



2019 Athlete/Parent Handbook

Developing Young Paddlers Since 2008
PaddleRCBC.org



Our Mission:

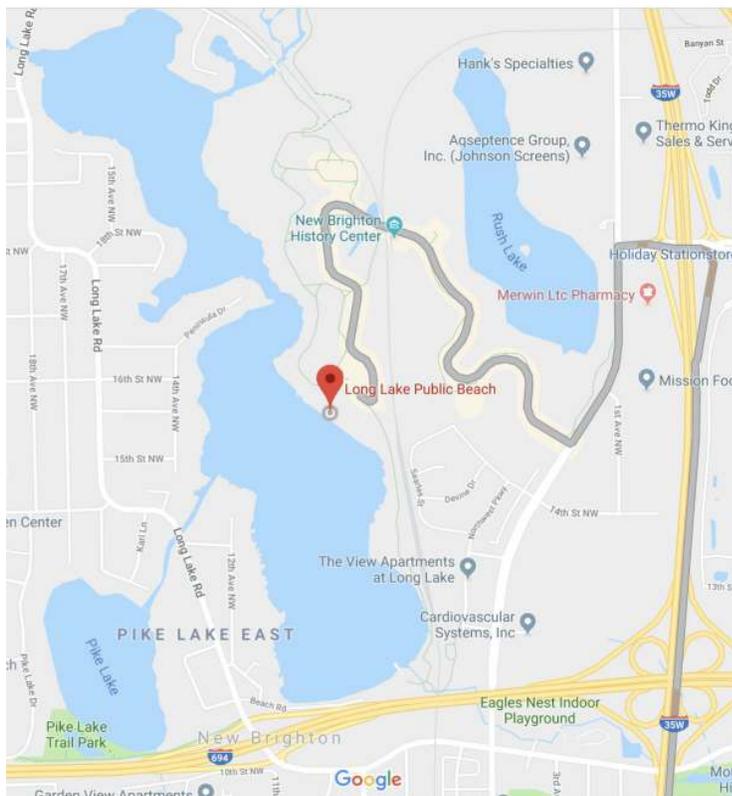
Created 12 years ago, our mission has expanded from racing at the high school level to adults and recreational paddling and touring. Paddling provides a great low impact way to get in shape and enhance your other sports with upper body conditioning.

Our goal is to introduce and or improve your paddling skills and abilities and try out a variety of watercraft and learn new skills for fun, touring or racing. Instructors vary from serious racers to recreational paddlers who have paddled all over the world and want to share their joy.

We offer affordable opportunities to build skills in a supportive environment for teens and adults of all abilities.

Why Paddling?

Paddling is a wonderful life-long, outdoor sport. Paddling is the single best upper body/core workout you'll find. It combines the balance, core strength, and aerobic conditioning needed for many sports, which makes for a great workout and cross training activity. It is an excellent complement to lower body focused activities such as running, biking or hiking. It can be a peaceful activity in the Boundary Waters, or a lively, social activity. In races, boats work together not only with their partners, if they have one, but also the boats around them as they use wake riding to their advantage. There are many other examples of technical skills that can cross-over to other styles of paddling.



Where is it?

We are based out of Long Lake in New Brighton, at the [Long Lake Beach House](#) in Long Lake Park.

Coming from 35W, exit on I-96, head west, and turn left (south) onto Old Hwy 8 NW. You'll take the next right into the park, and follow the park road all the way until the end to the beach parking lot.

Paddling: What types of boats do we use?

While focused on skills development and enjoyment of the sport, we also encourage our athletes toward racing and efficient paddling, so we have a mix of recreation-style boats and racing boats. Racing boats are designed for speed, which means they are “tippier” and more fragile.

RCBC provides boats, paddles and life jackets.
We primarily focus on three styles of paddling:

- **Canoes**



Stock C2s (also have C3s & C4s) C1 Solo Racing Canoe



C2 Racing Canoe “Proboats”

*A C2 holds 2 people, C3 holds 3 people, C4 holds 4 people

- **Kayaks & Surfskis**



K1 Racing Kayak



Surfski*



K2 Racing Kayak



K4 Racing Kayak (4-person boat)

*Surfskis are similar to kayaks but with a “sit-on-top” cockpit

- **Stand Up Paddle-Boards**



These are lighter and faster than your usual cabin-going SUPs. Feels like standing on water!

Paddling Skills:

Here are some examples of technical skills we hope to teach you this summer:

- forward & backward strokes
- teamwork - working with your partner and other boats
- balance
- cross-bow
- draw
- pry
- Sweep or C-stroke
- J-stroke
- buoy turns
- starts
- reversing 180 degrees
- lake steering/getting your boat to go where you want it to go
- river steering/getting your boat to go where you want it to go
- river navigation/reading water
- leaning the canoe to steer
- riding wake

What to Bring to Practice:

RCBC provides paddles and boats for paddlers to use.

- **Life jackets:** RCBC has lifejackets for your use, if you prefer to borrow one. If you have your own, we will encourage you to bring that as you are familiar with the fit and the settings are designed for you! Lifejackets are required to be worn at all times in all RCBC events.
- **Athletic clothing** - In colder weather, we would encourage breathable, wicking fabrics for base layers (long underwear), and wind and waterproof outer layers. Waterproof shoes are helpful. Most of our season will be pretty warm, so wear whatever you are comfortable in, and plan on getting a little wet. Cotton will soak up water and doesn't wick well.
- **Shoes** you don't mind getting wet.
- A **waterbottle**
- **Sun protection:** sunscreen, a hat, sunglasses are all great ideas.
- A **change of clothes**, to leave in the boat house, in case you do get really wet.
- A **drybag** (optional) - you can leave your personal belongings in the beach house, which we will lock during practice, but you can also bring a drybag into the boats if you want to keep valuables with you.

Programs:

- **Adults Learn to Paddle:**
Ages 18+. Learn efficient paddling technique and build fitness through workouts. We will explore canoeing, kayaking/surf-skiing and stand-up paddle-boarding.

When: Wednesdays, 6:30 – 8:00 p.m.
Dates: Session I: June 12, 19, 26, July 10 (4 weeks)
Session II: July 24, 31, August 7, 14 (4 weeks)
- **Juniors Intro to Paddling:**
Ages 12-18. Instruction in canoe, kayak, surfski and stand-up paddle-boarding. Options for racing, but focused on recreation and skills development.

When: Mondays & Wednesdays, 6:30 – 8:00 p.m.
Dates: Session I: June 10-26 (6 practices)
Session II: July 8 – August 14 (12 weeks)
- **Competition Juniors:**
Competition Juniors: Ages 12-18. Take your paddling to the next level! This program will explore competitive canoeing, kayaking, surf-skiing and stand-up paddle-boarding.

When: Mondays & Wednesdays, 6:30 – 8:00 p.m.

Session: Full summer: June 10 – August 16

- **Endurance United Development Team partnership**

This is a nordic skiing summer training team that primarily uses running, rollerskiing, strength and biking for tools to improve their fitness, but this year, will join the Rice Creek Boat Club on Mondays for paddling! We are excited to introduce this cooperation.

- **Canoe & Kayak Paddling Camps**

This program is in partnership with the New Brighton Parks & Recreation. It is focused on fun and introduction of skills for a younger demographic.

- Beginning Kayak Paddling - Ages 10-13
Mon.-Thurs., July 8-11 2:00 pm - 3:30 pm
- Intermediate Kayak Paddling - Ages 12-15
Mon.-Thurs., July 8-11 4:00 pm - 5:30 pm
- Beginning Canoe Paddling - Ages 10-13
Mon.-Thurs., July 15-18 2:00 pm - 3:30 pm
- Intermediate Canoe Paddling - Ages 12-15
Mon.-Thurs., July 15-18 4:00 pm - 5:30 pm

Summer Schedule: See More Info at PaddleRCBC.org

Kick-off Event May 18, 1-3 PM On-Water Group Paddle

Programs begin! June 10

Hoigaard's Paddle Derbies Thursdays, June 6 - August 8, Lake Bde Maka Ska - Thomas Beach. 6:45 PM Start. The Hoigaards weekly canoe derby is a series of ten races with divisions for recreational paddlers and experienced racers. RCBCers meet and race to have a good time and to hone competitive skills. RCBC will plan on targeting **June 27 & August 1** as race dates here, but there are races every week!

Long Lake Lap: Long Lake, June 29

This race is our race, held on Long Lake, sponsored by the Rice Creek Boat Club and our primary fundraiser for the season. Funds raised help with maintenance and upkeep of equipment, and help subsidize entry fees/travel for the kids to go to other races, including Nationals. All club members should plan to participate in this race; you have the "home-town advantage". It is open to anyone, offering many different classes in which to compete, from novices to those who compete in every race they can find. We need parents to volunteer to help with promotion, food sales, registration and race logistics.

Lunch is on us! We invite our friends and neighbors to come for a free lunch, ask questions to find out who we are, and try paddling our boats. We'll have a wide variety of boats for anyone who wants to try them out. Plus, we'll provide plenty of brats, bars and beverages!

Jensen Handicap Race, Rum River, June 30

This is a classic event in Minnesota, named after one of the top canoe designers in the world, Minnesota's own Gene Jensen. The race format is unique -- paddlers are divided by experience, and draw for partners so rookies get paired with experts, and middlin' paddlers with the same. It is a fabulous chance for RCBCers to paddle with and learn from some of Minnesota's best paddlers. The race is about 50 minutes of fun, followed by a superb picnic potluck at the park.

Tuesdays in July, Long Lake, July 2, 9, 16, 23, 30, 6-8 PM

6 PM: Paddle a new boat or your own boat.

7 PM: 3 sprint races – “Six-Pack Races” (100m – 1 mile)

8 PM: Return demo boats, or keep on paddlin'! Grilling and celebration to follow!

Come for the boats, stay for the company! RCBC has the boats and opportunity to try out something new like a stand-up paddle-board or racing canoe or kayak or a faster touring canoe or kayak! Train with others and learn from experienced paddlers who can offer paddle instruction and tips and ideas for trips – come learn from the best! You can also simply bring your own boats/paddles!

*July 9 will be a special Ramsey County Parks Boat Demo event: 6-8 PM

Little Falls Day Trip: July 13, Mississippi River

Night Paddle July 26, Long Lake, 8:00 - 9:30 PM

In honor of the AuSable race that weekend, an overnight race in Michigan, we will do a “night” paddle with lights, and experience what it's like to paddle in the dark.

Hoigaard's Paddle Derby August 1, Lake Bde Maka Ska

USCA Nationals August 6-11

Mighty Mississippi August 24, St. Cloud to Champlin

55 Mile, 55 Mile Relay, 25 Mile, 12 Mile options.

More information at: <https://mightymissrace.wordpress.com/>

RCBC Policies:

Communication

- Website: PaddleRCBC.org
- Facebook page: Facebook.com/RiceCreekBoatClub
- Email/Phone: PaddleRCBC@gmail.com, 651-706-4765 (Program Director, Allie)

We will send regular email updates on upcoming events and any change to regular practice dates.

Please keep us informed of your current contact information and when you cannot attend regularly scheduled events.

Weather cancellations: If there is an adjustment to our practice plan - either a time shift or cancellation, we will notify you by email at least 3 hours prior to practice. See weather policy.

Weather/Cancellation Policy

Unless there is severe weather (a tornado or T-storms), we will meet. Many times storms pass through quickly or it may be raining hard in one area and not the other. We will stay off the water 30 minutes after nearby lightning.

Coaches will be at the location. In light rain, we will paddle. If there is lightning, we will not paddle. If it is raining hard, we may do dry land training in a shelter.

If there is need for a cancellation, we will notify you by email 3 hours prior to practice. Feel free to call or text your coach or the program director if you are not sure. We will reschedule if there is a cancellation.

Safety issues:

Water safety: Coaches will be able to see all boats at all times. Athletes will wear lifejackets at all times and coaches will check their are fit well. Coaches will only put beginner paddlers together in the boat under safe weather conditions. Coaches will carry emergency contact information and a charged cell phone in a dry bag in case of a safety concern or situation. Coaches will be familiar with their athletes' health concerns and ability and comfort with swimming and water. If any athlete does fall in the water, coaches will assess the situation - is it safe/practical to re-enter the boat, or do we need to move to a safer location (usually the nearest spot on shore).

Wind: In case of high winds, we have an alternative put-in location toward the middle of the lake where there is a more protected area. Coaches will make

decisions of where and what boats to paddle based on weather conditions and paddling experience of the participants.

In cases of extreme *heat*, we will take proper caution based on the NOAA National Weather Heat Index recommendations. We may modify the workout and take extra breaks for drinking water and cooling ourselves off in the water.

Injury protocol: If there is an injury, coaches will report back to parents following practice.

Drug policy

The Rice Creek Boat Club operates under a zero tolerance policy regarding performance enhancing drugs. Athletes must be familiar with, and comply with, USOC and USADA drug policy. Failure to comply with this policy will result in immediate dismissal from the club.

- <http://www.usada.org/education/youth/>
- <http://www.usantidoping.org/>

Two-Deep Leadership

Two official RCBC adult leaders/coaches, or one official RCBC adult and a parent of a participating youth paddler, are required for all trips or outings. There are a few instances, such as Performance Training Group practices, when no adult leadership is required. Also, a single RCBC leader/coach may lead a practice (Tues/Thurs advanced group, for example) with multiple youth paddlers. But, never, will a single RCBC leader/coach be alone with a single youth paddler, unless it has been explicitly agreed to by that paddler's parents and coach.

We also keep a 6:1 Athlete to Coach Ratio for safety and attentiveness.

Athlete Conduct Policy

RCBC expects its coaches, athletes and parents to behave appropriately at both practices and events, and to follow any instructions from an RCBC coach or event staff. Appropriate behavior should be common sense, but will be determined at the discretion of the coaches. All of our athletes represent RCBC and the paddling community while on the water, and should do so in a respectful manner. If there is unsafe or disrespectful behavior, coaches will work to address the behavior and work with the athlete, coaches, and parents to make a change in that behavior. Any infractions will result in the following disciplinary action:

First Offense - Verbal warning to the athlete and a phone call to the athlete's parents.

Second Offense - Verbal warning to the athlete, up to a two-week suspension from RCBC activities without refund and a parent-coach meeting to determine how best to correct the athlete's behavior.

Third Offense - Explicit verbal warning to the athlete, possible expulsion from RCBC summer programs without refund. In addition to the above policy, RCBC reserves the right to suspend or expel any athlete whose actions are illegal or place the athlete or group in a dangerous situation. RCBC will not tolerate reckless or unsafe behavior on or off the water.

Disqualification - In the unlikely event that an athlete is disqualified from an event due to poor conduct, the trip leader and coach *may*, at their discretion, require that the athlete be sent home at the expense of the parents.

Financial Aid

Payment for summer paddling programs is expected to be made in full at the information/registration meeting. Our goal is to keep membership fees reasonable. However, we will not turn anyone away who has the desire to participate.

Scholarship money is available. Contact the Executive Director or one of the coaches to discuss your situation.

