

Fall 2007

# DOCKSIDE CHATTER



Jordan Pilon (above) won a gold medal in the Queen Lili'uokalani outrigger canoe race on the Kona Coast of Hawaii!

## COMMODORE'S REPORT

**Success in sport. Success in life. It's no coincidence.**

We all know that the continued success and growth of our club depends on the support and involvement of many people. In this first year of our organization, the contributions you make are critical to the success of VYPC.

First, thanks to our **athletes** for your personal dedication to the sport, fundraising efforts, and for being good club ambassadors.

Thank you **parents** for your support, encouragement (and lets not forget transportation) of your children and their teammates.

All of us recognize that our **coach**, Matthew, has gone above and beyond his duties, striving to make our club better in so many ways: recruitment, team spirit, and performance.

Lastly, I thank our **board members** and **volunteers** for their help in many areas including bookkeeping, fundraising, sponsorship, coaching, equipment maintenance, trip planning, social events, communication, registration, and web site development.

VYPC has taken some important steps this year to secure more funding for the expansion of our program. Earlier this year we received a Direct Access Gaming grant from the **Province of BC**, and a Canada Summer Jobs grant from the **Government of Canada**. Our corporate sponsors include: **Ocean River Sports, Terra Remote Sensing Inc.**, and **Thrifty Foods**. In addition, we acknowledge the generous contributions of individual donors: **Dr. Jan Urban** and **Mrs. Patricia Fehr**.



Jaden Langford, Commodore

# SPRINT KAYAK



## Through waters to friendship

As members of Canoe Kayak Canada, YVPC paddlers are part of a community of over 4,200 athletes in 82 clubs across Canada.

The national motto, “Through the waters to friendship” defines clearly the sense of family and belonging in our sport community.

Our sprint kayakers attended a record number of races this year.

We kicked off our season in April with “**Wake Up the Gorge**”, a local race hosted by the Victoria Canoe & Kayak Club.

In May and June our entire racing group competed at **BC Trials #1** (Pitt Meadows) and **BC Trials #2** (Kamloops). The first set of trials focused on long distance, while the second emphasized sprints. David Nykl qualified for the provincial team and went on to compete at the **Western Canada Summer Games** in August winning three medals!

Also in June, a team of nine youth (4 racing and 5 explorer), coaches Jaden and Matt, and master Jan Urban raced at the **True Sport Island Regional Regatta**. Many of our athletes experienced racing for the first time at this regatta.

At the end of June, four racing group athletes travelled to Regina, Saskatchewan for the **Canada Day Regatta** (considered the top flatwater regatta in Western Canada). Our coach Matt accompanied the group to his old stomping grounds at the Wascana Canoe Club in Regina.

In July, a team of five racers and two explorers attended the **Ridge Invitational Regatta** at Whonnock Lake. Every YVPC athlete earned a top 3 finish in this regatta, which was attended by about 75 athletes.

At the end of July, four racers and four explorers tested their skills at the **BC Championships** held in Nanaimo. Coach Matt organized a special team boat training day afterwards to give our athletes more experience in K4 and C15 (war canoe).



We are excited to begin offering whitewater paddling opportunities for youth.

Through our linkage with PacificSport, we were introduced to **Cara Marks** and her father Tim. Cara is a national-level whitewater slalom paddler who joined VYPC this fall.

Due to the higher level of risk involved in whitewater, VYPC is arranging a comprehensive intro to whitewater kayaking course for any members who wish to pursue whitewater paddling. The first course is scheduled for September 29th on the Cowichan River (about 1 hour north of Victoria).

Our expansion into whitewater comes at a time when both Olympic paddling disciplines, flatwater and whitewater have merged under Canoe Kayak BC.

Daughter and dad Cara and Tim Marks are avid kayakers and canoeists. They also have an athlete/coach relationship and if all goes to plan it could have them both going to the 2012 Olympics in London.

Twelve-year-old Cara of Sooke has propelled herself to the point where she is attracting international attention for her abilities in the kayak and the canoe, and she's done it practically overnight.

Cara has had a busy summer that has taken her to the Junior Olympics in Colorado (earning a silver medal), the Canadian nationals in Chilliwack, and the North American championships in Alberta.

*-From the Sooke News Mirror*

# WHITewater



Whitewater canoe/kayak involves a wide array of competitive and non-competitive disciplines, most being done on fast moving creeks, rivers, and even man-made courses. It is a fun, exhilarating way to stay active for life, achieve personal excellence, and experience nature in one of its most beautiful and dynamic forms.

**Cara Marks**  
**Canadian National**  
**Slalom Champion**  
**K1 & C1W**



# ATHLETE PROFILE



## Sprint Kayak

- BC Championships
  - 7th in singles
  - 4th in doubles
  - 2nd in fours

## Dragon Boat

- Top ranked junior team at Nanaimo Paddlefest and Vancouver Island Dragon Boat Championships

## Outrigger Canoe

- Gold Medal at the Queen Lili'uokalani outrigger canoe race on the Kona



Jordan Pilon has had a successful season in three different paddling disciplines: sprint kayaking, dragon boat and outrigger canoe.

Jordan's positive attitude and athletic qualities earned him a spot on the **CTV evening news** during Perry Solkowski's High Five segment.

Jordan enjoys the camaraderie of a sport with a group of like minded boys and girls who are close to his own age. When he gets in the boat, be it kayak, dragon boat or outrigger canoe you can see a smile on his face and feel his positive outlook as his paddle enters the water.

Jordan's parents say "we are very fortunate to live in an area that provides year-round paddling opportunities and a group of dedicated coaches and supporters to help both Jordan and his fellow paddlers achieve their goals."



# W I N T E R P R O G R A M N E W S

## New Explorers

VYPC welcomes **Seb M, Andrei, Elias, Quinn,** and **James** to our Explorer Group. These youth will learn to paddle a variety of boats including whitewater kayaks, outrigger canoes, and sprint kayaks. Coach Matt will help them discover a new way to build skills, improve fitness, and to work both independently and as part of a team.

## Junior Outrigger

VYPC welcomes **Marcus, Michael, Josh,** and **Wilson** to our racing group.



These athletes will diversify their skills by paddling both kayaks and outriggers. They are preparing, together with **Jordan** and **Kody**, for the World Outrigger Sprints next summer in Sacramento, California.

As part of this initiative, VYPC welcomes the contributions of Cindy Wright, Commodore of the Ocean River Paddling Club, who will be involved in coaching junior outrigger.

For more information contact Marianne ([mppilon@shaw.ca](mailto:mppilon@shaw.ca)).

## October Mini-Camp & Bridges Race

On Oct 19-21, VYPC will host a mini training camp co-sponsored by **PacificSport Victoria**. The camp is designed primarily for new athletes to discover and learn more about training. Activities will include paddling, running, swimming, games, and educational presentations. We're also planning to attend the opening of the IMAX film *Sea Monsters: A Prehistoric Adventure*.

On Sunday morning there will be a small boat race in which all VYPC members are encouraged to participate. Parent volunteers are also needed. The distances will be 2km (novice) and 5km (intermediate).

The camp and race are open to both explorer and racing groups. Contact Jaden for more information.

## Kayak Spray-skirts

In preparation for winter paddling, we are placing a group order for kayak spray-skirts from Compass Rose Designs. The cost is \$48.16 if you order by the deadline (\$55.64 after).

Payments are due on or before **Oct 1st**. Cheques payable to Victoria Youth Paddling Club.

## Team Uniforms

We are about to order VYPC singlets (racing shirts). The sizes are youth medium, adult small, adult medium, adult large and adult x-large. The cost will be \$35. Please indicate size with your payment by **Oct 1st**, or you'll have to settle for what's left over. Cheques payable to VYPC.

## Parking @ ORPC

To avoid being towed, never park in the "24 Hour Reserved" spots. You may park in spots marked "Reserved 8am-6pm" after 5pm on weekdays and anytime on weekends/holidays. An ORPC parking pass must be displayed on the dash to indicate you are a club member.

Effective immediately the automatic gate will be locked at 6:30pm daily. To access or exit the lower parking lot after this time you will need to obtain the code from Jaden or Cindy.

## Winter Paddling Policies

- Paddlers must wear synthetic fabrics. Absolutely no cotton may be worn while on the water (cotton absorbs 7 times its own weight in water drawing heat away from the body).
- Paddlers must bring a change of clothes to every practice.
- Paddlers must wear full PFDs (inflatable PFDs are not acceptable between October and March).
- No athlete is to be on the water without a coach safety boat or the permission of a VYPC coach
- Shoes/sandals must be worn in the parking lots and when carrying boats to the upper sheds. Never run on the docks (morning frost can make it especially slippery)
- The coach will evaluate weather conditions and may modify or cancel practices as needed. Members are encouraged to check their e-mail before a practice if weather may be a factor.

# FUNDRAISING UPDATE

AMOUNT	DATE(S)	SOURCE	PROCEEDS
\$29	April	COBS Bread	Club
\$300	May-July	Thrifty Foods	Club
\$570	May-June	Chocolates	Athletes
\$220	August	Bottle Drive	Club



## Thrifty Foods

Use your VYPC Smile Card for all purchases at Thrifty Foods and 5% is donated back to the club. Additional cards can be obtained for your friends, relatives and colleagues. The program has been extended to May 2008 and VYPC is about one-third of the way to reaching our \$1000 goal.

## Flower Bulb Packages

Until the end of September we will be selling flower packages from Vesey's. The packages range in price from \$10 to \$70 and 50% of what we sell will stay in the club to help raise money for programs and equipment. For more information contact Lori (lorisather@shaw.ca).

## Sponsors needed

We are currently seeking corporate and individual sponsors to help fill several needs. Charitable tax receipts are available for qualifying donations.

## WINTER RECRUITMENT

We are offering **Youth Learn to Paddle Courses** at Crystal Pool. Dates are Oct 13, Nov 17, Dec 15, Jan 12, Feb 16, Mar 29. Time 4-6pm. Cost \$30. Register through the City of Victoria at 361-0704.

## Fundraising Works!

We are excited to announce that our club has purchased a K4 (four-person racking kayak). Thanks to Canoe Kayak BC we will be able to pay for this \$4000 boat over 4 years. We expect arrival by October. Special thanks to provincial coach Kris Lepianka for helping us get this boat.

- 2 whitewater helmets (\$100)
- 6 child size PFDs (\$350)
- C1 sprint racing canoe (\$1700)
- C2 sprint racing canoe (\$3000)
- 6 recreational kayaks for community outreach and teaching (\$8000)
- Canoe & kayak trailer (\$2000)
- Athlete Bursary Fund (any amount)

## About VYPC

The Victoria Youth Paddling Club is a registered non-profit society dedicated to developing, promoting, and running programs leading to fun, fitness, skill development, and competition in kayaking and canoeing. The Club's operations are supported by a facility and equipment partnership with the Ocean River Paddling Club.

## Sponsors



## Contact

Jaden Langford  
250-744-2189  
[jaden@vypc.ca](mailto:jaden@vypc.ca)

