



How to Register

For your convenience, and to streamline the renewal process all registration will be done on-line at: <http://www.vypc.ca> using the SportiCal registration system. Only one printed waiver form will be required per family.

Fees are due April 1st. We will accept online payment by Credit Card (PayPal) at no extra charge. You may also pay by cheque.

Installments: Fees over \$300 can be paid with three (3) recurring credit card charges, or post-dated cheques (April 1, May 1, and June 1) provided at the time fees are due.

Program fees listed include all membership and registration fees required for the program unless otherwise stated.

Questions? Contact Jaden Langford at 744-2189 or jaden@vypc.ca

Family Membership Benefits

Family membership is included in each club program listed below. It includes the following benefits:

- Society membership and right to vote at the AGM (April 11th)
- Spring BBQ + Family Paddle (May or Jun)
- Camping Trip or Fall BBQ + Family Paddle (Sep)
- Family discount – 25% off program fees for additional children in the family. Discounts are applied to the lower fee(s) where applicable.
- Official tax receipt for the Children's Fitness Tax Credit

Summary of Club Programs

Group	Participant ages	# of practices per week	# of events included	Program fee
Explorer	9-12	2	2	\$400
Junior Racing	11-14	3-5	5 (1 off-island)	\$650
Racing	13+	7-11	6 (2 off-island)	\$850
Outrigger	15-17	2	2	\$375
Whitewater	9+	NA ~9 sess.	2	\$150

Explorer Group (April 1st – September 30th, 2010)

With no prior experience necessary, learn to paddle a variety of boats including sprint canoes & kayaks, outrigger canoes and whitewater kayaks. Develop new skills, improve fitness, and learn to work both independently and as part of a team. Led by NCCP certified coaches. Maximum 10 participants. Ages 9-12.

Schedule (April):

- Tuesday 6:30-7:30 pm – Swimming @ Crystal Pool
- Thursday 5:45-6:45 pm – Indoor Games @ Fernwood Community Centre

Schedule (May through September):

- Tuesday & Thursday 5:30-7:00 pm – Paddling
- *End of summer closure (Aug 21st - Sep 6th)*

Events Included:

- Island Regional Regatta (Jun 26; Nanaimo)
- Club Camping Trip (Sep 1-3; Cowichan) – To be confirmed

Program Fee: \$400

For the most up-to-date schedule and events go to <http://vypc.teampages.com>

For more information about this program contact Jaden Langford (250-744-2189)

Junior Racing Group (April 1st – September 30th, 2010)

Enjoy more time on the water in sprint canoes & kayaks, and outrigger canoes. Improve your skills and fitness in preparation for exciting camps and competitions on Vancouver Island and beyond! You'll become part of a club that fosters new friendships, offers unique travel opportunities, and provides NCCP certified coaches. Max 10 participants. Ages 11-14 (or approval of coach).

Schedule (April, May, June & Sept):

- Monday, Wednesday and Friday 5:30-7:00 pm

Schedule (July & August):

- Monday, Wednesday and Friday 2:00-3:30 pm
- Monday and Wednesday 4:00-5:30 pm – Outrigger / Dragon Boat
- *End of summer closure (Aug 21st - Sep 6th)*

Events Included:

- BC Games Zone 6 Trials (May 2; Nanaimo)
- Mini Training Camp (May 22-24; Victoria)
- Island Regional Regatta (Jun 26; Nanaimo)
- BC Championships (Aug 7-8; Nanaimo)
- *Boat transport, coaching, and entry fee included. Personal travel expenses extra. Group travel option may be available. Major trips are in bold.*

Other Events:

- Ted Houk Regatta (June 5-6; Seattle) – Strongly encouraged
- BC Summer Games (Jul 22-25; Langley, BC) – Pre-qualify through Zone Trials

Program Fee: \$650

For the most up-to-date schedule and events go to <http://vypc.teampages.com>

For more information about this program contact Jaden Langford (250-744-2189)

Racing Group (April 1st – August 30th, 2010)

Take paddling to the next level in sprint kayaks. Get ready to enhance your skills and physical fitness in preparation for camps and competitions around BC and beyond! You'll become part of a club that fosters new friendships, offers unique travel opportunities, and provides NCCP certified coaches. Includes an individualized training program. Max 12 participants. Ages 13+

Training Schedule (April, May & June):

- Sun 8-10:30a – Paddling
- Mon+Wed+Fri 5:30-7p - Paddling
- Mon+Wed+Fri 7-8:30p - Weights @ Pilons

Training Schedule (July & August)

- Sun 8-10:30a – Paddling
- Mon-Fri 9:00-11:00a - Paddling
- Mon+Wed+Fri 2-3:30p - Paddling
- Mon+Wed 4-5:30p - Dragon Boat
- *Note: Athletes racing at nationals will take September off, others will paddle with the Junior Racing group*

Events Included:

- GRPC Marathon Race (Apr 24; Victoria)
- Mini Training Camp (May 22-24; Victoria)
- **Ted Houk Regatta (June 5-6; Seattle)**
- Island Regional Regatta (Jun 26; Nanaimo)
- BC Championships (Aug 7-8, Nanaimo)
- *Boat transport, coaching, and entry fee included. Personal travel expenses extra. Group travel option may be available. Major trips are in bold.*

Other Events:

- BC Games Zone 6 Trials (May 2; Nanaimo) – U16
- BC Summer Games (Jul 22-25; Langley, BC) – U16
- **Nationals (Aug 25-28; Regina)** – Pre-qualify through BC Champs

Program Fee: \$850

For the most up-to-date schedule and events go to <http://vypc.teampages.com>

For more information about this program contact Jaden Langford (250-744-2189)

Comp Outrigger Group (May 1st – September 30th, 2010)

This group is for youth, ages 15-18, looking for a challenging program of training and competition in outrigger canoes: V1, OC1/2, and OC6. You'll become part of a club that fosters new friendships, offers unique travel opportunities, and provides NCCP certified coaches. Max 12 participants. Ages 15-18.

Training Schedule (May through September):

- Tuesdays & Thursdays – 4:00 – 5:30 pm
- *End of summer closure (Aug 21st - Sep 6th)*

Events Included:

- Lotus Iron (Jul 3; Burnaby)
- Nationals (Aug 14; Vancouver)
- *Boat transport, coaching and entry fee included. Personal travel expenses extra. Group travel option may be available.*

Other Events:

- BC Games Zone Trials (May 2; Nanaimo) – U16
- BC Summer Games (Jul 22-25; Langley, BC) – U16

Program Fee:

- \$375 (\$187.50 for concurrent members of Junior Racing/Racing groups)

For the most up-to-date schedule and events go to <http://vypc.teampages.com>

For more information about this program contact Jaden Langford (250-744-2189)

Whitewater Slalom Group (April 1st – September 30th, 2009)

Our whitewater slalom group started in the Fall of 2008 and welcomes new and continuing paddlers for the spring/summer session. The program is led by a certified whitewater coach and there is a maximum of 6 participants. Ages 9+

River levels are low here in the summer, therefore athletes are encouraged to also register in other programs (Explorer, Junior Racing, etc.) to fill in the gaps (July-August) between sessions.

Training Schedule (new intake and paddlers continuing from winter program)

- TBA – Practices leading up to Cowichan Slalom (continuing paddlers only)
- June 11th – Into Session (Thetis Lake – 5pm)
- June 13th – Easy River Day (Cowichan River – 1:30pm)
- June 18th – Kayak Surfing (Muir Creek – 5pm)
- June 20th – Easy River Day (Cowichan River – 1:30pm)
- Sep 1st - 3rd – Training Camp (Cowichan River)
- Sept 19th – River Day (Cowichan River – 1:30pm)
- Sept 26th – River Day (Cowichan River – 1:30pm)

All planned sessions are subject to weather and water conditions. River heights are variable and often force changes to plans. The river paddling destinations may change, but every effort is made to avoid cancelling a session.

Gear Included:

- River kayak, spray skirt, paddle, and PFD

Gear Required (athletes must provide):

- Wet suit, paddling jacket, helmet, wet suit booties, and gloves

Events for paddlers continuing from winter program:

- April 17-18th – Cowichan Slalom Race
- May 1st – Hope Slough Classic (Chilliwack)
- May 2nd – BC Games Zone Trials (Nanaimo) – U16
- July 22nd-25th – BC Summer Games (Langley) – U16

Other events (ask the coach for more information):

- Junior National Trials (May 15-16, Squamish)
- Salmon la Sac Race (Jun 5-6; Ellensburg, WA)
- Nooksack Race (Oct 9-10, Mount Baker, WA)

Program Fee

- \$150 (\$75 for members of Explorer, Junior Racing or Racing groups)

For the most up-to-date schedule and events go to <http://vypc.teampages.com>

For more information about this program contact Tim Marks (250-642-7498)