

REGATTA INVITATION | Carleton Place Regatta

July 19, 2012 (Carleton Place Canoe Club)

ATTENDANCE

Please confirm your attendance to the regatta no later than **Wednesday, July 9th.**

Register online at the following link:

<http://rideaucanoecub.wildapricot.org/event-1713209>



RCC ATHLETE SCHEDULE

Boat loading: Friday, July 18th, 2014 from 12-2:30pm

Trailer and Equipment depart: Saturday, July 19th

Athletes should arrive to RCC: Saturday at 6:00 am

Bus departs: Saturday at 6:15 am

Bus arrives at CPCC: Saturday at 7 am

Regatta starts: Saturday at 8 am

Trailer unloading at RCC: Saturday, time TBD during the regatta

REGATTA INFORMATION

The race distance for singles is 2km for U15 and up athletes, while it is 1km for U13 athletes, and they will be mass starts. Doubles, fours, and warcanoes races will be 500m or 200m with 9 boats in each heat. The officials will run the regatta in a manner that is safe and fun for all involved – the schedule is a guideline and may change based on weather, paddlers' abilities, etc.! The regatta will begin at 8am and run until *approximately* 6:00pm.

GOAL

As a program, we will have an overall goal for every regatta. At Carleton Place we will be racing the full distances so our goal is to step up our paddling in order to complete these longer races. We are confident you will all succeed!

ATHLETE TRAVEL

Athletes will be travelling to the racecourse via a team bus. This fosters team building and a sense of unity as THE Rideau Canoe Club. It also allows athletes who may not have rides to participate, and makes sure we all get there on time. Athlete drop-off at RCC will be at 6:00 am. Parents are encouraged to travel with us or meet us at CPCC between 7:00 and 7:30 am.

In the on-line registration process you will be asked if you will ride on the bus or have made alternate travel arrangements. If making alternate travel plans please ensure your coach knows these details. Not participating in the team travel does not affect the shared cost by the rest of the team thus the registration cost does not change per athlete.

ATHLETE SUPERVISION

The coaches will take charge of the group once in Carleton Place. All athletes are expected to behave in an appropriate manner, represent themselves and the Rideau Canoe Club in a responsible manner, and display the highest degree of sportsmanship. Additional supervision may be provided, dependant on the numbers.

BOAT LOADING

The trailer will be loaded Friday from 12-2:30pm. It is very important that all athletes are present at boat loading to ensure they know what equipment will be at the racecourse in order for them to race. EACH ATHLETE'S EQUIPMENT IS HIS OR HER OWN RESPONSIBILITY!

BOAT UNLOADING

The trailer must be unloaded by all athletes when it returns to the RCC. Regattas are not run on a timed schedule; therefore the end time is very variable. We will be sending an email once we leave and are on our way back to RCC with an approximate arrival time when we will be unloading boats. It is very important that you check your emails on the evening of the regatta as this will be our only mode of communication with parents on that day, and we need as many people as possible present at boat unloading. Again, EACH ATHLETE'S EQUIPMENT IS HIS OR HER OWN RESPONSIBILITY!

MEALS & SNACKS

As part of the cost for participating in the regatta, we will be including a lunch fee. We will be providing all the athletes with lunch, snacks and water for the regatta. This is to ensure all athletes get proper nutrition on race day. However, make sure you pack some water as well, and feel free to bring your favourite race day snack.

WHAT TO BRING

- PFD
- Singlet
- Several changes of clothes
- Rain gear
- Lunch and snacks
- Sunscreen
- Hat
- Water
- Camera – to immortalize the memories!

COST BREAKDOWN

Payment is based on an equal share model so the final price will depend on the number of paddlers taking part. The cost for the regatta is estimated between \$46 and \$56 per athlete depending on the final size of the team. Please see the cost breakdown provided below. This is our best estimate at this time. A deposit of \$30 is required at registration to confirm attendance and secure a race entry. Once Registration is complete a final amount (if additional) will be announced.

Payment of the deposit is due with registration online by Wednesday, July 9 or can be dropped off at the club office to Meaghan during office hours (Mon-Fri 10am-6pm) or use the Registrar mailbox if the office is closed when you stop in.

If making your own travel arrangements, the fee will not change due to the empty seat on the bus. Parents are welcome to fill those empty seats on a first come first serve bases. The registration deadline is Wednesday, July 9th. If you are interested in taking the team bus as a parent, please email U15@rideaucanoclub.ca on Monday, July 14.

Per Athlete Contribution	40	50	60
Athlete Transportaion (Bus/Van)	\$23.00	\$18.40	\$15.33
Cost for 2nd Bus	\$0.00	\$0.00	\$15.33
Meals / Water on Site (\$6/person)	\$6.00	\$6.00	\$6.00
Trailoring Cost	\$4.05	\$3.24	\$5.40
Race Entry Fee	\$10.00	\$10.00	\$10.00
5% just in case (miscellaneous)	\$2.15	\$1.88	\$2.60
Coaches Car	\$1.25	\$1.00	\$0.83
Athlete Charge	\$46.45	\$40.52	\$55.50

DIRECTIONS

We encourage all parents to join us in cheering on the athletes at the race course! Below are directions to the Carleton Place Canoe Club from RCC.

1. Head southwest on Hog's Back Rd/Ottawa Road 51
2. Turn right onto Prince of Wales Dr/Ottawa Road 73 N (About 2 mins)
3. Turn left onto Baseline Rd/Ottawa Road 16 W (About 7 mins)
4. Turn right onto Clyde Ave/Ottawa Road 17, Continue to follow Ottawa Road 17 (About 2 mins)
5. Turn left onto the Ontario 417 W ramp (About 1 min)
6. Merge onto ON-417 W (About 13 mins)
7. Take exit 145 for Ontario 7 W toward Carleton Place/Toronto (About 1 min)
8. Merge onto Trans-Canada Hwy/ON-7 W (About 14 mins)
9. Turn right onto Franktown Rd (About 3 mins)
10. Slight left onto Moore St (About 1 min)
11. Take the 3rd left onto Lake Ave W (About 1 min)
12. Turn right onto Hawthorne Ave
13. Take the 1st left onto John St, Destination will be on the right (About 49 secs)
14. Arrive at Carleton Place Canoe Club, John St. Carleton Place, ON K7C 3V5

RACE READY DOCUMENT

We are attaching the Race Ready Document that outlines everything you need to know about participating in a regatta. Make sure you look this over and learn all about the RCC Bantam Program approach to racing, race categories, how races are run, parent responsibilities, and race preparation (food, mental, equipment, clothing).

Any questions should be sent to u15@rideaucanoecub.ca.