



Mission — To support USACK affiliated clubs in their efforts to provide paddling programs to their members and communities.

Vision — To foster an environment in which athletes, coaches, officials, directors, parents and volunteers are valued and respected in their efforts to support the growth of sprint canoe and kayak.

Junior World Team – Racice, Czech Republic July 27 – 29, 2007

These athletes took part in the Junior World Trials June 28 / 29, the Ottawa Canada Day Regatta, July 1, Training and Assessment Camp, July 2 – 6, Time Controls on July 6 and the Lake Placid International Regatta on July 7,8 — to be finally selected by the Sprint Selection Committee on July 8.

Congratulations to the following athletes named to the 2007 Junior World Championship Team

Emily Vinson, LCKC – Kayak Singles

Peter Metzger, Seattle CKC – Kayak Single

Alden Keefe – Sampson, Seattle CKC – Canoe Singles

EJ Haught & Peter Petrovics, Washington CC – Kayak Doubles

Katarina Batina & Katy Hill, Gig Harbor – Kayak Doubles

Cedric Bond, Gig Harbor, Nick Hanoian, San Diego CKT, Sheaffer Sorrels, LCKC, Erk Edwards, Three Rivers — Kayak Fours

Kelsey Baker, Gig Harbor, Abie Barber, Gig Harbor, Mary Taylor, LCKC, Nicole Mallory — Kayak Fours

Coaching staff — Jerzy Dziadkowiec, David Robertson, LCKC, Alan Anderson, Gig Harbor.

The team will leave for a one week training camp in Kormanó, Slovakia and then go into the Czech Republic on July 24 for the final preparations for the Junior World Championships on July 27 – 29. The team will return to JFK New York on July 30.

Coaching Education — High Performance 1

The following coaches took part in the *High Performance 1* five day workshop offered the week of July 2 – 6 in Lake Placid.

Alan Anderson, Head Coach Gig Harbor; Chris Zimmer, Coach San Diego Canoe and Kayak Team; Wanda Blackburn, Dana Richardson, and Joseph Carillo, Coaches Southeast Paddlers; Devri Robertson, Coach Lanier Canoe and Kayak Club; Robyn Singh, Head Coach, HCKT and David Robertson, Head Coach, Lanier Canoe and Kayak Club.

Topics included: National Technical Models for Sprint Canoe and Kayak; Canoe and Kayak Tech Chek for video analysis; Tech Chek posters for display at clubs; Video clips to review and give to coaching candidates; Yearly Plan – templates and examples of how to build; Periodization — micro, meso and macro cycles; Peaking and Tapering principles.

Binders were issued to all with modules included on the HP1 seminar topics.

Congratulations to all participants on their level of professionalism, enthusiasm and commitment to the athletes in our sport.

The next set of modules will be offered at the discipline camps this fall.

At the USACK Annual General Meeting on November 10,11, 2007 in Oklahoma City, there will be a professional development coaches seminar. Details to follow.

Junior Development Camp—June 2 – 6

Wow — what a huge success. Forty athletes and nine coaches were involved in this five day camp. Each day began with a coaches meeting at 8:00 am followed by dryland athletic workouts. On the water at 9:30 in team boats or singles the athletes were divided into groups and assigned to coaches for that session.

Paddling with new friends from the participating clubs the athletes quickly got into the camp routine. An on water group photo was taken as well as photos on the land with the USACK issued camp t-shirts — both photos are attached. All participants received certificates, pins and the new USACK stickers.

Thank you to all participants and coaches.

Lanier Canoe and Kayak Club — Wyatt Gumz, Luke Potts, Chris Miller, Steven Leech, Chelsea Smith, Skyler Bragg, Rachel Elzey, Morgan Smith, Kaitlyn Dill, Macy Dwyer, Samantha Lopez, Anna Crawford, Ben Hefner, Brady Bragg and Anne Blanchard.

Southeast — Hunter Rowland, Hezekiah Blackburn, John Blackburn, Katie Hughes, Leah Kopietz, Cannie Ash, Lindsey Carr

Gig Harbor — Rhoderic Bond, Annie Truscott, Emily Winskill, Sara Armstrong

HCKT — BJ Campbell, Kaihe Chong, Chris Fong, Alex Cheung, Will Kuhr

Seattle Canoe and Kayak Club — David Johnson, Nick Toering

San Diego Canoe and Kayak Team — Ryan Stock

Washington Canoe Club — Ian Ross, Sean Havens, Maia Farrar – Wellman

Coaches involved — Alan Anderson, Head Coach Gig Harbor, David Robertson, Head Coach LCKC, Robyn Singh, Head Coach HCKT, Chris Zimmer, SDCKT, Joseph Carillo, Dana Richardson, and Wanda Blackburn Southeast and Devri Robertson, LCKC

NEW — National Development Team — Selection Procedures

This new initiative was posted on the USACK website on Friday, June 29th, 2007. After receiving unanimous approval of the Sprint Racing Committee and the Sprint Selection Committee this document takes our sport in a new and exciting direction.

To be named to the ND Team, an athlete's top three of four singles results from the Junior Team Trials and Nationals will receive points to form a National Discipline Ranking List. These athletes will then be invited to take part in National Discipline Camps late this fall.

Please see the Website for details — contact me with questions.

Seals Spray Covers

Joe Galea has been donating spray covers to our National and Olympic Teams since 1984.

This tradition continues as he has graciously made these high quality items for the Junior World Team.

THANK YOU —

Mary Garland and her volunteer crew for running a great Trials

Peter Davis for setting an amazing course

Terry Kent for running a superb Regatta on July 7/8

Terry Lamb and his staff for housing the Junior Team and Pan Am Team at the Olympic Training Center in Lake Placid

Missy Hill for all the photos

Connie Hagler for her assistance with forms and results

Joe Galea for donating spray covers to the Junior World Team

Supportive parents who chaperoned or were there when needed

The many athletes who came to Lake Placid striving to be better paddlers but always showing that “it's more than the boat”

“Friendships through paddling”

Mac