

BANOOK CANOE CLUB OFF SEASON TRAINING 2011-2012

MIDGET & UP PADDLERS

Schedule for September 3rd, 2011 to October 31st, 2011

| Monday. | Tuesday. | Wednesday. | Thursday. | Friday. | Saturday. | Sunday. |
|-----------------------|----------------------|-----------------------|----------------------|--------------------------|-----------------------------------|---------|
| Run 6:00-7:00 AM | OFF | Run 6:00-7:00 AM | OFF | Paddling 6:00-7:00 AM | Paddling 9-11am Soccer 11-12pm | OFF |
| Paddling 4:30-6:00 | Weights 4:30-6:00 | Paddling 4:30-6:00 | Weights 4:30-6:00 | Paddling 4:30-6:00 | OFF | OFF |

Highlights for this period

- September 17th Pre Canada Games Trials (for Canada Games 2013 & 2017)
- October 1st Wash Riding Session with National Team Athletes
- October 9th Long Distance Regatta at Pisiquid Canoe Club
- October ? Richard Dalton Classic at Cheema Canoe Club

Schedule for November 1st, 2011 to December 23rd, 2011

| Monday. | Tuesday. | Wednesday. | Thursday. | Friday. | Saturday. | Sunday. |
|---|-----------------------|---|--------------------------------|---|---------------------------|---------|
| Swimming 6:00-7:00 AM | OFF | Swimming 6:00-7:00 AM | OFF | Swimming 6:00-7:00 | Run 8:00-9:30 | OFF |
| Weights Gr1 4:15-5:30 Gr2 5:30-6:45 | Run+ Gym 4:15-5:45 | Weights Gr1 4:15-5:30 Gr2 5:30-6:45 | Gym Basketball 4:15-5:45 | Weights Gr1 4:15-5:30 Gr2 5:30-6:45 | Weights+ Gym 1:00-2:30 | OFF |

Highlights for this period

- December 17th Ski Trip to Martock in Windsor
- December 19th-23rd Training Camp at Banook, Cross Country Skiing (extra cost TBA)
- December 27th - 30th Training Camp at Banook, Skiing, Basketball and More (extra cost TBA)

Schedule for January 2nd, 2012 to April 27th, 2012

| Monday. | Tuesday. | Wednesday. | Thursday. | Friday. | Saturday. | Sunday. |
|---|-----------------------------------|---|--------------------------|---|--|---------|
| Swimming 6:00-7:00 AM | Paddling M. 6:00-7:00 | Swimming 6:00-7:00 AM | OFF | Swimming 6:00-7:00 | Cross Country Ski Martock or Run+ Weights | OFF |
| Weights Gr1 4:15-5:30 Gr2 5:30-6:45 | Cross Country Ski 4:00-5:30 | Weights Gr1 4:15-5:30 Gr2 5:30-6:45 | Paddling M. 4:00-6:30 | Weights Gr1 4:15-5:30 Gr2 5:30-6:45 | | |

Costs:

Part-Time \$475.00 per athlete from September 3rd, 2011 to April 27th, 2012 (3 or less practices per week)
 Full-Time \$850.00 per athlete from September 3rd, 2011 to April 27th, 2012 (4 or more practices per week)
 \$50.00 per athlete for the Inter-Canoe Club Basketball League