information in a timely manner of the details of transportation and accommodation. Travel information meetings will be held and details will be published in our newsletters and by letters home. Advance payment and approval for a paddler to attend an out of town event will be requested so that reservations may be confirmed.

### **Supervision**

With the help of coaches and parents, our paddlers are closely supervised. It is a team effort – we work together! As mentioned earlier, wherever possible, parents are expected to attend out of town regattas to supervise their paddler(s) and where this is not possible, prior arrangements must be made so that a guardian is appointed and held responsible for the paddler.

### **CKC Junior Dance**

The National Championships ends with a dance for all the participants – a “junior” dance for those 18 years and under and a “senior” dance for those 19 years and over. The Club is required to provide chaperones for the junior dance and will do so from those parents in attendance at CKC. The Club also provides transportation to and from the junior dance for our paddlers (seniors are on their own!). **Paddlers are the responsibility of their parent/designated guardian in attendance at CKC before, during and after the junior dance.**

### **Corporate Sponsorship and Events**

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This year we are pursuing Corporate Sponsorship. We are looking for corporations that may be interested in a sponsorship arrangement with the Balmy Beach Canoe Club. If you have a contact at a Corporation or know of any person, or business that may be interested in an arrangement such as this, please contact Rob Cook at [robert.cook@cnq.ca](mailto:robert.cook@cnq.ca) or Jean Reeves at [jreeves@blackmont.com](mailto:jreeves@blackmont.com). We are also offering Corporate Events which will include a Dragon Boat demonstration and paddle, beach volleyball in front of the Balmy Beach Club and dinner service, if requested.

### **Important Dates**

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June 16 – Spring Lawn Sale and Rock and Roll Car Wash

July 5 – Wine tasting at Balsam Restaurant

August - CKC Sendoff

September 16 – Glenn Miller Dance

October Awards Ceremony and AGM

November 18 – Year End Paddling Dance

January 1 – Hair of the Dog fun run

## **History of The Balmy Beach Club**

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The Balmy Beach Club, a non-profit organization, has served Toronto, the Beach community and its amateur athlete members for 100 years.

The Club land was deeded to the residents of the Beach by Sir Adam Wilson and The Balmy Beach Club was incorporated in 1903 so its members could pursue such sports as "lawn bowling, tennis quoits, rowing, sailing, swimming, shooting, golf, baseball, football and cricket". Construction of the Club House was underway and it was opened for its members in 1905. Fire destroyed the Club House in 1936 but through the efforts of several of its members, it was rebuilt, only to have another fire destroy that Club House in 1963. Again, a number of members wasted little time in rebuilding the Club House and the present Club House was reopened in 1965.

Initially, The Balmy Beach Club was made up of two main sections - The Balmy Beach Canoe Club and The Balmy Beach Lawn Bowling Club. The Balmy Beach Lawn Bowling Club involved just that, but The Balmy Beach Canoe Club had under its jurisdiction the operation of other sections - the Rugby Club, the Hockey Club, the Squash Club; and other sports such as football, harriers, volleyball, basketball, deck tennis, surf boarding, tennis and anything that the members wanted to take part in. Needless to say, membership kept growing and in 1972 the Constitution of The Balmy Beach Club was rewritten and its Board of Directors became an elected body by all members of The Balmy Beach Club. Incorporated into the Constitution was the formation of five sections -

- The Balmy Beach Canoe Club
- The Balmy Beach Lawn Bowling Club
- The Balmy Beach Rugby Club
- The Balmy Beach Hockey Club
- The Balmy Beach Squash Club

## **History of The Balmy Beach Canoe Club**

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Canoe racing has been part of The Balmy Beach Canoe Club since 1905 and it was then that it held its first regatta. In 1907, the Club joined the Canoe Kayak Canada (“CKC”); presently it is one of six member clubs of the Western Ontario Division (“WOD”) of CKC. Competitive racing is offered in eight age categories, ranging from Atom (under age 10) to Masters (over age 25). Our Club has a rich tradition of successful competition over the years at the international and national levels.

- In 1924, canoeing was accepted as an exhibition event at the 1924 Olympic Games in Paris, France, and it was Beach’s Roy Nurse that led the way with two gold and four bronze medals.
- In 1936, at the Olympic Games in Berlin, Germany, Harvey Charter and Warren Saker in C-2 won silver and bronze medals. Team-mate, Bill Williamson, was also selected to race in double blade singles (kayaks were not used at the time).
- Norm Lane, paddling in C-1, won a bronze medal at the 1948 Games in London, England, and brother, Ken Lane, with Don Hawgood in C-2 won silver medals at the 1952 Games in Helsinki, Finland.
- Jim Mossman, Head Coach of the Club for over 25 years, was selected to coach Canada’s National Canoe Team at the 1960, 1964, 1968 and 1972 Olympics.
- At the national level, Balmy Beach has won the overall National Championships (the coveted “Burgee”) in 1915, 1919, 1927, 1951 and 1955.

## **Club Administration**

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The management of the affairs of The Balmy Beach Canoe Club is vested entirely in its Executive Board. The Executive consists of the offices of Commodore, 1<sup>st</sup> Vice-Commodore, 2<sup>nd</sup> Vice-Commodore, Rear Commodore, Treasurer, Secretary, Past Commodore, a Paddlers’ Representative, the Head Coach and Executive appointed Directors. The current Board is listed in this handbook.



The Club is a non-profit organization whose expenses are considerably higher than Club registration fees. Fundraising activities are required to maintain operations and to provide professionally coached programs and up-to-date competitive equipment. In order for the success of the Club to continue, involvement by parents and paddlers is essential and is a condition of membership. Commitment to assist and participate in a fundraising event will be requested from each paddler family. **Each member/family is expected to donate ten (10) volunteer hours to club activities throughout the year.**

**Social/fundraising events take place throughout the year starting with the Hair of the Dog Run on January 1; Glenn Miller dances; bar-b-ques; a CKC send-off in August; the 200 Club Elimination Draw/Dance/Silent Auction in September. We welcome new ideas for other events. Watch the newsletters for up-to-date information on Club happenings and ensure your e-mail address is included on your registration form so that you receive notices of importance concerning such things as schedule changes, regatta information and volunteer opportunities.**

The Club coaching staff is required to have at a minimum the National Coaching Certificate Program ("NCCP") Level 1, training in C.P.R. and Safety and First Aid, and to have the authorized Port Authority and Coast Guard motor boat licenses. No one without a boat license may drive a boat. All Club executive, directors, coaches, boat drivers and officials are aware of the Canadian Canoe Association Code of Safety and will enforce it. It is available for everyone's information on the CKC website.

## **CLUB DIRECTORY**

### **EXECUTIVE**

Ted Roworth	Commodore	416-699-7803	<a href="mailto:roworth@rogers.com">roworth@rogers.com</a>
Pat Fremeau	1 <sup>st</sup> Vice Commodore (travel)	416-690-8390	<a href="mailto:pfrem60@rogers.com">pfrem60@rogers.com</a>
Julia Bourque	2 <sup>nd</sup> Vice Commodore	416-699-3896	<a href="mailto:julia@elevationA.com">julia@elevationA.com</a>
Mark Potter	Treasurer	416-699-3896	<a href="mailto:mpotter@trinity-group.com">mpotter@trinity-group.com</a>
Grudy Deligrudev	Rear Commodore	416-888-3722	<a href="mailto:grudy@eol.ca">grudy@eol.ca</a>
Gaynor Reader	Secretary	416-693-1063	<a href="mailto:gnreader@rogers.com">gnreader@rogers.com</a>
Dave Miller	Past Commodore	416-999-1959	<a href="mailto:dmiller@markham.ca">dmiller@markham.ca</a>
<b><u>DIRECTORS</u></b>			
Bob Stuart	Waterfront Director	416-691-6869	<a href="mailto:bob.stuart@sympatico.ca">bob.stuart@sympatico.ca</a>
Ken Lane	Bingo/ Financial	416-267-2447	<a href="mailto:krlane@rogers.com">krlane@rogers.com</a>
Eleanor McIntyre	Registrar	416-691-0835	<a href="mailto:eleanor_mcintyre@hotmail.com">eleanor_mcintyre@hotmail.com</a>

**COACHES**

Rob Stott	Head Coach	416-406-5565	<a href="mailto:rkstott@sympatico.ca">rkstott@sympatico.ca</a>
Ross Bain	Assistant Head Coach	416-652-0138	<a href="mailto:rossbain@mac.com">rossbain@mac.com</a>
Alex Potter	Summer Canoe Camp Coordinator	416-699-3896	<a href="mailto:alex.potter@utoronto.ca">alex.potter@utoronto.ca</a>
Kevin McIntyre	Development Coach	416-999-2134	<a href="mailto:kev_mac_@hotmail.com">kev_mac_@hotmail.com</a>
Liz McKeever	Canoe Kids Coordinator	416-690-4745	<a href="mailto:liz_biz_3@hotmail.com">liz_biz_3@hotmail.com</a>
Brandon Leverman	Bantam Coach	416-699-2361	<a href="mailto:bleverman@rogers.com">bleverman@rogers.com</a>
Luke Martelli	Bantam Coach	416-691-6297	<a href="mailto:myfathers_son@hotmail.com">myfathers_son@hotmail.com</a>
Leigh Salter	Masters Coordinator		<a href="mailto:leighsalter@hotmail.com">leighsalter@hotmail.com</a>
<b>Sports Camp</b>			
Lynn Roworth	Camp Manager	416-691-9802 (leave message)	

## 2007 Regatta Schedule

<i>Date 2007</i>	<i>Event</i>	<i>Location</i>	<i>Category</i>
Saturday June 9	Mississauga Regatta	Mississauga Canoe Club	Bantam- Masters
Sunday June 10	Mississauga Dragonboat Festival	Mississauga Canoe Club	Dragonboat
Sunday July 1	Dominion Day Regatta,	Toronto Island	Midget- Masters
Saturday July 7	WOD BANTAM	Richmond Hill	Bantams
Saturday/ Sunday July 14/15	Ontario Team Trials	Rideau Canoe Club Ottawa	Midget- Senior
Saturday July 21	Balmy Beach Canoe Club Regatta	Toronto Island	ALL
Saturday July 28	WOD Masters	Richmond Hill	Masters
Saturday/ Sunday August 4/5	WOD Trials	Welland	ALL
Wed August 8	WOD Atom Championsh ips	Richmond Hill	Atoms
Saturday August 11	Ontario Championsh ips	Welland	Midget- Senior
Sunday August 18	Cloverleaf	Sydenham	Bantam
Wed – Sat Aug 22 – 25	CKC National Championsh ips	Rideau Canoe Club Ottawa	Midget- Senior
Sunday Aug 26	CanMas,	Rideau Canoe Club Ottawa	Masters

**My Notes:**