

CKO Sprint's 2026 Development Training Camp FAQ

What are the camp objectives?

- Provide a progressive training environment with enhanced services to athletes in preparation for provincial and national success.
- Develop with athletes and expert coaches from across Ontario.
- Build life skills.

What is CKO Sprint's experience in running training camps?

- Ontario has hosted Florida training camps since the early 1990s and created our Development Training Camp in 2022. CKO Sprint also hosts 3-4 four day training camps for Ontario Team members yearly.

How many athletes & staff will be attending camp?

- Target staff: athlete ratio is 1:10
- 45-55 athletes
- 5-6 coaches and 1 camp lead/manager.

What is the daily schedule?

- Our draft schedule is uploaded in our camp Google Drive – [Welland 2026 Athletes Folder](#)
- Athletes will have 3-4 sessions per day, including 2 on-water sessions, 1 on-land sessions (body weights, running, mobility, games, workshops), and 1 team building group activity.
- Catered breakfast at 7:30 am, lunch 12:00 pm and dinner at 6:00 pm are provided daily except for travel days. Only dinner will be provided on Saturday, April 25th, and breakfast and lunch are provided Sunday, May 3rd.
- Grocery trips for snacks are provided on Saturday, Tuesday, and Thursday. Athletes are strongly encouraged to bring enough snacks from home for the entire camp. Note: the camp is a nut free environment.
- Quiet time (rest or studying) is 1:00 pm – 3:00 pm daily.
- Curfew – 9:00 pm in their own room, 10:00 pm lights out.

How will the program and training groups be developed?

- The program is developed with shared daily, and camp goals and objectives. Coaches will modify the program to best meet the needs of the athletes in their groups.
- Training groups are based on disciplines, coach recommendations, and camp progression. Coaches will review the group assignments frequently to determine if an athlete is better suited in a different training group.

How do you maintain a healthy, safe, positive camp environment of all participants and what are the camp rules?

- All participants (athletes and staff) will adhere to CKC's Safe Sport Policies.
- CKO Sprint's [Event Discipline Procedures](#) will be followed where needed.
- All participants must contribute to a positive training environment (support each other, be on time for scheduled sessions, maintain a clean living environment, etc.)
- Curfew – 9:00 pm in their own suites, 10:00 pm lights out.
- Athletes require permission to leave the hotel site.
- Parents are permitted to take their athletes off-site, provided it's prearranged with Ryan Blair.
- Assigned staff will complete room checks and provided emergency support if needed.



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- Only roommates are permitted in their own bedrooms. All athletes are permitted in the suites common space.

What food is provided?

- A Hot buffet breakfast is provided at the hotel. Lunch and dinners are catered by a local catering company. The lunch and dinner menu are reviewed by our sport nutritionist.

What are the athlete accommodations and how many athletes in each suite?

- Each room is a 1 King or 2 Queen bedroom/1 bath and 1 sofa bed. The suites also have a living room, 2 TVs, and kitchenette with mini-fridge, range-top stove, microwave and cutlery and place setting for four.
- Participants will have up to 3 athletes per suite.

What are the hotels amenities?

- Free Wi-Fi and business center.
- Indoor bike storage.
- Meeting area for meals and team activities.