



CANI Performance Sprint Program

Outline and Selection Requirements

Released 5 April 2019

Program Aims

The CANI Performance Sprint Program Aims to be the pathway into British Canoeing Sprint Pathway Programs and as such will reflect British Canoeing's Canoe Sprint Development Strategy to "Develop the person – Holistically – to be the best they can be".

Performance Aims

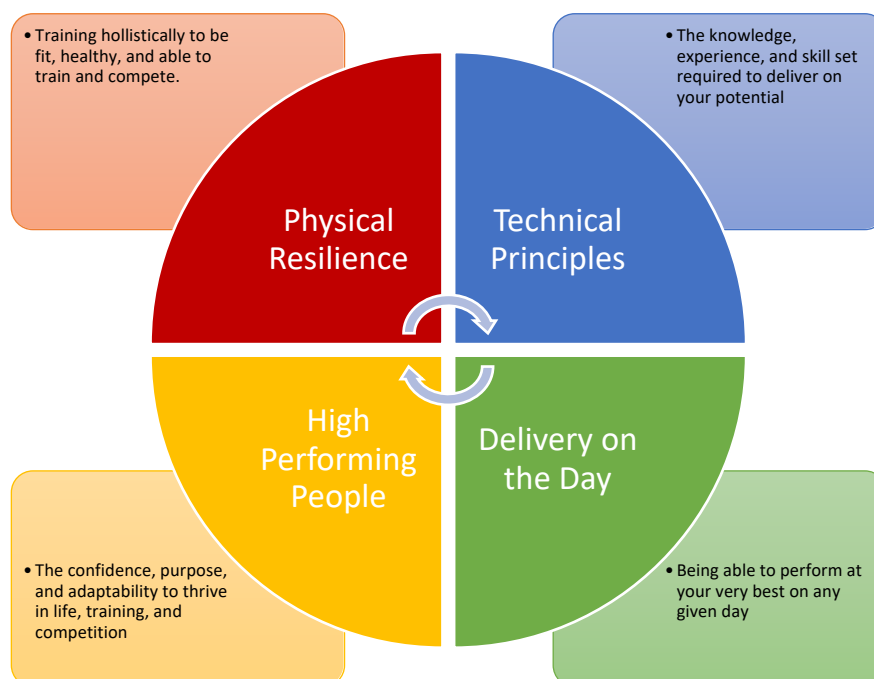
The CANI Performance Sprint Program Aims to produce athletes who:

- Represent UK/IRL on the Olympic Hopes Sprint Team within two years of being on program (15-17yo's)
- Represent UK/IRL on the Junior Sprint Team (17-18yo's)
- Represent UK/IRL on the U23 Sprint Team (18-23yo's)
- And in the long-term, consistently produce athletes to the standard required to transition to British Canoeing or Canoe Ireland National Programs (17+yo's)



Program Culture

To achieve our Aims, the Performance Sprint Squad will have a culture of pursuing excellence and will adopt British Canoeing's "What It Takes To Win" framework which consists of the following four pillars:



Program Outline

Applications Open:	Wednesday 1 st May 2019
Applications Close:	Sunday 7 th July 2019
Program Announcement:	Friday 6 th September 2019
Program Start Date:	Saturday 14 th September 2019
Program renewal:	Annually at the end of British Canoeing's Sprint Regatta season (generally September).

The program will focus on performance at British Canoeing regattas and the selection criteria for British Canoeing Team selection and representation at relevant levels for paddlers within the program (Olympic Hopes, Junior, U23, Senior, and Olympic teams). To do so, the program will be tailored to suit its athlete's individualised needs to achieve the mutual goals of the program and the athletes in line with the selection criteria for relevant teams.

The daily training environment (paddlers participating in the full training program located at the Belfast Boat Club) will be limited to 6 athletes, with a further 6 places available to remote athletes; athletes who are not able to participate in the daily training environment but apply to be a part of the program and receive the support that goes with it.



Training will consist of training in both single and crew boats for any given session and all athletes will be expected to compete in both single and crew boat events at the British Canoeing Regattas.

Throughout usual training there will be regular performance testing such as strength testing and on-water time trials. Further testing may include canoe/kayak ergometer power testing, VO² testing (aerobic capacity), and lactic testing (anaerobic capacity).

Weekly Training Schedule

In a typical week, athletes will undertake 10 sessions per week (4 gym sessions and 6 on-water paddling sessions), with the Daily Training Squad being based at the Belfast Boat Club. Session times and quantities may change to suit the squad or altered as necessary for the individual needs of athletes. All athletes within the Daily Training Squad will be required to take up applicable full membership at the Belfast Boat Club where storage of personal boat (K1/C1) at the Boat Club will be arranged.

Athletes should aim to attend all training sessions that are set and be consistent and reliable in their attendance to and commitment/attitude within sessions – consistent attendance and commitment is an important factor to improving performance.

Below is the Weekly Training Schedule that all Performance Program Athletes will be asked to commit to:

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Morning 6:30-8:30	Gym	Gym	Gym	Rest	Gym	(9AM) Paddle	Rest
Afternoon 16:30-18:30	Paddle	Paddle	Paddle	Paddle	Paddle	Rest	

Athlete Requirements

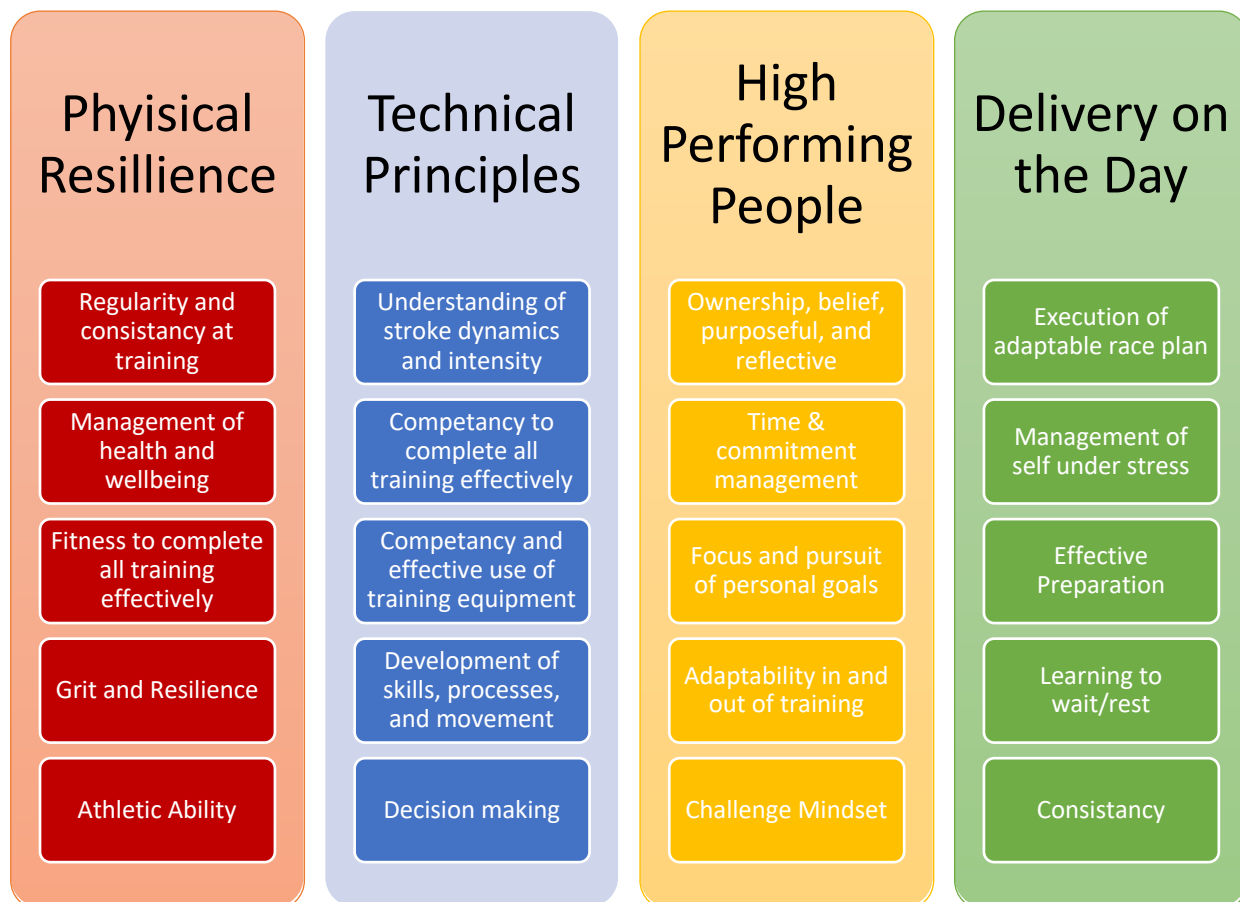
Athletes within the program will be required to:

- Be full CANI members with membership fees up to date at all times from submission of application.
- Maintain payment of their training fees (£60 per month, £30 per month for 12 months after competing internationally on a UK/IRL Canoe Sprint Team)
- Maintain consistent attendance and attitude at training and maintain an attendance rate of 80% or better.
- Balance training, academia and/or work, lifestyle, and personal health to maximise performance in training and competition – Athletes are encouraged to study or work alongside sport.

Pursuit of Excellence – Attitude Requirements

Athletes must be able to reliably and consistently demonstrate their excellence in all four WITTW pillars; Physical Resilience, Technical Principles, High Performing People, and Delivery on the Day. These can be demonstrated by the example criteria shown below or in other ways that demonstrate their capacity to deliver excellence in the four pillars with regard to their training and racing.





Performance Requirements

Those within the Performance Sprint Program will be expected to meet and exceed the performance benchmarks (see below) at targeted British Canoeing regattas (estimated 2 per year – selection events and British Open) and will be expected to compete at a minimum of 3 British Regattas each year.

Athletes in the age groups U14, U16, U18, U23 and Open will be eligible for participation in the Performance Sprint Program, and must meet the following performance benchmarks based on a percentage of the Gold Medal Time (GMT) for their age group in K1 or C1 over two or more different race distances out of 200m, 500m, or 1000m at the 2019 British Canoeing Sprint Open/September Regatta (31 August – 1 September):

- 105% GMT for Top Age U14, U16, & All U18, U23 or Opens
- 110% GMT for Bottom Age U14, & U16



Below are the GMT times from the 2018 September British Open Regatta.

Boys/Mens K1 - GMT

	U14	U16	U18	U23/Open
200m	47.41	39.97	40.04	39.72
500m	2:08.71	1:56.50	1:53.44	1:56.59
1000m	NA	Times not available	4:05.60	4:06.94

Girls/Womens K1 - GMT

	U14	U16	U18	U23/Open
200m	53.51	48.86	49.35	46.15
500m	2:25.65	2:12.22	2:05.55	2:05.52
1000m	NA	4:59.18	5:03.13	4:41.66

Below are example GMT Percentage Times. These times are to be used as a **guide/target** for Athletes and have been generated using average times from the British Canoeing September Regattas of both 2017 and 2018. These times and times from previous years and/or other regattas may be used to help guide selection decisions based on weather conditions or other issues at the 2019 September Regatta.

Boys/Mens K1 – 105-110% GMT

	U14		U16		U18	U23/Open
	110%	105%	110%	105%	105%	105%
200m	0:50.6	0:48.3	0:44.9	0:42.8	0:41.3	0:40.3
500m	2:19.5	2:13.2	2:05.8	2:00.1	1:57.7	1:56.4
1000m	NA		4:30.5	4:18.2	4:14.7	4:06.7

Girls/Womens K1 – 105-110% GMT

	U14		U16		U18	U23/Open
	110%	105%	110%	105%	105%	105%
200m	1:00.4	0:57.6	0:53.1	0:50.7	0:51.8	0:47.2
500m	2:35.3	2:28.3	2:24.1	2:17.5	2:13.1	2:07.0
1000m	NA		5:24.2	5:09.5	5:08.8	4:53.2



Expectations of Athletes

CANI expects athletes within its Performance Sprint Program to be:

- Proactively seeking to better themselves in both sport and life.
Athletes seeking to further their skills, knowledge, and understanding to better themselves in sport, education, work, and life.
- Self-motivated and taking ownership of their performance.
Ability of athletes to be responsible for their choices and actions. Arranging regular catch up discussions (formal or informal) with Coach to keep track of performance and progression towards goals.
- A role model for both athletes within the program and others in Canoeing across Northern Ireland.
Athletes working diligently to be the best representation of themselves and exhibiting a WITTW attitude in training, competition, education, work, and life.
- An integral piece of the CANI Performance Sprint Program; contributing to a close-knit team environment.
Adding value, consistency, and reliability to the team environment, supporting themselves and others, working with all others in the team to work towards achieving the shared goals and aims of the program.

Selection Process

There is a limit of 6 athletes within the daily training squad, and a limit of a further 6 athletes training remotely. There are no automatic applications or entitlements, all interested paddlers must apply.

Applicants outside of CANI Sprint Programs will be invited to join selected Sprint Program training sessions prior to the British Open Regatta to gain a better understanding of the Sprint Program and for the PSP Coach to meet and learn more about the applicants ahead of selection.

Selection Criteria

Athletes will be selected in preference of the following attributes:

1. Exhibiting a “What It Takes To Win” attitude to life and sport, holistically.
2. Long term potential within the sport to meet the Aims of the program.
3. Suitability to be an integral piece of the program, based on an overall view of the program as a close-knit team.
4. Performance Requirements.

Assessment of all applications will be made by Kieran Dews (Head Coach), Scott McNeill (Board Member), and Ian Wynne (Performance Consultant).



How to Apply

To apply, please complete the application form which will be released when applications open (Wednesday 1st May) and return to Kieran Dews (kierandews@cani.org.uk) by end of day Sunday 7th July.

Please note; applicants will be observed at the 2019 British Open Canoe Sprint Regatta (31 August-1 September).

It is anticipated that applicants will fall into one of the following three categories and will be assessed as outlined below:

CANI Program Athletes

- End of Season Review (WITTW attitude, potential, and suitability)
- Assessment within sessions
- Performance at September Regatta

Non-CANI Program Athletes

- Submit training program of completed season (WITTW Attitude, Potential)
- Athlete review submitted by current coach where applicable (WITTW Attitude, Potential)
- Assessment within selected CANI Sprint Program sessions (WITTW Attitude, Potential, and Suitability)
- Confirm ability to meet PSP training timetable
- Performance at September Regatta

Remote Athletes*

- The same as above for Non-CANI Program Athletes
- Limit of 2 athletes per location/club, and total of 6 athletes training remotely. Beyond this, or if you have a home-based coach, support for Coaches/Club must be sought. For more information on Remote Athletes and Club/Coach Support please read our [Canoe Sprint Programme Strategy 2018-22](#).

Please note: Athletes who are a part of a Club or Program receiving support through CANI's Club/Coach Support are not eligible to apply as a Remote Athlete.

*The intended definition of Remote Athletes is those that are unable to be a part of the Daily Training Environment.



I haven't met the performance requirements; can I still apply?

Yes! If you have demonstrated or are able to demonstrate your competency to in the four WITTW pillars above and your race times are close to the Performance Requirements, or you have results from a different race that meet the performance requirements, you can most certainly apply! Your application will be considered based on the criteria above, your ability to add value to the program, and your ability to effectively maintain pace with others in the program during sessions.

For more information on the Performance Sprint Squad, please contact our Sprint Coach,
Kieran Dews – kierandews@cani.org.uk

