

## 2016 AA County Kayaking General Information

- All practices will take place at Arlington Echo Outdoor Education Center, 975 Indian Landing Road, Millersville, MD
- Practices run from 6:00 – 7:00 pm for new and novice kayakers (and select advanced kayakers)
- Practices run from 7:00 – 8:00 pm for advanced kayakers
- Kayakers need to be present and prepared for warmup exercise no later than 6:00 pm (early group) and 7:00 pm (late group)
- To be eligible to compete at State Competition ALL kayakers must:
  - a. Attend the SOMD sponsored Statewide qualifying event, AND
  - b. Participate in a local qualifying event (which we are in the process of arranging).  
More information on both qualifying events to follow.
- All practices are subject to weather conditions. Final decision for practices is made at 5:00 pm. If no calls, text messages or emails sent means practices are “GO”. In the event of thunder or lightning after a practice session begins, athletes will be moved out of and away from the water immediately. Remaining practice time for both groups will be cancelled for that evening.

## 2016 AA County Kayaking Guidelines - Use of Arlington Echo (AE)

We are guests of Arlington Echo Outdoor Education Center (AE) – we will abide by their rules

AE promotes being good stewards of the environment – we will do our part by:

- Using reusable products to the extent possible – e.g. reusable drinking containers vs. paper or Styrofoam cups
- Policing and collecting our own trash and taking it out of AE when we depart
- **PARKING:** Parents and counselors will park up in spaces no further down the lane than the swimming pool. Driving down the driveway to drop off athletes is permitted; however, vehicles then must be driven up the hill to the other parking lots.

## 2016 AA County Kayaking Eligibility

Athletes must:

- Be at least 12 years old at the first practice
- Be able to swim AND be unafraid of going underwater for a few moments
- Be seizure-free for at least 12 months
- Bring their own helmet to practice each week (bike helmet OK)
- Bring water shoes to practice each week **(NO flip-flops!!)** Footwear must be such that it won't easily slide off the kayaker's feet at any time.
- Although the team owns a few personal flotation devices (PFDs/life jackets) for athletes' use, individual ownership of PFDs is appreciated (new athletes – talk to coaches **BEFORE** making initial investment; there are PFDs that we do NOT recommend.
- Bring towels and/or change of clothes to each practice. Athletes WILL get wet at every practice.
- Attending mandatory qualifying events is a must to be eligible to compete at the SOMD State Kayaking competition. Attendance at weekly practices and our local time trials may also affect athletes' eligibility. Attend as many practices as possible; let the coaches know when you can't make a practice, and tell us why.

## 2016 AA County Kayaking Rules

Be safe at all times!! Helmets and PFDs are required at all times while at the Arlington Echo waterfront

Treat other athletes, coaches, and parents with respect at all times

Have fun!! Kayaking is a fun sport; if you're not having fun, talk to your coach or to your parents – we'll come up with an action plan

Do your best at each practice, qualifying event and competition

Let your coaches know if you don't understand something or are having a hard time performing any of the skills we're teaching and practicing.

Have fun!!

Be Safe!!\_

## 2016 AA County Kayaking Schedule

**Remember, even missing too many practices MAY make you ineligible to compete at State Competition.**

Date TBD – Kayak cleanup & equipment movement day (voluntary, need 4 – 6 coaches and/or parents & 6 – 8 athletes). Time & weather permitting, we'll go out on the Severn River for a little kayak trip.

Monday, 13 June – 1<sup>st</sup> practice

20 June – practice

27 June – practice

4 July – NO practice; HAPPY INDEPENDENCE DAY!!

5 July – Tuesday practice (make up for the 4th)

11 July – practice

18 July – no practice – at Arlington Echo's request

19 July – Tuesday practice (“Flip” night)

25 July – practice,

Saturday, 30 July – AA County local kayaking time trials and team picnic (if this what families want to do), Arlington Echo (TENTATIVE, date is VERY fluid. Will invite Baltimore City team to join us again.)

1 August – practice

Saturday, 6 August – RAIN DATE for: AA County local kayaking time trials and team picnic (if this what families want to do), Arlington Echo (TENTATIVE, date is VERY fluid. Will invite Baltimore City team to join us again.)

8 August – practice

? Friday, 12 August, 5:30 p.m.–until complete – move kayaks up top, load onto trailer

? Saturday, 13 August – SOMD Kayaking Qualifier, College Boating Facility, Chestertown, MD, 9:00 am – 5:00 pm (includes returning kayaks to Arlington Echo more details as date approaches).

**MANDATORY to be eligible for State Competition**

15 August – practice

? Friday, 19 August, 5:30 p.m.–until complete – move kayaks up top, load onto trailer

? Saturday, 20 August – ? RAIN DATE for MANDATORY SOMD Kayaking Qualifier, College Boating Facility, Chestertown, MD, 9:00 am – 5:00 pm (more details as date approaches).

22 August – practice

Friday, 26 August, 5:30 pm – until complete – move kayaks up to front of Arlington Echo and load onto trailer

Saturday, 27 August – SOMD Kayaking State Competition, Washington College Boating Facility, Chestertown, MD, 9:00 am – 2:30 pm **PLUS** returning kayaks to Arlington Echo (more details as date approaches).

End of Season party. Possible dates – 29 Aug or 12 Sep. Exact date and location TBD (hopefully at Arlington Echo)

Coach Al's Contact Info: (cell) 410-562-1663 (email) [alanjank6@gmail.com](mailto:alanjank6@gmail.com)