



PISIQUID CANOE CLUB 2019 ANNUAL REPORT

2019 was a tremendous success for our Pisiquid Canoe Club. The level of commitment and leadership of our head coach and our coaching staff has been critical to our recent successes and continues to meet our long-term goals and objectives. Our year-round program has grown exponentially through the fall and winter with the largest number of fall and winter paddlers ever recorded. Although small in overall numbers compared to most other Atlantic Division clubs, the competitive performance of our athletes have continued to trend in the positive direction.

Winter & Spring Programs

Our 2018/19 winter programming resumed with relatively good membership numbers for December through March, along with strong membership growth for the spring program from April through June. Spring training for Pisiquid started with Coach Christian in April for a solid group of athletes at Lake Pisiquid who later moved to Shey Lake for mid-April and May due to Lake Pisiquid drainage, where Christian was joined by assistant head coaches Savannah Sullivan and Tom Hall. This training returned to Lake Pisiquid at the end of May, to start their regular on-water spring training for the month of June. The spring season officially wrapped up with a group overnight sleepover session and team builder at the Pisiquid Canoe Club.

Summer Program

A total of five summer assistant coaches were hired to work under Christian's supervision. In addition, Pisiquid re-hired a summer club manager to assist with administrative functions for the club. All of the summer coaches were provided opportunity for additional training and professional development through ADCKC as required.

Our U8 program experienced an increase in numbers and continued the improved supervision throughout the 2019 season, which overall created an improved U8 experience for our youngest kids over the past 2 years. Many of the U8 program kids were paddle and train with the U10 age group; most of our U8's compete in the U10 events and a few participate in the U12 team events. This U8 program continues to help recruit future paddlers into our sport at a younger age. Target membership for 2020 will be around 20-25 summer members in the U8 program, again to be supervised by 2 assistant coaches (ideally 1 male and 1 female).

The 2019 summer program had solid Learn-to-Paddle 2-week camp membership numbers for the first camp of the summer. The intent of this program is to offer an intro canoe/kayak program to beginner paddlers that may be unsure if they want to participate and commit to the full summer membership. We believe this 2-week program has directly supported our recruitment efforts to our full summer program. Perspective paddlers are given a boot camp of fundamentals to allow them to progress into their age division with the full-time summer paddlers as quickly as possible.

<u>PCC Membership</u>		<u>2017</u>	<u>2018</u>	<u>2019</u>
<i>Spring</i>	<i>U10</i>	0	10	3
	<i>U12</i>	1	3	6
	<i>U14</i>	1	1	5
	<i>U16</i>	2	2	1
	<i>U18</i>	-	-	2
<i>Summer</i>	<i>U8</i>	23	13	17
	<i>U10</i>	25	33	17
	<i>U12</i>	13	8	29
	<i>U14</i>	3	3	13
	<i>U16</i>	1	4	2
	<i>Jr/Sr</i>	5	4	3
	<i>Adult/Masters</i>	5	7	9
	<i>LTP Camps</i>	34	20	19
<i>Fall</i>	<i>U10</i>	7	16	7
	<i>U12</i>	6	6	16
	<i>U14</i>	1	1	9
	<i>U16</i>	1	2	2
<i>Year-Round (new)</i>	<i>U12</i>	-	-	5
	<i>U14</i>	-	-	9
	<i>U16</i>	-	-	4
<i>Total (Summer):</i>		109	92	112



Our team had some great performances throughout the year with our U8 and U11 paddlers showing very strong performances at the U10 Events held at Abenaki in July and at Pisiquid in August. This strong performance continued with our U12 and U14 athletes at our regional regattas and Atlantic Championships in August.

Congratulations to our athletes who made it to finals, and to all racing to gain personal bests. This year our Pisiquid paddlers finished 5th overall at ADCKC U12/U14 Champs, winning 9 medals (1 Gold, 3 Silver, 5 Bronze), the first medals in over a decade at this event; 3 War Canoe Medals, the clubs first in 19 years (Pisiquid being the only club to medal in all three U12 war canoe events); scoring 157.5 points (up from 30 points in 2018, 9 points in 2017 and 3 points in 2016); finishing ahead of clubs from Mic Mac, Orenda, Sackawa, Abenaki and Kennebecasis. Objectives for 2020 include finishing in the top 3 clubs overall, including medals in 4 war canoe events.

Pisiquid qualified many athletes for the National Championships at ADCKC 16+ Champs/Nationals Qualifying from mostly underaged crews. Sending athletes every year to Nationals remains a club objective. We anticipate sending a core group of 20+ athletes for primarily war canoe crews to the 2020 CKC Championships in Ottawa, ON; with the plan of preparing and qualifying a larger team contingent for the 2021 CKC Championships in Dartmouth, NS.

Our Masters program continued as only a recreational program for the 2019 season, and it is our objective is to continue to offer a recreational program in 2020. Our long-term goal is to re-establish a competitive Masters program in the next 1-2 years from our recreational adult members, with the hope to fill a mixed gender war canoe, along with various small boat competitors.

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Pisiquid Survivor

New for 2019, the club established a new Pisiquid Survivor Fundraiser to raise funds to offset club operational costs, by having each member family sell a minimum of \$100 worth of fundraiser entries. Every Monday evening through the summer, our coaches participated in an online reverse draw. Thanks again to our member families efforts we raised \$5,643 throughout the summer. We plan to continue to hold this same fundraiser each year throughout our summer season.

8th Annual Paddle-a-Thon

On Friday, August 30, we held our 8th Annual Paddle-a-Thon fundraiser. Thanks again to our numerous business sponsors we raised \$5,643 in a single day. These funds raised are utilized to offset significant club operational costs, including our coaching wages, insurance and equipment upgrades and ongoing maintenance. We plan to continue to hold this single-day fundraiser each year however the event will be moved earlier in the season to accommodate athletes and families participating in U12/U14 Champs and CKC Nationals. Our club will continue to try and expand its success, by increasing the promotion of the event by our member families to our local business community.

Fall Program

Our 2019 fall program membership was the most successful ever recorded by the club. 34 after-school athletes aged U8-U16 trained on and off water from the first of September until the end of-November to progress their long-term paddling training. We had recognized the fundamental need to grow this fall program and previously had an objective for at least 15 members for the fall season... so we continue to exceed our expectations and objectives. For successful growth and performance by our club, our head coach and staff must continue to promote this fall program to our paddlers and families and recruit participants by mid-summer. Our goal for 2020 will be to continue to grow the fall training group, and plan to employ 2 coaches throughout the fall to effectively execute the fall programming.



2019/20 Winter Program

PCC's winter program has increased in size again and is currently at 18 athletes; up from 11 in 2018/19 and 7 2017/18. Continued growth of this program is essential for competitive success for our U12+ age groups. We foresee increased participation in future years as the number of older athletes at the club continues to grow. The winter program this year includes additional cross-training such as swimming weekly at the Acadia pool.

Equipment, Repair & Maintenance

Over the winter and early spring, Christian and volunteers will work to arrange for the repair of our fleet of boats, thus ensuring that we are 100% ready for the 2020 season. We will arrange for coaches and a volunteer group to meet at the club to perform various maintenance and repairs to the club and equipment. We have already replaced most of our boat numbers to ensure that we have all the necessary equipment needed for the upcoming regatta season.

This past summer, our coaching staff installed our existing racing lanes and buoys in Lake Pisiquid and we hosted one ADCKC U11 event. We still require many upgrades and repairs to our 500m course in the inner basin, in addition to distance training buoy aids being installed up to 5000m over the length of Lake Pisiquid. We are planning to reduce the number of lanes and improve the quality of our existing course, with the addition of leader lines to the existing racing lane wires. For the 2020 season, we will be pursuing a U11 event for August, as well as host a *"Just Paddle-it"* Event for the PumpkinFest event in October.

Our 2020 maintenance strategy shall continue to ensure that paddlers and coaches are equipped with the tools and resources required for active growth of Pisiquid Canoe Club. We shall continue to seek maintenance and equipment improvement opportunities that can be funded through corporate sponsorship, event-specific fundraising and community donations. In summary, our maintenance plans for 2020 will include:

2020 Planned Boat Maintenance

- refinish our wooden Bear Mountain War Canoe and wooden Crew '54 C4;
- structural repairs to all boats, including all bow/stern chips and split hulls;
- repairs to kayak steering, footboards and foam; and
- repairs to canoe floorboards and foot supports.

2020 Planned Equipment Upgrades

- addition of a competitive Nelo K4 Size L boat for our older athletes;
- addition of competitive club kayak racing paddles for our younger athletes;
- replacement of missing back numbers and boat numbers, as necessary; and
- annual repairs and repainting of club canoe and kayak racing paddles, as necessary.

2020 Planned Property Maintenance

- race course repairs; remove 3 lane lines, addition of leader lines on both ends of course;
- installation of distance training buoy aids up to 5000m in Lake Pisiquid;
- replacement of the floor in the lower entry of the clubhouse; and
- repainting of the washrooms, change rooms and gym prior to the summer season.

Building Renovation

We are happy to announce that through our annual club fundraising, we were finally able to reimburse our contractor for our club renovation project. We recognize the continued costs relating to annual maintenance and cleaning and will require assistance from volunteers and member families to keep our club well-maintained throughout the 2020 season.



In conclusion, we are confident in the continued growth and improvement of our Pisiquid Canoe Club programming to meet our stated objectives for the 2020 season. Under the guidance and vision of our head coach Christian and with the volunteer efforts of our board of directors, members and parents, we feel that our club will continue to grow in membership, financial stability, and performance outcomes of our athletes.

All the best for 2020!

A handwritten signature in black ink, consisting of a series of loops and a long horizontal stroke extending to the right.

Brad Carrigan
Commodore, Pisiquid Canoe Club

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ROLES OF PISIQUID BOARD OF DIRECTORS

Commodore

Commodore shall have general supervision of the activities of the Society and shall perform such duties as may be assigned to time by the Board of Directors from time to time.

Vice Commodore

Vice Commodore shall, at the request of the Board and subject to its directors, perform the duties of the Commodore during the absence, illness or incapacity of the Commodore or during such period as the Commodore may request him/her to do so. The Vice Commodore is also appointed as the custodian of all records relating to staff and volunteer criminal record and vulnerable sector checks.

Paddling Chair

Paddling Chair shall be responsible to ensure the athlete development pathway is in line with the club's strategic priorities, including the liaison with the Head Coach and staff on all paddling related issues.

Secretary

Secretary shall keep the minutes of the meetings of members and directors and shall support the Head Coach and staff by being responsible for all general external club announcements made via social media.

Treasurer

Treasurer shall maintain the financial accounts of the Society and make a written report to the members upon the balance sheet and operating accounts.

Registrar

Registrar shall ensure that all members are registered on the ADCKC and CKC registration systems and that all initiation and membership dues are collected on behalf of the Treasurer, and shall support the Head Coach and staff by being responsible for all general external club announcements made via email.

STRATEGIC DIRECTION & VISION

- *Offer Recreational and Competitive Paddling Opportunities for All Members*
- *Provide an Affordable and Inclusive Program for our Community*
- *Ensure the Safety of our Participants and our Equipment*

OBJECTIVE #1 – Head Coach & Program Leadership

- Head coach to undertake long-term year-round sprint racing training programming
- Improve development of future coaching staff through annual succession planning
- Strengthen the technical leadership at the club
- Enhancement of the sprint racing program through multi-boat and multi-age programming
- Increase the pool of athletes being developed into “competitive” athletes
- Increase the number of members introduced into the sport of paddling
- Follow the CKC sprint LTAD technical progression model

OBJECTIVE #2 – Community Involvement & Inclusion

- Enhance profile of sprint racing to be a mainstream sport in the Windsor/West Hants region, instead of the perception as an alternative sport option
- Enhance sprint racing profile and contribution to the Windsor/West Hants region, through regular community inclusion in programming and public open-house events
- Structured annual recruitment of additional youth members into sprint racing
- Development of Masters, PaddleAll and ParaCanoe/ParaKayak programming at our club
- Support development of the sport of sprint racing in surrounding communities

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OBJECTIVE #3 – Facility & Equipment Improvement

- Resolve emergency boat maintenance issues as they occur
- Outsource fleet maintenance during winter and spring
- Annual investment into minor equipment improvements; club paddles, blocks/buns, boat numbers & back numbers, etc.
- Investment into strategic competitive club boat replacement
- Investment into fundamental off-season training and dryland training equipment

OBJECTIVE #4 – Financial Responsibility

- Maintain positive cash flow with a defined minimum balance (e.g. \$10,000)
- Undertake fundraising events with the purpose of funding specific capital improvements and programming initiatives (strategic replacement of boats and equipment)
- Undertake capital facilities and replacement equipment strategies; target potential government grants, corporate sponsorship and donations for future expansion and growth

Head Coach's Year in Review

The 2019 season was one of growth for our program, both in terms of numbers and success. Starting with Spring 2019 where we had 15 full-time paddlers up from 4 in 2018, adding several more for June. We found a new location to paddle at Shey Lake while Lake Pisiquid was drained – this allowed us to be closer to the club rather than 25 minutes away at Camp Mockingee. Our spring paddlers competed in several events including ADCKC trials and U16 Regatta #1.

Summer 2019 saw increased total membership of 112 which posed challenges but was generally awesome – it was great to be able to put out more war canoes and crew boats at events. Pisiquid saw the largest membership growth proportionally of all ADCKC clubs by a significant amount. With a summer staff of 7 we were busy but able to run a great program which saw lots of time on water for all age groups. Restructuring is needed for 2020 as the high performance/development groups from Summer/Fall 2019 will likely split into 3 groups to allow more individual coaching and to ensure speed-appropriate training groups. This will pose challenges but these are good problems to have as we transition into a club of equivalent size to other ADCKC programs.

Highlights from Summer 2019 include:

- 5th overall finish at ADCKC U12/U14 Champs, winning 9 medals (1 Gold, 3 Silver, 5 Bronze). These were the club's first medals in over a decade at this event.
- 3 war canoe medals at U12/U14 Champs, the club's first in 19 years. Only Maskwa won more war canoe medals at this event. Pisiquid was the only club to medal in all three U12 war canoe events.
- Lots of finalists at ADCKC 16+ Champs/Nationals Qualifying from mostly underaged crews.
- Great results and lots of fun at U10 events – huge improvements from the first to second regattas.
- 2 athletes named to ADCKC U14 Core Team.

Fall 2019 and Winter 2019/20 again saw our largest ever programs with 34 and 18 participants respectively. We have significantly exceeded our 2017 goal of having 15 participants total in offseason programming. We are currently working towards Nationals 2020 and sending a significant team including war canoe teams to this event.

Goals for 2020 include:

- Top 3 overall finish at ADCKC U12/U14 Champs including 4 war canoe medals.
- 25-30 paddlers for Spring 2020 full program, additional athletes for June only.
- Increased growth of summer membership to 125+.
- Top 9 at CKC Nationals in U16 K4 events, U16 mixed C15, U16 & Junior womens C15.
- 4+ Athletes named to ADCKC teams.
- Continued investments in equipment including a new K4 and new club paddles
- Growth of Fall 2020 membership to 40+, Winter 2020-21 to 25+ athletes
- Planning of Spring 2021 Florida training camp with 8-10 athletes.

Submitted by Christian Hall