



2021 SEASON TEAM RED BLOCK 1 – UPDATE

We hope you have all been doing well and have athletes that were able to either compete against their club members, at a local regatta or against themselves.

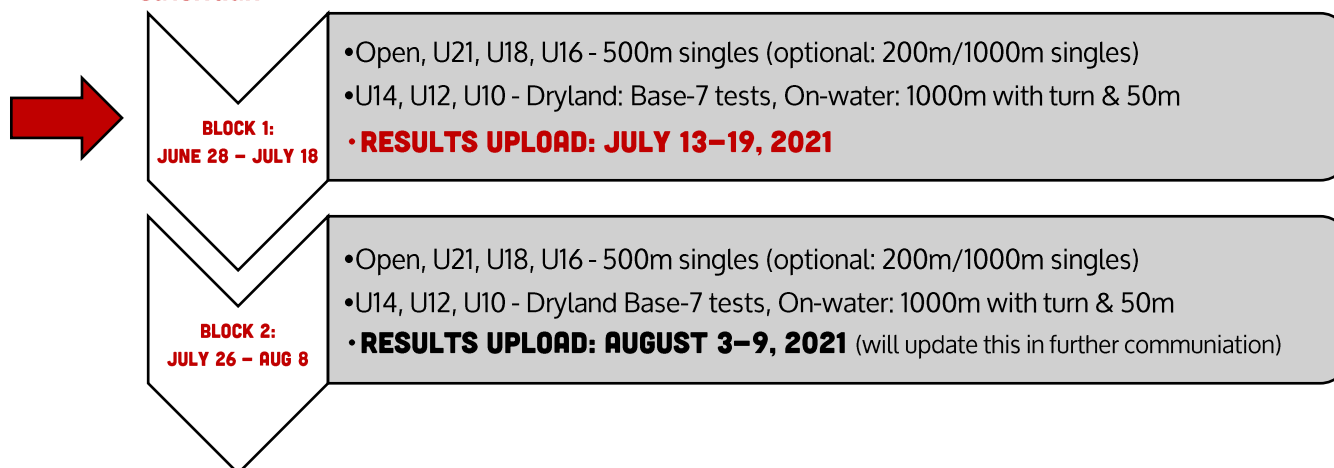
This communication is regarding the results submission and how we will be collecting the results. Block 1 is almost complete, and the results should be submitted **by July 19th**. Please send all results to krobins@canoekayak.ca. We will be using an excel template to collect the results and will display them through the CKC website at this time. We will update you if this method changes for Block 2.

A reminder of the age groups and tests are below. We are also including the Base-7 manuals again as the French versions were not updated in the last version sent.

Age groups & tests (for 2021 summer season):

OPEN, U21, U18, U16	U14, U12, U10
Primary goal: 500m singles	Dryland tests: Base-7
Secondary goals: 200m, 1000m singles	On-water: 1000m (with turn) & 50m singles

Calendar:



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) 												
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 * Second block of testing only	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.