



REGISTRATION 2020-2021

A note from Head Coach Aaron Huston-

Hello GHCKRT athletes and families - As we look towards starting another great year of paddling, it is good to look back at what we accomplished in 2020. Certainly, there have been many changes surrounding the Covid-19 pandemic but I am so proud of how this team, from the athletes and coaches, to our board and volunteers handled this adversity. Here are some moments from the last year that I remember -

-Over the holiday break, GHCKRT went caroling throughout downtown Gig Harbor.

-The holiday party was bigger and better than ever - coach awards were given out for the first time!

-For the second year in a row, GHCKRT did a 6 week cross training block at the local high school pool.

-GHCKRT was among the first to shut down during lock down and switch to zoom workouts.

-GHCKRT had to shut down initially in the pandemic but we were the first to return to practice, setting up policy that other organizations used as a model to re-open.

-cooking videos. Enough said.

-Coaches and athletes put on a talent show. You probably remember the awards broadcast!

-Summer camp and development team were held with covid precautions in place.

-Pacific Cup in Canada was cancelled, so our capstone event morphed into the very first ever intersquad cup regatta.

These were great events, but there have been many more little moments that take place between water and land, after and before the hard training, that coaches have been able to connect with athletes and these are the times I remember most. This team does a lot more than train athletes to compete in sprint canoe and kayak. We impact kids' lives. I hope you will come be a part of it.

Aaron Huston
Head Coach/High Performance Coach
Gig Harbor Canoe/Kayak Racing Team

Greetings and welcome to the 2020-2021 season at GHCKRT!

This packet contains:

- 1) Registration Information
- 2) Program overview
- 3) Fiscal Policies
- 4) Code of Conduct for Athletes and parents, which will be completed online during the registration process. This is solely for your reference.

All of this information and more can be found on our website at www.ghckrt.com

Registration Information / Tips:

You may register online starting Tuesday, October 6th.

During registration, you will be asked which group to register for. We have put each athlete into a training group based on coach input and this list is available online. These are based on experience, age, skill level and goals.

- October fees and any outstanding balances will be collected at the time of registration. If you have fees on your account that you are not sure of, please let us know via admin@ghckrt.com

- \$60 annual registration and equipment fee is due at the time of registration. This fee will be used to help offset equipment maintenance, repair, and replacement needed due to ordinary wear and tear on our team equipment used by all athletes (boats, paddles, fittings, trailers, etc.). Included in the registration fee, each GHCKRT athlete will receive the annual theme 2021 t-shirt.

- Please [confirm your ACA membership is active](#) and have your ACA number(s) on hand when you start your registration as you will need to enter it in your registration. All GHCKRT athletes must maintain a current ACA CompetitionMembership which is done by the competition year. 2021 membership has likely opened. See the ACA website for details.

- A signature will be required from each registering athlete and a parent/guardian during the registration process.

-Be aware that during the registration process, you will be required to attest that you have A) read our COVID policy, B) agree to abide by it.

GHCKRT Program Overview 2020-2021

Coaching Staff

Head Coach: Aaron Huston
Assistant Coach: Alan Anderson
Assistant Coach: Alyson Morse
Assistant Coach: Payton Chiou
Assistant Coach: Kyle Field
Assistant Coach: Tod Cole
Coach Intern: Sadie Hanks
Coach Intern: Ethan Vasquez

Training Location

Skansie Park, Source Therapy and Team Highlander Gym

Training Season

Approx: October 2nd - September 25th

Monthly Fees

Group 1 -Coach Aaron Huston and Payton Chiou: \$180/month. Practice on water 4-8x/week. Gym sessions 3-5x/week. Additional gym fee of \$30/month is required upon opening of the gym.

Group 2 - Coach Alyson Morse and Coach Kyle Field: \$160/month year round. Practice on water 4x/week. Gym sessions 2x/week by coach invitation at additional cost of \$30/month.

Group 3 - Coach Alyson Morse and Coach Alan Anderson and Coach Interns: \$140/month. Practice on water 3x/week.

Group 4 - Coach Alyson Morse and Coach Alan Anderson and Coach Interns: \$140/month. Practice on water 3x/week.

Surfski Team - Coach Alyson Morse and staff. \$60/month. Practice on water 1x/week.

Masters: Coach Tod Cole: \$65/month. Water practice every Saturday and TBA.

Para Program: Coach Alan Anderson: \$65/month. Water practice every Saturday and TBA.

ACA Membership

All members of GHCKRT must maintain a current American Canoe Association (ACA) membership independently and provide a copy of proof of membership. The ACA is the national governing body for US Sprint Canoe and Kayak.

Equipment

The team provides boats, paddles. Athletes are encouraged to purchase a boat and paddle with coach input (see equipment tab on our website). Athletes 12 and under are required to wear a US Coast-Guard-Approved PFD at all times on the water. All athletes are required to wear a PFD from Oct 1st to April 1st.

Regatta Fees

The average athlete will attend between 4-6 regattas. Local regattas will cost about \$40-90 for boat transport and race entries. Attendance at the National Championships is highly encouraged for Groups 1 and 2, and those fees are set each year at the time of the event but usually range \$300-400. The location of Nationals rotates every year between the East Coast, West Coast and Central US.

Family Commitment/Requirements

Fundraising -- The team actively fundraises for capital purchases (boats, chase boats, etc.) and large events. All families are expected to participate.

Volunteer hours -- The club is run by volunteers. All families are expected to participate.

Fiscal Policies

Many parts work together to make the GHCKRT a great program. Maintaining a sound financial position is a very important aspect of club operations. GHCKRT functions on a year-round basis with an annual budget funded by your dues, training fees, and fundraising.

- All billing and registration is done online on our website.
- Commitment Requirement: **Athletes/families must commit to a minimum of 3 months with GHCKRT.**
- The GHCKRT registration fee and first month's training fee are due at the time of registration. Subsequent monthly billing will be processed via Team Unify's online bill payment system on the 1st of the following month.
- Families needing temporary financial assistance should inquire at admin@ghckrt.com.
- Regatta fees will be assessed when you sign up for regattas on our website.
- There is no multiple athlete discount.

- Athletes who plan to participate in high school sports are expected to make weekend GHCKRT practices and as many weekday practices as possible to maintain their proficiency. They need to coordinate with their coach for the appropriate practice workouts.
- Fees are not pro-rated for participation in partial months.
- If you wish to cancel your membership, a written notice must be sent to admin@ghckrt.com, by the 20th day of the month prior to withdrawal.
- Delinquent accounts - Timely remittance of monthly dues and fees are critical to the efficient operations of the club. We strongly encourage members with past due accounts or inability to pay to reach out to the club via email at admin@ghckrt.com. At 30 days past due may, a board member or volunteer will attempt to contact you. At 60 days past due, a member cannot attend practices or regattas.

GHCKRT Athlete and Parent Codes of Conduct

As an athlete of the **Gig Harbor Canoe/Kayak Racing Team**, I agree to abide by the **Athlete Code of Conduct** and agree to comply with the **Training and Competition Regulations** as set forth below:

I. Athlete Code of Conduct

Attitude - I am expected to:

1. be on time to all team scheduled events and practices.
2. respect my coaches and team volunteers by doing what I am asked, when I am asked.
3. find the positive in all situations, be positive towards all teammates and anyone I meet.
4. be the best representative of myself, my family and my team.

Sportsmanship - I am expected to:

1. behave on and off the water like a champion.
2. encourage my teammates.
3. be steadfast and fight in every race, workout and challenge regardless of my place.
4. ask for help if I am struggling.
5. offer help.

Respect - I am expected to:

1. treat with respect every individual I meet through sport.
2. respect my parents' time.
3. respect my team, it is only as good as I am.
4. respect the decisions made by officials.
5. respect the coach's requests by being honest and doing my best.
6. respect team paddling equipment, I understand that I use it by privilege and not by right.

II. Training and Competition Requirements

As a GHCKRT athlete, I am expected to:

- 1) to act in a responsible manner at all times to assure the safety and well-being of its participants as well as non-participants.
- 2) to treat all athletes as well as non-participants with respect and as they wish to be treated at all times.
- 3) to refrain from using profane, demeaning, or bigoted language at any team activity.
- 4) to foster an atmosphere of positive relationships, interactions, and activities. Athletes are expected to support GHCKRT in the community and shall refrain from negativity concerning GHCKRT, fellow participants, and programs.
- 5) to comply with the coaches' directives while attending any GHCKRT activity.

6) to show respect, in both actions and words, for fellow athletes, coaches, race officials, chaperones, and all others who volunteer their time.

7) to address any issues that may arise through proper channels: their immediate coach, the Head Coach and then to the Board of Directors without demeaning any individual or the organization as a whole.

8) to help load and unload the trailer at regattas, remain with the group unless previous approval has been granted, adhere to established team curfew, and be physically and mentally prepared to race.

9) to use team equipment only during scheduled practices or when coordinated with Head Coach.

10) play an active role in upholding and maintaining SafeSport guidelines (13+ year old athletes are highly encouraged to complete and maintain current ACA SafeSport Certification training. Group 1 athletes are required to complete and maintain current ACA SafeSport certification.)

In accordance with the laws of the State of Washington, GHCKRT does not condone underage drinking or use of illegal substances by its members. GHCKRT provides no sanctuary from the law and recognizes its responsibility to cooperate with law enforcement officials in matters pertaining to illegal use of drugs and/or alcohol.

As a parent/guardian of a child or children on the **Gig Harbor Canoe/Kayak Racing Team**, I agree to abide by the following **Parent Code of Conduct**.

I am expected to:

1. respect the coaching staff and their responsibility to my children during practices and competitions and attempt to not confront coaches or question coaching decisions at practices or during competition. If I have concerns I am expected to set a separate time to discuss them with coaches at an agreed upon time.
2. address any issues that may arise through proper channels: coaching staff, then to the Board of Directors without demeaning any individual or the organization as a whole.
3. inform the coach of any physical disability, ailment or injury that may affect the safety of my child or the safety of others.
4. encourage my child to treat other athletes, coaches, officials and spectators with respect regardless of race, creed, nationality, sex, sexual orientation, or ability.
5. not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent.
6. refrain from coaching my child or other participants during competitions and practices, unless I am one of the official coaches of GHCKRT.
7. play an active role in upholding and maintaining SafeSport guidelines. All team parents/guardians highly encouraged to complete and maintain current ACA SafeSport Certification.