



CKC National Training Squad 2023-2024

National Training Squad Overview:

The National Training (NT) Squad comprises Senior (18+) athletes in the upcoming season who have been identified as being on the pathway towards Podium Performances at the Olympic or Paralympic Games. Being named to the Squad is not tied to AAP Funding Support (Carding) or being selected to a specific competition team. It is identification as part of the group of athletes that CKC's High-Performance program is choosing to invest in for the upcoming season through our National Team Centers and our World Class Coaching and Integrated Support Team.

Not being named to the squad does not mean there is not a pathway forward for athletes to reach top International Success, but reflects that based on our assessment, the best environment for those athletes, as identified by CKC's Technical leadership team, is, at this time, outside of the national team centers and programs. Participation in selection competitions is not linked to being named to the National Training Squad.

The National Training Squad is reviewed and changed yearly following the competition season. Once named to the Squad, all athletes can remain part of this group for at least two years, given they fulfill the minimum requirements listed below. Athletes who need to improve their performance or fail to meet the minimum requirements to remain on the squad beyond one more year will be notified as part of the Individual Development Plan process.

Team Values:

The NT Squad has identified six values, and we have a shared commitment to live up to these values and to support each other in ensuring that our squad atmosphere and behavior allow every NT squad member to thrive.

Integrity – Teamwork – Excellence – Respect – Commitment – Growth Mindset

National Training Centers:

- **Dartmouth/Halifax:** Women's Kayak and Canoe
- **Montreal:** Men's Kayak and Paracanoe



NT Squad Support:

Our entire leadership team works together with the support of our partners to create a world-class training environment, based out of our two National Training Centers, in which we can pursue our shared goal of Podium Performances at the Olympic and Paralympic Games. To accomplish this the following supports are in place for NT Squad members:

- Access to world class National Training Centers: Dartmouth/Halifax and Montreal
- National Team Coaching
- NT Squad training program and annual plan, tailored to athlete's development needs
- Access to performance science support services, outlined in chart below
- Training Peaks account linked to CKC account
- Consideration for Crew boat process (in line with published criteria)
- Access to GamePlan services (see NTC contact in chart below)

NT Squad Requirements:

To support all NT Squad athletes in working towards our shared goal of Podium Performances at the Paralympic and Olympic Games, the following requirements of NT Squad members reflect the key components required to execute a World Class training program at a level to reach this high bar. The plan to meet these requirements is always subject to the discussion and individual plan set as part of the IDP process annually:

- Complete CKC Individual Development Plan (IDP) in conjunction with National Team Coach
- IDP Completed and Returned to NT Coach no later than Oct 4th, 2023.
- Log all relevant training in personal Training Peaks. Own personal GPS watch compatible for logging training in Training Peaks
- Record a minimum of 70% of scheduled discipline group volume as indicated by training program in Training Peaks. This will be reviewed for either hours or km monthly. Exceptions for specific individual plans and adjustments as agreed by discipline coach on ongoing assessment.
- If a workout is modified or not per the team plan and cannot be correctly automatically paired – these workout titles need to be updated by the athlete with the content of the actual workout in Training Peaks.
- Follow the CKC on water training plan. or per agreement approved by the discipline coach.
- Follow CKC S&C plan or per agreement approved by discipline coach and S&C Coach.
- Prepare at CKC National Training Centre assigned specifically to that discipline.
- Minimum required training periods in designated specific training center, or per individual agreement agreed by HC and CTO.
 - Block 1, Oct 9 – Oct 21, 2023



- Block 2, Dec 18 – Dec 22, 2023
 - Block 3, Jan 8 – Jan 17, 2024
 - Block 4, Feb 12 – Feb 21, 2024
 - Block 5, May 27 – June 15, 2024
 - Block 6, June 26 – July 18, 2024
- Complete CKC testing:
 - VO2 Max at discipline specific NTC will be completed between November 1 and January 18th, 2024.
 - Strength test completed with CKC S&C Coach minimum 2xYear. Test 1, between October 1 – December 22 and test 2 between January 8 – June 20.
- Complete Team Health Check as advised by NTC doctors and team staff before November 24 at the designated NTC or have a specific plan agreed by the team doctor.
 - Abide by CKC's policies, including Code of Conduct and Ethics, Safe Sport, On-Water Safety, etc., Acts in accordance with other national and international policies (ICF, WADA, CCES, etc.)
 - Be in good standing with CKC (Club membership and no outstanding accounts)

Warm weather training camps:

NT Squad good standing is required for warm weather training camps and other invitations. If a camp invitation or competition is declined by the athlete without agreement with the discipline coach, HC, and CTO, the following invitations are automatically withdrawn and will only be reinstated after a review by the discipline coach, HC, and CTO.

AREA OF SUPPORT	SUPPORT TEAM	
	CSIA - Halifax	INS - Montreal
PHYSIOLOGY / IST	Leo Thornley <i>leo@csiatlantic.ca</i>	Sylvain Gaudet <i>sgaudet@insquebec.org</i>
PHYSIOTHERAPY	Shelly Malcolm-Beazley <i>shelly.beazley@gmail.com</i>	Katie Smith <i>ksmith@insquebec.org</i>
MASSAGE THERAPY	Dave Green <i>davegreenrmt@gmail.com</i>	Jennifer Maisonneuve <i>medical@insquebec.org</i>
STRENGTH AND CONDITIONING	Scott Willgress <i>scott@csiatlantic.ca</i>	Frank Raymond <i>raymond@insquebec.org</i>
NUTRITION	Melissa Allen <i>melissa@csiatlantic.ca</i>	Erik Sesbreno <i>esesbreno@insquebec.org</i>
MENTAL PERFORMANCE	Danielle Poulos <i>danielle@csiatlantic.ca</i>	Jonathan Lasnier <i>jlasnier@insquebec.org</i>
Penny Werthner – Lead <i>pwerthner@rogers.com</i>		



**CANOE KAYAK
CANADA**

It's Who We Are.
C'est Notre Nature.

PHYSICIAN

Dr. Tina Atkinson
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Dr. Andreeanne Bourgeois
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PERFORMANCE ANALYST

GAMEPLAN ADVISOR

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