



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.

Highlights – First Nine Months

I thought I would take a moment to share and reflect on my first nine months as the National Development Director / Coach for USACK and to look ahead to 2008.

Club Tours

In an attempt to get a first hand, in the field, working knowledge of the coaches, athletes and directors at most of the clubs across the country, I did a club tour in the months of May and June – Washington, Lanier, Southeast, San Diego, Seattle, Gig and Cascade. This was a great way to see first hand how the coaches, athletes and club programs are actually working. I met parents and directors that are volunteering their time on behalf of their clubs and doing a great job.

The visitations allowed me to let people know that “I believe in a club based model” and to share some of my thoughts on how I might assist.

The visitations exceeded my expectations and are to be continued early in 2008.

Coaching Education

A system was needed, to better equip our coaches with training tools that target the aspirations of their athletes. In other words, “if this is level of the athlete/s you are working with, then these are some of the competencies you will need”. This is how High Performance One (HP1) and High Performance Two (HP2) was created – if you are training athletes, competing at Nationals, Junior Worlds and Senior U23 then this is these are the courses for you.

The new USACK coach education delivery model is that when training camps are held, the coaches are invited to come with their athletes. At these camps, coaching module/seminars are be offered to the attending coaches — hence, HP1 was initiated at OTC LP in July — modules on Designing the Yearly Plan, Planning a Practice and Periodization, Technical Templates for Canoe and Kayak and video analysis using Tech Chek were presented to eight coaches. The remaining two modules of HP1 were offered to five coaches late this fall. HP2 will begin in June of 2008.

In addition, Coach Level, a coaching course for new and developing coaches was offered late this fall. Clubs interested in offering this course are encouraged to contact me and I will come and facilitate this course for you.

Discussions are continuing with Cathy Sellars Coordinator of Coaching Education, OTC - Colorado Springs, on integrating the USACK modules with seminars being offered by the USOC.

Junior World Trials

Congratulations to Mary Garland for an amazing job in organizing this event. Without her efforts the trials could not have happened. In addition, the volunteer officials demonstrated a feel for the event and an attitude that is exemplary for all to follow — Fred and Debbie McNaughton, Scott Griefenberger and Connie Hagler. Peter Skartvedt and the morning coffees, Beth Heffner, for always putting everything in perspective, Missy Hill for taking photos of the team and camp, James Mallory for announcing and finally to Jerzy Dziadkowiec and son Tom for driving the trailer from San Diego and back.

Lake Placid Development Camp

A week long club development camp was offered to all club athletes. Over forty athletes were coached by seven club coaches from across the country — a huge thanks to the following coaches: Robyn Singh, HCKT; Chris Zimmer, SDCKT; Dana Richardson and Wanda Blackburn, SEP; Devri and Dave Robertson, LCKC; Alan Anderson, Gig Harbor.

This National Development Club camp will be offered again in Lake Placid June 30 – July 4, 2008 in conjunction with the Canada Day Regatta and Lake Placid International – check USACK website for further information.



Junior Worlds — Racice, Czech Republic

Congratulations once again, to the following athletes and coaches — Emily Vinson, LCKC – Kayak Singles; Peter Metzger, Seattle CKC – Kayak Singles; 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 had a one week training camp in Kormano, Slovakia and then went onto the Czech Republic, July 24 for the final preparations for the Junior World Championships on July 27 – 29. Thank you to Joe Galea, owner of Seals, for donating spray covers to the Junior World Team.

Nationals — Seattle

This was a great event. The Seattle Canoe and Kayak Club volunteers put on a first class National Championships. With terrific weather for the whole week, all spectators were given many exciting performances by our sprint athletes. Congratulations again to David Bobanick, President SCKC and his Board of Directors as well as their large volunteer staff for taking on this ambitious task and delivering a memorable experience for all in attendance.

National Association of Coaches in Canoe and Kayak — NACCK

I want to thank our interim Board of Directors Chris Barlow, SDCKT, Alan Anderson, Gig Harbor and David Robertson, LCKC for their guidance in forming the constitution. In addition, a huge thank you goes out to all the club coaches for their ratification of the NACCK constitution. This association gives coaches across the country a forum for exchanging views and assisting standing USACK committees — Sprint Racing Committee and Sprint Selection Committee — in formulating policy as required.

Oklahoma City — Chesapeake Boathouse

Congratulations to Matt Woodson on his recent appointment as the sprint canoe and kayak coach. Matt attended the National Development Mens Kayak Camp November 29 to Dec 4 in Chula Vista. He has a whitewater kayak background and is very keen to get sprint started at their amazing facility. Throughout the five day camp Matt was mentored by David Robertson and was the first coach to get instruction in the Coach Level coaching course.

National Junior and Development Camps

Twenty six athletes attended the three discipline camps held late this fall — canoe men and women, October 25 – 30 at the Mississauga Canoe Club, located twenty minutes west of Toronto and home to the National Team Canoe Coach of Canada, Tamas Buday and National Team canoe athletes Tamas and Attila Buday and Kyle Jeffrey; kayak men and women, November 29 – December 4 and December 6 – 11 respectively at the Olympic Training Center in Chula Vista. Four full days of two a day on water sessions, weight room and running workouts plus video technical sessions raised the performance level of all athletes in attendance. Congratulations to Rachel Fujita and Ryan Dolan on their nomination to the kayak camps as recipients of the ILH surfski award. This new award is given by HCKT to the most outstanding performance by a male and female athlete at the annual school surfski championships. Thank you also to the following coaches for their ongoing support at these camps — David Robertson, LCKC; Blane Chong and Robyn Singh, HCKT; Wanda Blackburn, SEP; Alan Anderson, Gig Harbor and Matt Woodson, OKC.

National Strength and Conditioning Program

Beginning this October, all club coaches received strength and conditioning programs developed by Kim Sanborn, Strength and Conditioning Coordinator, USOC - OTC - Chula Vista. At the end of the first phase, coaches tested all their athletes according to the published set of testing protocols and forward these results back to me. I have now received Fitdex testing results from HCKT, Gig, Seattle, SEP and Lanier and will tabulate those results and publish early in January. New training programs will be issued by Kim for the next phase beginning January 7, 2008.



2008 Selection Criteria — posted on the USACK website — December, 2007

Beginning with the National Junior and Senior Trials in Oklahoma City on April 18 – 20, 2008 athletes will have the opportunity to be nominated for the following National Development Programs for 2008. Selection criteria details are posted on the USACK website.

Pan Am Championships — Montreal May 15 – 18, 2008 — Junior and Senior U23 non Olympic events are part of this regatta as well as US Senior National Team athletes competing in the Continental Olympic Qualifier.

National Development Assessment Camp and Grand Prix Tour — June 22 – July 7, 2008 Olympic Training Center, Lake Placid.

Athletes attending the following event will have the opportunity to be named to a Junior Team USA traveling to Moscow for a test regatta as prelude to the Moscow Junior World Championships, July 31 – August 2, 2009.

National Championships Trials Event — August 3 and 4, 2008 Oklahoma City

Moscow Junior Test Regatta — September 1- 7, 2008, Moscow

University Flatwater Championships — September 12, 13, 14, 2008 Belgrade — details of this event and its associated selection criteria will be posted early in January 2008 when details are available from the organizing committee.

Sprint Selection Committee

Thank you for all your efforts in assisting with the development and ratification of the 2008 Selection Criteria for the Olympic Team and the National Development Programs.

David Fort, Gina Sanchez, Nathan Luce and Chair Anne Blanchard.

Sprint Racing Committee

I would also would like to acknowledge and thank Chair Tom Mickle and his committee members for all their efforts in guiding USA Sprint Canoe and Kayak — Jim Farnum, David Fort, Mary Garland, Scott Griefenberger, Maggie Hogan, Mike Knopp, Jim McCellan, Gina Sanchez and Suzanne Stucchio.

USACK Team

To my colleagues who have offered me guidance and assistance in my first nine months on the job a special public acknowledgement – David Yarborough, Executive Director; Chris Hipgrave, High Performance Director; Gerald Babao, Development, Membership and Events Director, Mike McQuaid, Media Relations Director and Nathan Luce, Head Coach Sprint National Team.

Merry Christmas

I am officially now on Holidays — December 19 until January 2.

I can honestly say this is my first break from USACK since April 1 when I began this position and I am very grateful for this opportunity to be working with everyone associated with this great sport of ours. I am very confident and excited about our future.

Sincerely,

Mac

“Friendships through paddling”