



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.

National Association of Coaches in Canoe/Kayak — NACCK

On August 15th, 2007 at the USACK National Sprint Championships a noon hour coaches meeting was convened with all clubs represented by the following coaches:

Gig Harbor - Alan Anderson, Head Coach / Mike Bales, Asst Canoe Coach / John Sousley, Asst Canoe Coach / Graham Ulmer, Asst Kayak Coach

Seattle Canoe Club - Dave Fort / Chris Henderson / Aasim Saleh / Eric Hughes

Washington Canoe Club - Darek Oborski, Head Coach

Rockaway - Scott Greifenberger, Coach / Suzanne Stucchio, Volunteer coach

Portland Canoe and Kayak Club - Ted Braun, Coach

Lincoln Park Boat Club - Balazs Hunek

Cascade Canoe and Kayak Club - Dan Henderson, Head Coach

Hawaii Canoe and Kayak Team - Robyn Singh, Head Coach

Lanier Canoe and Kayak Club - David Robertson, Head Coach / Devri Robertson, Asst Coach

Southeast Paddlers - Wanda Blackburn, Volunteer Youth Program Coach

San Diego Canoe and Kayak Team - Chris Barlow, Head Coach / Chris Zimmer, Asst Coach

Jerzy Dziadkowiec, former US National Team Head Coach

After discussing the concept of forming a National Association for Coaches in Canoe and Kayak — NACCK — and outlining some of the following goals:

- an association for coaches, to support the growth of sprint canoe and kayak in the US
- a structured forum for club coaches to exchange views on National issues
- an association that fosters the ideals of sportmanship and respect towards officials and athletes at all times during training and competitions
- to meet annually at the National Championships
- to maintain communication through the USACK website, newsletter and emails
- to keep coaches aware of coaching education workshops, coaching best practices and USOC Development Seminars
- to provide coaching development opportunities to interested and qualified and / or certified coaches - for example, National Development Camps and International Coaching Experiences (ICE)
- to maintain a current USACK Coaches data base

A motion was put forward by Mac Hickox, NDC and seconded by David Robertson, Head Coach Lanier CKC "A motion to form a National Association of Coaches in Canoe and Kayak — NACCK."

After a brief discussion the vote was called and passed unanimously. At that point it was agreed that Mac Hickox the NDC would chair this association and develop a formal constitution for review and ratification. This was an exciting step again to foster the continued development of our valued coaches across the United States.

A second meeting of the coaches was held on Friday, August 17th at noon, at which time Gina Sanchez, Chair of the USACK board and David Yarborough, Exec. Dir. of USACK attended and supported the new association enthusiastically. Gina assured all that NACCK will be formally recognized by the Sprint Racing Committee at the next conference call.

Mac passed out to all clubs the Barton Bantams - 200km Fall Club Charts. This new initiative will begin the first of September and allow Bantams to track their kilometers to the end of October — athletes that achieve the 200 km target will be recognized with National Awards. Coaches are asked to submit the names of successful Bantam candidates to the NDC at the end of October and the awards will be available at the AGM in Oklahoma City on Nov 10th.

National Strength and Conditioning Programs & Testing Protocols — FITDEX

Beginning this October, all coaches will receive a strength and conditioning program developed by Kim Sanborn, Strength and Conditioning Coordinator, USOC - OTC - Chula Vista. Kim has been working with Nathan Luce, National Team Coach and the National team athletes and has a solid understanding of the needs of our athletes in the strength and conditioning areas.

Kim met with the coaches at the Nationals, following meetings held with the NDC, to outline the year round S&C program tailored to your Canoe / Kayak athletes.

At the end of the first 6 week phase, coaches will be asked to test all their athletes according to a published set of testing protocols that will be developed by Kim and forward these results back to her through the NDC. Multiple new programs will be issued for phase number two, that *you* will assign to your athletes based on their needs versus having one program for all. This will allow you and the athlete to assess their areas of need and monitor their progress.

All results will be published nationally to assist you in motivating your athletes to continue to improve throughout the off season.

A second testing session will be conducted early in the new year.

National Development Teams — NEW

Presently a NACCK sub committee is reviewing results from the Trials and Nationals to propose a National Development Squad of 2010 and 2011 year old athletes as well as a National Junior Team of 2008 and 2009 candidates. This is to follow up on a published plan outlined in earlier postings this year on the USACK website for National Development Teams.

These names will be identified later in September by Anne Blanchard, Chair of the Sprint Selection Committee.

Pan Am Championships — May 17 & 18, 2008

This competition is being held in conjunction with the Olympic Continental Qualifier next year. Details will follow as we get them from the organizing committee but briefly, 500 and 1000m competitions will be held for both men and *women in canoe* and kayak. These races and the Olympic Continental events will be integrated over the two days in Montreal on the Olympic Basin as opposed to two separate events according to early reports. Stay tuned for further news in the next bulletin.

Youth Olympics 2010 – NEW

At the Senior World Championships in August, the International Canoe Federation (ICF) President announced that ICF Canoe/Kayak partner nations will take part in the NEW International Olympic Committee plans to host the first ever Youth Olympics for all countries in all sports.

Athletes 14 to 18 years of age will be eligible.

It was announced at that time Canoe / Kayak events will be — both men and *women in canoe* and kayak — singles and doubles only.

Fall 2007 Training Camps – NEW

National Development Team athletes will be invited to take part in an on water training camp for both men and *women in canoe* and kayak later this fall. Full details will be announced in the next bulletin to be released later in September. Presently the preliminary details call for a men and *women in canoe* camp to be held at the Mississauga Canoe Club (NDC home Club) near Toronto, Canada at the end of October for five days – Friday to Tuesday. Athletes will be responsible for their flights and will be billeted by MCC athletes.

In addition, two separate kayak camps will be held in Chula Vista at the OTC at the end of November and first of December for men and women in kayak. Athletes will be responsible for their flights and will be billeted by SDCKT athletes. All athletes will be asked to pay \$200.00 for their billeting, club boat rentals and local transportation costs. All of these camps will be open to club coaches and will include the third module in HP1.

LCKC Announcement

Connie Hagler, Executive Director of Lanier canoe and Kayak Club, has announced that she will be stepping aside from her current role.

I want to thank you Connie for all your efforts in developing and strengthening sprint canoe/kayak here in the US at the local, national and international level.

You have given so much for so long — you have made an outstanding contribution.

“Friendships through paddling”

Mac