



2021 SEASON: TEAM RED

As the restrictions start to ease across the country and there is some semblance of normal, CKC is excited to be able to launch this version of Team Red for the 2021 season. Team Red's vision is that all Canoe Kayak athletes are fundamentally on the same team. We share a love for the sport and a drive to improve. The markers to assess our improvement and the culture from which we thrive and train our athletes are our ultimate objectives in the continued work on the Team Red athlete pathway.

This season's activation includes some of the traditional Team Red on-water testing, but also activities to help promote the development of basic athletic skills for younger athletes. The 2021 Team Red activities will engage and digitally connect our community members across the country, with the goal of motivating and encouraging athletes to keep up their great work and to know they are not alone in their pursuits.

Objectives:

1. Motivation, Connection, Tracking.
2. Flexible implementation that can be done at a club, division, or provincial level.
3. Generate excitement and engagement for our athletes.

Age groups & tests (for 2021 summer season):

OPEN, U21, U18, U16

Primary goal: 500m singles

Secondary goals: 200m, 1000m singles

U14, U12, U10

Dryland tests: Base-7

On-water: 1000m (with turn) & 50m singles

Calendar:

BLOCK 1: JUNE 28 – JULY 18

- Open, U21, U18, U16 - 500m singles (optional: 200m/1000m singles)
- U14, U12, U10 - Dryland: Base-7 tests, On-water: 1000m with turn & 50m
- **RESULTS UPLOAD: JULY 12–19, 2021** (will update this in further communication)

BLOCK 2: JULY 26 – AUG 8

- Open, U21, U18, U16 - 500m singles (optional: 200m/1000m singles)
- U14, U12, U10 - Dryland Base-7 tests, On-water: 1000m with turn & 50m
- **RESULTS UPLOAD: AUGUST 3–9, 2021** (will update this in further communication)

Testing Protocols:

Age group	Test	Protocol	Notes
U16 U18 U21 Open	On-water: 200m 500m 1000m	Time Control	<p>Record:</p> <ul style="list-style-type: none"> ✓ Date of test ✓ Time (mm:ss.00) ✓ Name, Year of birth, coach, club ✓ Location of test ✓ Wind conditions ✓ Air temperature (optional)

Age group	Test	Protocol	Notes												
U10 U12 U14	On-water: 1000m with turn	Time Control	<p>One turn at the halfway point (500m) with 1 buoy only.</p> <p>Record:</p> <ul style="list-style-type: none"> ✓ Date of test ✓ Time (mm:ss.00) ✓ Name, Year of birth, coach, club ✓ Location of test ✓ Wind conditions ✓ Air temperature (optional) 												
U10 U12 U14	On-water 50m	Time Control	<p>Record:</p> <ul style="list-style-type: none"> ✓ Date of test ✓ Time (mm:ss.00) ✓ Name, Year of birth, coach, club ✓ Location of test ✓ Wind conditions ✓ Air temperature (optional) 												
U10 U12 U14	Base-7 * First and second block of testing	Fitness Tests	<p>Protocols in document: <i>Base 7 Coaches Manual</i></p> <p>Record:</p> <ul style="list-style-type: none"> ✓ Date of test ✓ Name, Year of birth, coach, club ✓ Location of test <p>Specific recording for each test:</p> <table border="1"> <tbody> <tr> <td>Leger 20m "Beep" test</td> <td> <ul style="list-style-type: none"> • # stages, # of shuttles • Rubric level achieved </td> </tr> <tr> <td>Pushups</td> <td> <ul style="list-style-type: none"> • Number achieved • Rubric level achieved </td> </tr> <tr> <td>Pullups</td> <td> <ul style="list-style-type: none"> • Number achieved • Rubric level achieved </td> </tr> <tr> <td>Plank test</td> <td> <ul style="list-style-type: none"> • Rubric level achieved </td> </tr> <tr> <td>Lateral bounds</td> <td> <ul style="list-style-type: none"> • Rubric level achieved </td> </tr> <tr> <td>Shuttle run</td> <td> <ul style="list-style-type: none"> • Time (mm:ss.0) • Rubric level achieved </td> </tr> </tbody> </table>	Leger 20m "Beep" test	<ul style="list-style-type: none"> • # stages, # of shuttles • Rubric level achieved 	Pushups	<ul style="list-style-type: none"> • Number achieved • Rubric level achieved 	Pullups	<ul style="list-style-type: none"> • Number achieved • Rubric level achieved 	Plank test	<ul style="list-style-type: none"> • Rubric level achieved 	Lateral bounds	<ul style="list-style-type: none"> • Rubric level achieved 	Shuttle run	<ul style="list-style-type: none"> • Time (mm:ss.0) • Rubric level achieved
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Age group	Test	Protocol	Notes
			Standing long jump <ul style="list-style-type: none"> Distance (xxx cm) Rubric level achieved
U10 U12 U14	Base-7 <i>* Second block of testing only</i>	Fitness Tests	Record the number of levels the athlete has improved for each test (based on the rubric for each test). Add each of the total number of level improvements that athlete has achieved across all the tests and record this as a single number overall.

Results upload:

The method for collecting the results and displaying them will be communicated during the first block of testing.

Recognition:

- Ability to see ranking on the different tests on the website and/or the app. Base-7 results will be modified to represent a subset of the results without names.
- U14/U12/U10 Base-7 ribbons for self-improvement.
- Team Red items will be given out as random draws based on participation.