



## *“ Welcome Letter ”*

**Welcome to the St. Albert Canoe Kayak Club Summer Paddling Program! We are looking forward to the 2017 season and the opportunity to meet new and returning paddlers! Below you will find some important information to prepare you for the summer program.**

### **Location**

- From South: turn north on 184 St. from Yellowhead Trail, then turn west on 122 Ave.
- From North: turn south on 184 St. from Anthony Henday Drive, then turn west on 122 Ave. (From St. Albert: go south on Ray Gibbons drive – this becomes 184 St. as you drive over the Anthony Henday. Turn west on 122 Ave.)

### **Time of Arrival**

- Please arrive at **8:50 am**. We will start our warm-up activities and games at 9 am. If you ride your bike, please lock it up or let your coach know that you have a bike.

### **Pickup Time**

1. Parents should pick up their child at **1:00pm or 4pm** Please let coaches know if your child has permission to go home by their self, or with another paddler/parent. Our coaches will leave at **4pm** so please note that we do not provide before and after “Extended Care” hours. You are responsible for late pick up.

### **What to Wear**

- Please come prepared for outdoor fitness and activities.
  - This includes either wearing or bringing a pair of running shoes, a hat, shorts, t-shirt, sunglasses and a towel.
- Please dress appropriately for the weather by bringing a sweater, windbreaker, sweatpants, raincoat etc. if it is cold or raining.

### **What to Bring**

- **Always bring a change of clothes!** Getting wet is part of paddling and you will need warm, dry clothing to change into after practice.
- Life Jackets are provided, however, you may bring your own.
- Valuables should be left at home; the club coaches will not be responsible for any loss. **Always bring a lunch!** You will get hungry. We do not have a refrigerator so please bring a lunch bag with your name on it and ice packs if food needs to be kept cool. (**Note:** we are a peanut free camp, please respect this rule as it is for the safety of everyone)
- **Always bring a water bottle!** It is very important to stay hydrated during physical activity, especially in the hot summer sun!
- **Always bring sunscreen!** We recommend putting on sunscreen prior to coming to camp, as well as reapplying throughout the day.

If you have any questions or concerns, please do not hesitate to email our club.

Zak Mahmoudi – Head Coach.

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