



2021 SEASON: TEAM RED (WW)

VISION

- Canoe Kayak athletes in Canada are fundamentally on the same team

MISSION

- To drive system wide development and performance by providing easy to use, clear and user orient tools which provide the critical Input of Training, Testing, and Competition guidance for each age group to Coaches and Athletes and tools to collect and analyze the Output of Training, Testing and Competition Data

Objectives for 2021 season:

1. Motivation, Engagement, Tracking, Renew, Connection
2. Flexible implementation that can be done at club, locally or provincially.
3. Use the information that has already been developed.

Considerations:

COVID-19 restrictions across the country may not allow for full participation so the schedule and tests have been modified for this season to hopefully allow for flexible options.

Age groups & tests (for 2021 summer season):

U14, U12, U10

#1: 160m Figure 8 (Score, run time and #of penalties recorded)

#2: Self-Rescue and rolling progression (6 stages of progression)

#3: Ball shooting accuracy progression (6 stages of progression)

Testing Protocols:

Protocols for the tests are included in the document *Whitewater Team Red 2021 Assessments*.

Calendar:

The testing period will be over a 2-week window to allow for alignment and flexibility with current programs or events.

BLOCK 1: JUNE 28 – JULY 18, 2021

- U14, U12, U10: All assesments
- **RESULTS UPLOAD: JULY 12–19, 2021** (will update this in further communication)

BLOCK 2: AUGUST 16 – 29, 2021

- U14, U12, U10: All assessments
- **RESULTS UPLOAD: AUGUST 30–SEPTEMBER 3, 2021** (will update this in further communication)

Results upload:

- Coaches will be responsible to upload results for their athletes.
- A template or data fields will be available for coaches to fill in. (The details we will be asking them to collect will be communicated in the launch).
- We are continuing the work on being able to use database for input of results, but it may be an alternate form if not available and this will be communicated in the details that follow the launch prior to the results upload date.

Results sharing:

- Results will be displayed on the web and/or through our app (information to be shared prior to results upload date).

Recognition:

- Ability to see ranking on the different assessments on the website and/or the app.
- Random prizes to be available (information to be provided in the launch).

Promotion:

- Launch will go to clubs and coaches along with the protocols.
- Expectation is always that clubs are following their provincial and local health guidelines with respect to COVID-19 and to make sure that the execution of these challenges and tests is always done under those guidelines and protocols.