Welcome to Jr. Racing Group! This can be a stressful transition with a lot of information thrown at kids and parents alike. Please read through this packet BEFORE you commit to join Jr Racing. Read carefully and if you have any questions or concerns, please email coach1@sdckt.net

Contacts

We have many people involved in the coaching of each group.
All questions and concerns can be sent to the Head Coach. Communication will primarily be done via the WhatsApp group. We also have a members email list and send out weekly updates with useful information. If you do not yet have access to either of these, please contact Coach Payton or Coach Nate.

Coach Payton
Phone: (253) 432-2206
Email: coach1@sdckt.net

Coach Nate
Phone: (484) 269-8918
Email: coach2@sdckt.net

Board
Email: bod@sdckt.net

Pricing

Jr Racing Group A is $700 per trimester billed in January, May, and September

Jr Racing Group B is $500 per trimester billed in January, May, and September

If this is not feasible, please contact your coach as we do have financial assistance available.

Schedule

Jr Racing Group A School Year Practices:
Monday, Tuesday, Wednesday, Friday 4:00-6:30 and Saturday 9:00-12:00.

Jr Racing Group A Summer practices:
Monday, Wednesday, 3:00-6:00 Tuesday, Friday 4:00-6:00 (no gym session) and Saturday 9:00-12:00

Jr Racing Group B School Year Practices:
Monday, Wednesday 4:00-6:00 and Saturday 9:00-11:00

Jr Racing Group B Summer practices:
Monday, Wednesday 4:00-6:00 and Saturday 9:00-11:00

Groups

Jr Racing is divided into two groups based upon paddler experience, commitment and the appropriate level of training for their age. New Jr Racing members will begin in Group B, and opportunities to move to Group A will be discussed on a case-by-case basis.

Training partners at any given practice are determined by the coach, and may occasionally cross between Groups A and B.

Strength and Conditioning

Strength training is conducted as part of regular practice 3 days a week for Group A. All exercises are supervised and age appropriate. Proper strength training is very safe when conducted correctly, and extremely beneficial to an athlete's progress. If you wish to do other strength training outside of practice, please coordinate with your coach so the training load remains balanced.

Group B does not receive dedicated strength training at all practices. At their typical age and experience level, the bodyweight training done at practice is usually the most age appropriate training for them.

Equipment Required to bring at every practice

You will need:

- Waterproof watch that has a stopwatch. GPS watches are recommended but not required. Our recommendation is the Garmin Forerunner 35 or higher in the forerunner line. Please talk with a coach if considering another option to be sure it has the proper functionality.
- Running Shoes
- Journal - here are some good waterproof ones
- Water bottle - linked is an example of a preferred water bottle. Particularly for in boat use, squeeze bottles are encouraged.
- Snack - this is no joke. Always bring food in your workout bag
- Change of clothes and Towel no matter stability level
- Hear rate Monitor (optional, recommended with GPS watch)
- Cadence Monitor (optional, recommended with GPS watch)

Recommended Clothes

- For Kayakers – Spandex shorts, such as swimming jammers. These allow for better technique
- Gators/Hats
- Sprayskirt - talk to your coach about ordering these

- Neoprene booties - for canoeists in colder temperatures

Clothing Don'ts

- No Cotton – in colder temperatures, we will not allow people wearing cotton on the water due to safety reasons – it does not properly insulate from the cold, and becomes waterlogged when wet
- Neoprene outside of booties for canoeists and pogies for kayakers is not encouraged, as it restricts to much movement

Behavior Expectations

In Jr Racing, athletes have more responsibility. Athlete training schedule in Jr Racing is intense and very hard on the body. Those that recover well will stand out as athletes. You will need to sleep, eat and stretch like you have never done before. Recovery should be treated just as important as training if not more important. You are also expected to be leaders of the team. You have achieved the highest level of training that our team offers to junior paddlers, and the rest of the team looks to you as an example. You are required to be kind to your peers and uplift them and to mentor younger Jr Racing paddlers and Development

Race Opportunities

Late March Silverblade Regatta - San Diego, CA

Small, Beginner friendly, 500m and 200m sprint races. Potential international visitors.

April 1 USA Sprint National Team Trials Lake Natoma, CA

This is a qualifier for the ICF Canoe World Cups and Championships. This is an international competition reserved for athletes 15 years or older.

May 26-28 ICF Canoe World Cups Poznan, Poland

June 10-11 Ted Houk Regatta SCKC - Seattle, WA

2 Day sprint Regatta hosted by Seattle Canoe and Kayak Club. While we do not attend as a team, it is a great sprint race with many top American paddlers, and often many Canadian paddlers.

July 6-9 ICF Jr & U23 World Champs Auronzo, Italy

To attend, you must qualify at Trials in April. Very Serious International Race for the fastest athletes 15-23.

Aug. 1-4 USA Sprint Canoe/Kayak Nationals Sarasota, Florida

This will be the peak of competition for athletes in Group 2 and early in Group 1. Attendance HIGHLY encouraged. If you cannot attend Nationals for any reason please let your coach know ASAP.

September 15-17 Olympic Hopes Regatta Poznan, Poland

The beginning of International competition for athletes 15-17 years old.

Mid November - Frostbite Camp, Seattle, WA

Usually a 3 day camp hosted by Seattle Canoe and Kayak Club that has lectures, paddling, running and gym sessions. Has not happened in the past couple years due to Covid.

December 26 – January 2 – Sunburn Camp, San Diego, CA

Multi day camp including paddling, lectures, running, and gym sessions hosted by SDCKT. Has not happened in recent years due to Covid.

Fall/Winter - SoCal Ocean Racing Series

Series of ocean races primarily done in surfskis. Some events have a short course or kids course that can be done in sprint boats.

Parent Engagement

Parent engagement is much appreciated, and volunteerism when coordinated with the coaching staff is always encouraged. The primary ways to support the team and your athlete are to read and stay up to date on communications, ensure the timely drop-off and pickup of athletes, and helping them achive their goals by providing proper nutrition, encouraging them to get proper sleep, and transporting them to their races and practices.

Common Questions

What races should my athlete attend?

This varies a bit case by case, and depends greatly on the athletes age, experience, and speed. We recommend Group A athletes attend all local races, as well as Nationals. Group B athletes should attend the same races on a case by case basis depending on the paddlers experience or the level of the race. Many local races include beginner friendly kids courses. International opportunities begin as a Juvie (age 14 at the beginning of the calendar year) but are naturally very competitive. These opportunities are discussed in goal setting sessions, but also feel free to reach out as ask your coaches.

How does my athlete move up?

Jr Racing is the highest level of training we offer to juniors. While the training is scaled appropriately to age and experience, the training design and coaching they are receiving has helped many athletes find success nationally and internationally. Should the athlete show themselves to be capable of maximizing the training load prescribed while maintaining a significant recovery surplus, we will speak with them about how to add additional training load in various ways.

Welcome to the Team