



Canoe Slalom Program Fee Structure

1 Year Program Subscription

HIGH PERFORMANCE - \$2750 or payments of \$229.17/month

- Annual training program for athletes based in Ottawa and training year round.
- Includes: on-water technical/physical training, periodized canoe slalom training program, strength and conditioning programs, coaching at major domestic events and training camps, access to coaching feedback while training at camps/competitions.
- **eligibility: athletes committed to a high performance annual training based out of Ottawa which includes competing in age category National Team Trials, National Championships , and/or additional training camps.**

DEVELOPMENT - \$1200 or payments of \$100/month

- Reduced commitment annual training program for athletes based in Ottawa and training year round.
- Includes: on-water technical/physical training; strength and conditioning programs, coaching at major domestic events; coaching at training camps (if space availability after prioritizing HP paying athletes)
- **eligibility: athletes committed to annual training based out of Ottawa training approx 10x/month**

6 Month Program Subscription

HIGH PERFORMANCE – Please discuss your options with WO Head Coach/Director of Competition. Start with a 1 - month plan to begin.

DEVELOPMENT - \$700 or payments of \$116.67/month

- six-month training program for athletes based in and out of province
- includes on-water technical/physical training, access to periodized canoe slalom training, program, coaching at training camps (if space availability after prioritizing HP paying athletes) in six month period, strength and conditioning programs (winter)
- **eligibility: athletes committed to training approx 10x/month with the coach when in Ottawa**

Registration link: <http://goo.gl/forms/u6dQDGcHG9>

All payments are due the 1st of the month and must be made by the 15th of each month.

Cheques are payable to *Whitewater Ontario*

Mailed to:

**Whitewater Ontario
411 Carnegie Beach Road
Port Perry, ON L9L 1B6**

OR Email \$ Transfer to info@whitewaterontario.ca

***All pricing is subject to additional costs to cover coach expenses on a per training camp/competition basis. The WO Head Coach's expenses will be divided up and covered only by athletes on a specific trip. WO may choose to subsidize these costs, if funding is available, for certain events at the discretion of the Competition Committee and the WO Executive.

Additional Training Subscription Options

1 Month Program - \$400/month

- All sessions for Development or HP Program at discretion of the WO Head Coach per month for athletes based out of city/province or committed on a short term basis
- includes on-water or off-water sessions depending on season
- no access to strength program or periodized training programs for the year
- **eligibility: must have comfort level of completing basic training sessions in either in the boat/erg/gym.**

Training Camp + Race Coaching fee

- 4 day training camp - \$200
- 7 day training camp - \$275
- includes full training program for the week plus off water coaching (mental preparation, video review sessions, etc) leading up to and throughout race weekend.
- **eligibility: out of province based athletes who are committed to alternate training and racing programs; priority of coaching space for TC + RACE goes to Ontario Athletes first, then athletes paying this fee**

Adult Slalom Program - \$125 for 5 sessions

- a mix of courses set for workouts, technique sessions, interval training
- **eligibility: adult paddlers who have their own slalom equipment and are confident paddling basic slalom technique. Not an intro to slalom program.**

Registration link: <http://goo.gl/forms/u6dQDGcHG9>

All payments are due the 1st of the month and must be made by the 15th of each month or prior to beginning the program. Post dated cheques are a suggested option.

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