

# SUMMER PROGRAM GUIDE

2024

sponsored by



Cheema Aquatic Club sits on the ancestral, unceded, and unsundered territory of the Mi'kmaq Nation. As Peace and Friendship Treaty beneficiaries, we have a responsibility to continuously educate ourselves and work in solidarity with Mi'kmaq and other Indigenous communities.

We also recognize the histories, contributions, and legacies of the African Nova Scotian people who have been here for over 400 years.



# OUR TEAM

## Management Team

Scott Logan	Executive Director/General Manager	scott.logan@cheema.ca
Jillian Richards	Summer Supervisor	jillian.richards@cheema.ca
Emma Zoldy	Summer Technical Lead Coach	emma.zoldy@cheema.ca

## Coaching Team

Csom Latorovszki Rob Stott Discipline Coaches	Nick Burgers-Lamontagne Canoe Lead/Mentor	Alex Logan Kayak Lead/Mentor
U14/16 Ocean Lushman Joey Horne	U12 Boys Xavier LeVasseur, Lead Cameron Hall, Support Harry Brown, Support  U12 Girls Bailey Gray/Megan Gallahue, Co-Leads Samantha Landry, Support Ella Williams, Support	U10 Boys Joey Mollins, Lead Josie Duffy, Support Corbin Colville, Support Elle MacKenzie, Support Alec MacAulay, Support  U10 Girls Grace McIntyre, Lead Marcy Meisner, Support Heidi Brown, Support
U8 Claire Naugler/Claire Tolson Co-Leads Sophia Kerr, Support Ethan Quigley, Support	U6 Jillian Richards/Aprile Christian Co-Leads Bryony King Ella Taylor Matilda Bowers	Swimming Lessons Bryony King Danial Murphy  Lifeguard Anya Cozens
NEXTGen Coach Academy Volunteers Emerson Eisener Katie Cooper Katie Gaudet Ethan Horne Megan McFeters Megan Thompson Fran Andrews Ben Foran Leena Stevens	War Canoe Xavier LeVasseur Claire Naugler	

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# GENERAL INFORMATION

## General Details

- Our address is 135 Champions Way, Waverley (formerly 1390 Cobequid Road).
- Program runs from July 2nd to August 23rd, 9:00 am – 4:00 pm. There is no program on Natal Day, August 5th.
- Early Drop-off: Starts at 7:30 am (must be registered)
- Regular Drop-off: 8:30-8:50 am
- Regular Pick-up: 4:00-4:30 pm
- Late Pick-up: Ends at 5:30 pm (must be registered)

## Shelter

- We are a water based sport. The rain doesn't bother us!
- But, we do have shelters spread across the property to protect from the sun and the rain.
- The newly expanded boat house now affords us lots of shelter on the not-so-nice days.
- Upstairs in the club house also provides a sheltered area for participants.

## Washrooms

- There are three washrooms located in the Club House.
- There are five washrooms on the main level of the Frank Garner Boat House with entrances from the inside and outside of the building. This is a unisex washroom.
- There is a washroom on the second floor of the Csom Latorovszki Fitness Centre.

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# GENERAL INFORMATION

## Illness and Absences

- We ask that any child not feeling well stay home. If a child is feeling unwell at Cheema, parents will be called to pick up the child. During the wait time the child will be isolated with the Summer Supervisor until a parent arrives.
- Absences or late arrivals of any kind due to vacation, appointments or illness should be emailed to [jillian.richards@cheema.ca](mailto:jillian.richards@cheema.ca) before 8:00 am each day so that we can update the attendance records.
- If you notice a rash on your child, please keep them at home and inform Cheema as soon as possible.

## Keeping Your Paddler Safe

- **First Aid:** A log-book is kept by the Summer Supervisor. All incidences will be noted in the log-book and a message sent to you by email. For issues escalating in nature, you will be contacted immediately.
- **Blue Green Algae:** A line of communication with the Department of Environment alerts about algae blooms. Shubenacadie Watershed Environmental Protection Society tests the lake regularly and alerts us to developing algae conditions. Protocols will be enacted if algae becomes an issue including rinsing boats, hand washing etc.
- **Swimmer's Itch:** A product of hot weather that we can do little about except work together. If your paddler develops a rash, please advise the Summer Supervisor.
- **Life Jackets:** Every paddler must wear a Personal Floatation Device. The club does not provide life jackets. Please do not hesitate to reach out to your child's coach for guidance on the proper life jacket to purchase. We recommend you visit Old Creel on Hwy #2 in Waverley.
- **Safety Boats:** Cheema has a fleet of eight safety boats.
- **Lifeguards:** Swimming is supervised by our qualified aquatics staff and a lifeguard.

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# GENERAL INFORMATION

## Lunch, Snacks & Water

- Our canteen is back. Please see information about the service at the end of this document.
- We ask that children keep wrappers in their lunch bag and return home with them at the end of each day.
- There is no communal microwave, so please prepare accordingly.
- We will plan a couple special lunch days throughout the summer ie. Pizza or a BBQ and will give you lots of advance warning so your child can participate should you want them to.

## What to Pack

- Be sure to apply sunscreen before your child arrives. Make sure to pack some for throughout the day. A spray that is water resistant is preferable so coaches can assist. Coaches are not permitted to apply lotion sunscreen. We encourage your child to find a sunscreen buddy if lotion is your preferred product. The coaches will oversee and remind the children throughout the day.
- Lots of water - it gets really hot.
- Running shoes and flip flops/sandals plus water shoes are recommended.
- Come dressed with your swim gear on to start the day.
- Rain jacket, a change of clothes, a hoodie or sweatshirt, hat and sunglasses.
- A towel.
- Your lunch and snacks.

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# GENERAL INFORMATION

## What Not To Pack

- Special items, toys or treasured items that could get lost. Please leave valuables at home. We are not responsible for lost or stolen jibbetz.
- To create a safe environment, cell phones are not to be used during the programming day. If your child needs to contact you through the day, they should enlist the help of their coach. Contacting you outside programming hours on a personal cell phone is acceptable. ie. pick up coordination
- Money that could get lost or worse, stolen.

## Lost and Found

- What comes to Cheema must go home each day. Please label all your child's gear and the coach will try their best at the end of each day to make sure all is taken home by the owner.
- We end up with hundreds of pieces of expensive sport clothing and equipment that gets left behind. You can peruse from time-to-time throughout the summer but we cannot hold/manage a large Lost and Found throughout the summer. All leftover items sadly end up getting donated.

## Regattas

- The summer regatta schedule is published on the ADCKC site. The web address is [www.adckc.ca/2024-schedule-and-results](http://www.adckc.ca/2024-schedule-and-results). There are no regattas for U8 and under. Regattas are fun and not all about competition. It's a exciting part of your summer experience.
- It is important that your paddler participate in and show up for regattas. It's a fun part of their summer experience. No-shows have a huge impact that is not necessarily obvious from the outside. Coaches spend hours putting together crew boats and submitting registrations. No shows causes last minute scrambling that takes their attention away from supporting paddlers as they compete (often for the first time). If you are going to be away, please let us know in advance so the coaches can plan accordingly.
- As well, there have been numerous instances where paddlers have missed out on competition experience because their crew mate decided not to attend a regatta at the last minute.  
#teamworkmakesthedreamwork

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# GENERAL INFORMATION

## Regattas (cont'd)

### JULY REGATTA SCHEDULE

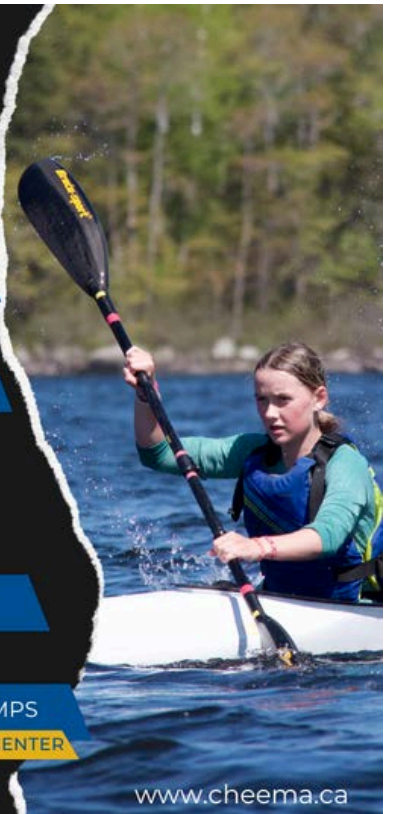
- 6**  
JULY U16+ CREWS  
@ MASKWA
- 10**  
JULY U12/U14 SINGLES  
@ MASKWA
- 18**  
JULY U10  
@ PISQUID
- 20**  
JULY U12/U14 CREWS  
@ LAKE BANOOK
- 26-28**  
JULY U16+ ATLANTIC CHAMPS  
@ LAKE BANOOK



www.cheema.ca

### AUGUST REGATTA SCHEDULE

- 3**  
AUG U12 (CHAMPS QUALIFIER)  
@ LAKE BANOOK
- 4**  
AUG U14 (CHAMPS QUALIFIER)  
@ LAKE BANOOK
- 10**  
AUG U10  
@ SACKAWA
- 13-15**  
AUG U12/U14 ADCKC CHAMPS  
@ LAKE BANOOK
- 20-24**  
AUG U16+ CKC NATIONAL CHAMPS  
@ WELLAND INT FLATWATER CENTER



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# GENERAL INFORMATION

## Communication

Your main source of information throughout the summer will be your child's Lead Coach. They will communicate with you by email.

- You will also receive emails from the Board from time-to-time with information you will need.
- We post regularly on our social media pages:
  1. Cheema Aquatic Club Members Group: [www.facebook.com/groups/CheemaAquaticClub](http://www.facebook.com/groups/CheemaAquaticClub)
  2. Cheema Aquatic Club: [www.facebook.com/cheemaracing](http://www.facebook.com/cheemaracing)
  3. Instagram: @cheemaracing

## Board Contacts

<p>Nadine Lamontagne Commodore <a href="mailto:nadine.lamontagne@cheema.ca">nadine.lamontagne@cheema.ca</a></p>	<p>Jeff Keizer Vice Commodore <a href="mailto:jeff.keizer@cheema.ca">jeff.keizer@cheema.ca</a></p>	<p>Kim Thompson Treasurer <a href="mailto:kim.thompson@cheema.ca">kim.thompson@cheema.ca</a></p>
<p>Alana Patterson Secretary <a href="mailto:alana.patterson@cheema.ca">alana.patterson@cheema.ca</a></p>	<p>Bill Casey Paddling Operations &amp; Logistics <a href="mailto:bill.casey@cheema.ca">bill.casey@cheema.ca</a></p>	<p>Simon Sankey Facilities <a href="mailto:simon.sankey@cheema.ca">simon.sankey@cheema.ca</a></p>
<p>Tania Arruda Equity, Diverity, Inclusion &amp; Member Wellbeing <a href="mailto:tania.arruda@cheema.ca">tania.arruda@cheema.ca</a></p>	<p>Janie MacKinnon Awards &amp; Recognition <a href="mailto:janie.mackinnon@cheema.ca">janie.mackinnon@cheema.ca</a></p>	<p>Denise MacKenzie Community Engagement <a href="mailto:denise.mackenzie@cheema.ca">denise.mackenzie@cheema.ca</a></p>
<p>Marie Organ Policies &amp; Planning <a href="mailto:marie.organ@cheema.ca">marie.organ@cheema.ca</a></p>	<p>Angela Fitzgerald Data Management &amp; Strategic Implementation <a href="mailto:angela.fitzgerald@cheema.ca">angela.fitzgerald@cheema.ca</a></p>	

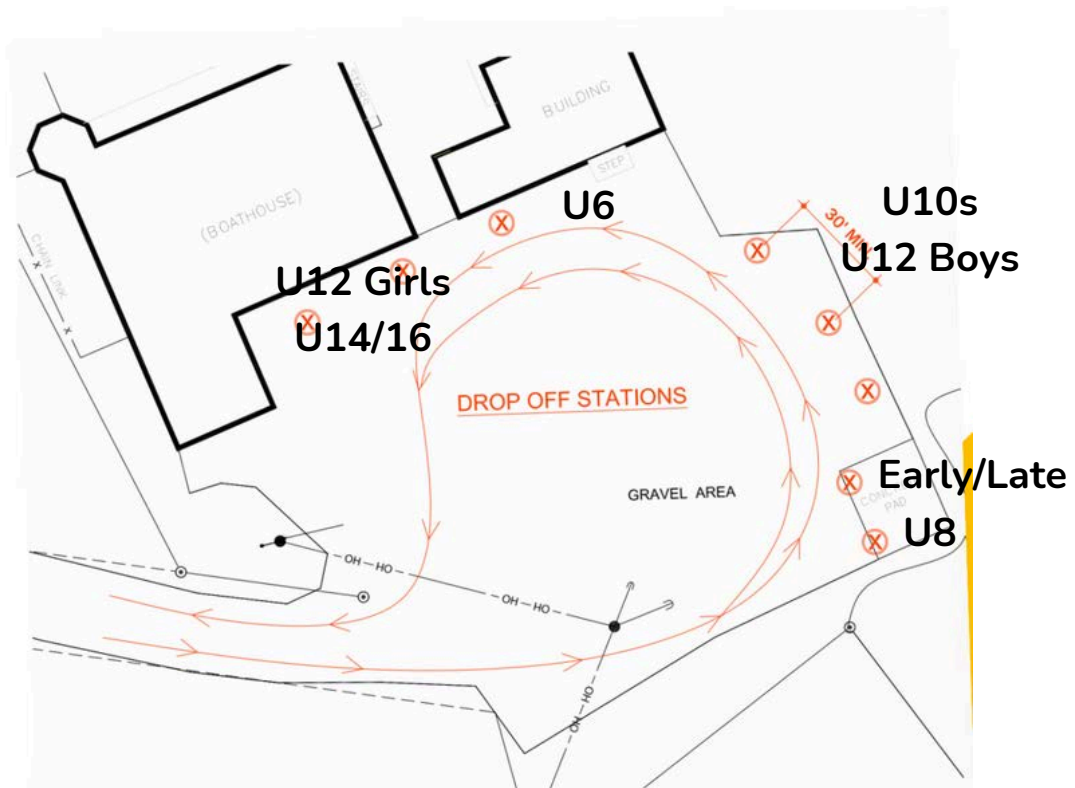
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# DROP OFF/PICK UP

- Please drive slowly at all times both on the hill and in the Cheema parking lot. The speed limit on Champions Way is 20 km/hour.
- If you registered for early drop off, a summer coach will be at the designated area. You must check your child in with the coach.
- Parents are encouraged to stay in their cars during regular drop off. If your child needs support gathering gear for the day by all means exit your car to help. Please try your best to be efficient and avoid mingling with others. This reduces congestion in the parking lot and ensure everyone gets where they are going on time.
- We will have separate age group drop off / pick up locations for U6, U8 Kayak, U10, U12 and U14. There will be clearly labeled signs throughout the drop off zone. (see diagram below for the layout)
- During pick up kids will be waiting at their drop off location at the end of the day.
- It will be busy. Safety and efficiency will be our number #1 goal.
- If you signed up for late pick-up, please come to the club house upon arrival to get your child and sign them out.



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# COACH TRAINING

## Overview

Our Summer Coaches must complete the following courses:

- CanoeKids
- Making Ethical Decisions
- Safe Sport
- First Aid
- Boating Course
- Coaches have also been attending 6 months of training and development through Cheema Canoe U

A one week training program will cover:

- Relevant Long Term Athlete Development deliverables (based on age)
- Record Keeping
- Equipment Care
- Communication Training
- Behaviour Management
- Maintaining a Safe Environment
- Cheema Gold Rush Regatta Series
- Cheema Pathway to the Podium Skills Program
- Coach Mentoring Initiatives

Coaches must also provide:

- Criminal background check with vulnerable sector clearance
- Child abuse registry check

All coaches expected to drive a safety boat all receive on the water training sessions before the start of the program.

Cheema has taken the Responsible Coaching Movement Pledge. For more information visit [www.coach.ca/sport-safety/responsible-coaching-movement](http://www.coach.ca/sport-safety/responsible-coaching-movement)

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# SAFE SPORT

## **Bullying**

Cheema has a NO Bullying Policy.

### **Strike One:**

If a child has been identified as participating in bullying behaviour, they will be spoken to by a coach and will apologize for their behaviour. The parents of both parties will be notified in writing by the Supervisor.

### **Strike Two:**

If the same child is found to be continuing the behaviour against the same or a different child, the parents will be contacted and the child will be sent home for the day. The parents of the bullied child will be notified by phone and will be fully informed about the situation and what the consequences are. The incident will be documented.

### **Strike Three:**

If the same child is found to be bullying again, both sets of parents will be called and the child will be sent home. The situation will be brought before the Discipline Committee and the child may be removed from the program without refund. The child will remain at home until the Discipline Committee has had a chance to investigate properly and meet with all parties including parents of both parties.

The coaches and the Supervisor will be very careful in determining bullying. As with any child based program, there will also be many situations where misbehaviour occurs that may be attributed to a lack of maturity and impulse control but not necessarily intentional tormenting. In these cases, the Discipline Policy will be implemented. This policy extends to social media and other technologies if it concerns two or more members of the Cheema Aquatic Club. This policy is in place for all programs, regattas, trips, camps and sanctioned events of the Cheema Aquatic Club.

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# SAFE SPORT

## Discipline

Cheema utilizes a progressive discipline policy. Failure to comply with guidelines will result in first a warning; second incident will result in a temporary suspension. Third incident means permanent suspension without refund.

### **Creating a positive training environment**

The goal is build a strong, positive team spirit within the club. To accomplish this, we must be assured that all members of the organization feel comfortable belonging to it and we must ensure that a positive training environment exists for all. The coaches will be working much more closely with the Discipline Committee to ensure that a positive atmosphere exists at the boathouse, on the water and at regattas.

To achieve this goal, the following behaviours will not be tolerated:

- Foul language at any time.
- Bullying or intimidating behaviour towards other athletes. (see Bullying Policy)
- Insubordinate behaviour towards the coaches.
- Physical, verbal or sexual harassment.

### **The Discipline Process**

The coaches will discuss inappropriate behaviour with the athlete as it arises. Parents will be notified at the end of day. If another child was affected by the behaviour, their parents will be contacted as well. Inappropriate behaviour that persists will result in the Discipline Committee being notified. Based upon discussions between the Discipline Committee and the coaches, it is likely that parents will be notified about the harassing behaviour. If the inappropriate behaviour still persists, the Discipline Committee will discuss the behaviour with the Executive Committee and further sanctions, such as suspension of the athlete from the club, may occur up to and including removal from membership without refund. . The executive committee hopes that everyone will support these efforts to develop an environment that is conducive to training and to everyone enjoying the sport of sprint racing.

**Cheema has taken the Responsible Coaching Movement Pledge. For more information visit [www.coach.ca/sport-safety/responsible-coaching-movement](http://www.coach.ca/sport-safety/responsible-coaching-movement)**

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# MISCELLANEOUS

## Paddle-A-Thon

- Cheema holds a Paddle-A-Thon fundraiser every year. This year Paddle-A-Thon will take place on August 7, 2024. Paddlers are asked to collect pledges for which they are eligible to win fundraising incentive prizes.
- Funds raised help buy new boats and paddles for the club.
- We hope you and your paddler(s) will join us these efforts and have fun in the process. Nadine Lamontagne will be organizing this event.

## Volunteering

- We are always in need of volunteers to support club operations, especially in the summer months. Please reach out to [nadine.lamontagne@cheema.ca](mailto:nadine.lamontagne@cheema.ca)
- If you have boat repair skills, please reach out to [sharon.cake@cheema.ca](mailto:sharon.cake@cheema.ca)

## Special Events

- Movie Night Under the Stars will happen a couple times throughout the summer. Stay tuned for more details.
- Olympic Send Off for Sloan MacKenzie - July 17 Time TBD
- Olympic Week July 29-August 2
- Spirit Week August 5-9
- There will be weekly FRI-YAY activities, usually taking place in the afternoon.

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# THE CANTEEN

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CHEEMA  
AQUATIC CLUB

## Canteen Menu

<b>Snacks</b>	<b>Beverages</b>
Apple Sauce \$ 2.00	Yogurt Drink \$ 2.00
Gold Fish \$ 2.00	Water \$ 1.00
Popcorn (microwave) \$ 2.00	Sports Drink \$ 3.00
Trail Mix \$ 2.00	Juice Box \$ 1.00
Fruit to Go \$ 1.00	
Bagel \$ 2.00	<b>Lunch Options (11am to 1pm only)</b>
Muffin \$ 2.00	<b>Monday:</b> Chicken Caesar Wrap \$5.00
Apple \$ 2.00	<b>Tuesday:</b> Grilled Cheese Sandwich \$4.00
Clementine \$ 1.00	<b>Wednesday:</b> Weekly Special \$ 5.00
Banana \$ 1.00	<b>Thursday:</b> Pizza \$ 4.00
Cookie Packs \$ 2.00	<b>Friday:</b>
Gummies (2 packs) \$ 1.00	Hot Dog \$ 3.00
Choc Bars \$ 2.00	Hamburger \$ 4.00
Cookie \$ 1.00	Cheese Burger \$ 5.00
Candy Bags \$ 1.00	
Chips \$ 2.00	
<b>Cool Treats</b>	
Freezies \$ 1.00	
Ice Cream Sandwich \$ 2.00	
Popsicles \$ 1.00	

**Hours of Operation:**  
8:30-9:00 am  
11:00 am-1:00 pm  
4:00-4:30 pm

**Questions:**  
[tim.hilton@cheema.ca](mailto:tim.hilton@cheema.ca)

**Payment Options:**  
Set-up a tab for your paddler  
Etransfer \$25, \$50 or \$100 denominations  
to [canteen@cheema.ca](mailto:canteen@cheema.ca)

**IMPORTANT:** Please include child's name and group in the notes of the etransfer.

Debit will also be available.  
Cash NOT accepted.

**Hours of Operation:**  
8:30-9:00 am  
11:00 am-1:00 pm  
4:00-4:30 pm

- Please note that unused canteen tabs will not be refunded or carried over.
- You can add additional funds throughout the summer by etransferring as indicated above.
- Please be patient as menu items, pricing and hours may be subject to change as we work out the kinks and learn about everyone's favourite items.

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# Paddling Terms You Might Hear!

## Glossary

<p><b>BACK NUMBER:</b> Number worn to distinguish lanes during a competition. In crew boats the person at the back of the boat wears it.</p>	<p><b>BURGEE:</b> A paddling championship typically in the shape of a nautical flag.</p>	<p><b>C-BOATS:</b> Flat-water canoes designed to be paddled in an upright position C-1, C2, C4 and the C-15 (14 paddlers + Cox) AKA War Canoe.</p>	<p><b>COX:</b> Steersperson and captain in the War Canoe</p>
<p><b>DECK NUMBER:</b> A number placed on the deck of the boat indicating the lane drawn by the competitor or crew for a race.</p>	<p><b>DNF:</b> Did not finish the race.</p>	<p><b>DNS:</b> Did not start the race.</p>	<p><b>FLAT BLADE:</b> Easy to use kayak paddle for beginners.</p>
<p><b>FOOTBOARD/FOOTREST:</b> An apparatus in a kayak used to push off for greater stroke strength.</p>	<p><b>K-BOATS:</b> Flat-water kayaks K-1, K-2, and K-4</p>	<p><b>REGATTA:</b> A competition in sprint canoe/kayaking.</p>	<p><b>ROTATION:</b> Using the muscles of the torso and lower body for the forward acceleration of the boat.</p>
<p><b>RUDDER:</b> Object that steers the kayak, controlled from the front of the boat.</p>	<p><b>SHOOT THE BOAT:</b> On the last stroke of the race throwing yourself to the back of the boat to shoot the boat forward an extra foot or two. After the "shoot" the boat will come to a stop.</p>	<p><b>SINGLETS:</b> Approved racing shirts to be worn by a competitor to identify the club to which they belong.</p>	<p><b>SPRINT:</b> Short high-tempo, high intensity burst of high speed.</p>
<p><b>STROKE RATE:</b> The number of strokes a paddler takes per minute.</p>	<p><b>J-STROKE:</b> A steering stroke used to maintain a straight line in the sprint canoe.</p>	<p><b>THE STROKE:</b> Person in the front of the boat that controls the pace of the crew during the race.</p>	<p><b>WASH:</b> Waves that come off the back of a boat.</p>

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