



Information & Registration Package: OCup 2 - Spring Sports Camp

EVENT: OCup 2 – Spring Sports Camp

DATES: Saturday, June 16th & Sunday, June 17th, 2018

VENUE: Mississauga Canoe Club - Mississauga, ON www.mississaugacanoeclub.ca

PURPOSE:

The camp objectives are to provide technical development opportunities for LTAD Training to Train stage (U13, U14, U15 & U16 development) paddlers, and off-water sport activities in a fun and competitive environment. Participants should be prepared to train four (4) sessions per day, including paddling, running and games.

Participants will also compete for their individual clubs in a 6km running race, a 6km on-water time control and multiple 400m on-water time controls.

Camp Specifics

1. The camp is open to U13, U14, U15, and U16 development paddlers who will be instructed by club coaches from across Ontario.
2. Participants will sign in on Saturday, June 16th at **9:30 am** in MCC's main hall.
3. Participants/Clubs are responsible for transporting their own singles.
4. To participate, all participants must be registered with a CKC member club for the 2018 season and must be in "good standing" with the Ontario Canoe Sprint Racing Affiliation (OCSRA) and their member club.
5. All payments for any outstanding accounts to OCSRA must be made in advance of the camp.

Preliminary Schedule

Saturday, June 16		Sunday, June 17	
9:30 am	Check-in, intro	8:30 am	Check-in
10:00 am	Paddle #1	9:00 am	6km running race
11:30 am	Team Activity - Sports Game #1	10:30 am	6km on-water TC
12:30 pm	Lunch	12:00 pm	Lunch
1:30 pm	Paddle #2	1:00 pm	400m on-water Block Start



3:00 pm	Team Activity - Sports Game #2	2:30 pm	Team Activity - Sports Game #3
4:30 pm	Paddle #3	3:30 am	Travel home
6:00 pm	Dinner		
7:00 pm	Team Activity - Talent Show		

Fees

The fee for participants who require accommodation is \$130* and \$65 for those who do not require accommodation (fee includes meals, *accommodation, coaching and camp t-shirt).

Accommodation

Hotel rooms will be provided for out-of-town participants at the Holiday Inn Toronto/Mississauga 2125 North Sheridan Way, Mississauga ON. Please indicate on the registration form if you require a hotel room. Rooms accommodate up to four (4) participants per room.

Meals

Lunch and dinner will be provided on Saturday, lunch on Sunday, as well as breakfast for those staying in the hotel. Water and snacks will also be available. Participants may also bring additional snacks (peanut free please!).

What to Bring

- Singles (kayak or canoe)
- Paddle, blocks, floorboard, seat, footrests
- Paddling clothes
- Running shoes, running gear
- Towel and toiletries
- Clothing for inclement weather
- Any additional snacks

Registration Details

1. **Deadline for registration is Monday, June 11th, 2018 by 5:00 p.m.** Registrations are to be completed on the attached OCSRA 2018 OCup 2 - Spring Camp entry form and emailed to Technical Director, Ryan Blair ryanblair@gmail.com.



2. All participants must complete OCSRA's 2018 online participant waiver form. The waiver form only needs to be complete once per year. If you have already completed it at OCup 1 – Ontario Team Trials you don't need to do so again.

Burgee & OCup Series Points

1. Participants total time in the 6km running race, 6km time control and best three (3) 400m time control results will be used to calculate each participant ranking. The fastest total time in each age category/discipline will be the winner.
2. Burgee points will be awarded to the Top 8 performances in each category (see points table below).
3. OCup Series **Grand Champion** points will combine a club's total points from all four (4) OCup events (OCup 1, OCup 2, OCup 3 and OCup 4). OCup Series **Excellence Award** points will combine a club's total points from all four (4) OCup events, divided by the number of club participants in each event. *For example, Club "X" receives 100 points at OCup 1 with 10 participants. Club "X" will receive 10 points towards the OCup Series Excellence Award.*

Fastest Total Time	Total Points
1st	16
2 nd	8
3 rd	6
4 th	5
5 th	4
6 th	3
7 th	2
8 th	1

Reminder: Entry Deadline: Monday, June 11th, 2018 by 5:00 p.m.

Ryan Blair

Technical Director, OCSRA

ryanblair@gmail.com

www.ocsra.ca