



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 competition 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.

Age groups & tests (for 2021 summer season):

U14, U12, U10

#1: 140m 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)
#4: Lead Clean Stern Progression (3 stages of progression)

Testing Protocols:

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

Calendar:

