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# **GHCKRT parent meeting**

Spring 2019

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# agenda

- updates since last meeting
- event calendar
- apparel store open
- jersey ordering
- equipment needs - hardware, watches.
- PFD policy
- Ancich Park update
- International regatta information



# 1. recap

Since we last met...

- Coaches certified in first aid, CPR and ICF level 1 coaching
- The most athletes trained through the winter in history at GHCKRT
- Coach Aaron - took on role of Head Coach.
- Sunburn Camp attended by athletes.

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## **Regatta calendar 2019**

**March 30 - Race for the cookies - bothell. All athletes**

**April 13 - lake sammamish surfski race - gr1-2, mast/para.**

**April 27 Paddlers cup - HERE! - all athletes -need parent volunteers.**

**May 4-5 Slawko Fedechko - Canada. Gr 1-2.**

**May 11 - Commencement Bay Surfski Race - gr 1-2, mast/para**

**June 8-9 Ted Houk - Green Lake - all athletes, need parent volunteers.**

**June 15 Bham regatta - bellingham - all athletes**

**July 15 Surfski day in the Gorge at the Gorge Downwind Champs**

**Aug 7-10 Sprint Nationals - Georgia. All athletes in racing boats.**

**Sep 6-8 - Pacific Cup - Canada, all 15u athletes.**

**Oct 26 - Cascade Distance Race**

**November - Frostbite training camp and Eric Hughes regatta.**

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**Slawko, Ted Houk and  
Nationals are key events  
because they are sprint  
events. (Pacific Cup too!)**

Nationals in Georgia.  
Athletes need to arrive in  
GA on monday Aug 5th.  
They can fly out sunday  
august 11th.  
You book your own hotel.

Entrys will likely be about  
150.

trailer/coaching fee is  
usually between 200-400  
per athlete.

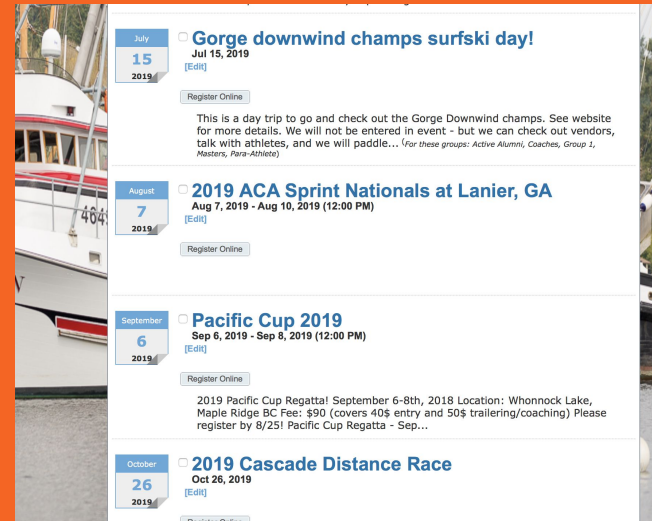
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The registration link is up already.

Please register as soon as you know you are goin.

You will be charged 150 initially. Then we will charge out the remainder of trailering/coaching fee as we get those costs.

Deadline is june 25th



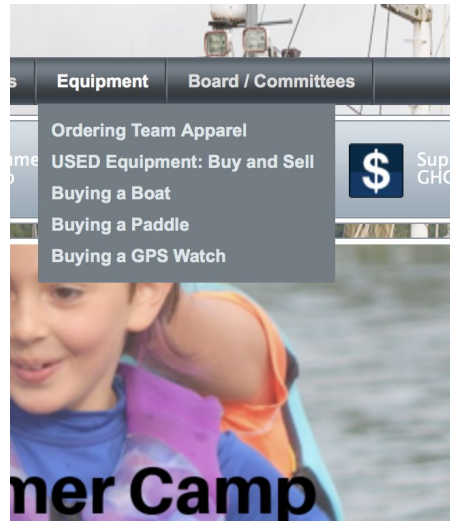
The image shows a calendar interface for the year 2019, with a vertical sidebar on the left displaying a white boat. The calendar grid highlights the following events:

- July 15, 2019:** Gorge downwind champs surfski day! [Edit] Register Online. Description: This is a day trip to go and check out the Gorge Downwind champs. See website for more details. We will not be entered in event - but we can check out vendors, talk with athletes, and we will paddle... (For these groups: Active Alumni, Coaches, Group 1, Masters, Para-Athlete)
- August 7, 2019:** 2019 ACA Sprint Nationals at Lanier, GA (Aug 7, 2019 - Aug 10, 2019 (12:00 PM)) [Edit] Register Online.
- September 6, 2019:** Pacific Cup 2019 (Sep 6, 2019 - Sep 8, 2019 (12:00 PM)) [Edit] Register Online. Description: 2019 Pacific Cup Regatta! September 6-8th, 2018 Location: Whonnock Lake, Maple Ridge BC Fee: \$90 (covers 40\$ entry and 50\$ trailering/coaching) Please register by 8/25! Pacific Cup Regatta - Sep...
- October 26, 2019:** 2019 Cascade Distance Race [Edit] Register Online.



## 2. Apparel store

Online store is open, via link from our team website.







## 2. Jersey ordering

Jersey store is open - via link from our website.

**SHOPPING** **SIZING** **LEAD TIME** **TERMS** **FAQ**

**Men's Unitank**  
This is your JL Unitank

Made of Drywick, a strong yet supple fabric designed for durability. Technical features include wicking, anti-microbial, microfiber technology, and a high UPF rating.

- The +1/-1 after a size indicates that the length of the garment is longer or shorter. This allows you to personally customize the fit of the top.
- Team logo embroidered on left chest.

Qty :

Size:

**\$39.50** [Order](#)

**Women's Unitank**  
This is your JL Unitank

Made of Drywick, a strong yet supple fabric designed for durability. Technical features include wicking, anti-microbial, microfiber technology, and a high UPF rating.

- The +1/-1 after a size indicates that the length of the garment is longer or shorter. This allows you to personally customize the fit of the top.
- Team logo embroidered on left chest.

Qty :

Size:

**\$42.50** [Order](#)



## 2. Parka ordering

Will be up soon- via link from our website.



## 2. hardware

You must label and take care of your personal hardware.

**YOU MUST LABEL AND TAKE CARE OF YOUR EQUIPMENT**



### 3. What you might buy

Recommend canoe athletes that own individual boats obtain extra set of hardware so their individual boats remain set up.

-All athletes- electrical tape, extra screws.



## 4. Watch and watch holder

I like the garmin 235.

See matt kusche for watch holder purchasing.

 **Matthew Kusche** shared a link.  
March 20 at 9:06 AM · Add Topics

If you are interested in ordering a watch mount (See Alyson's email) let me know. They are \$18.74 each but shipping is \$15. If I get a count I can order multiple and we can share shipping cost. Cell is 360-265-6739.



THEPADDLEHUT.CA  
**PaddlePRO WATCH HOLDER**  
For Canoe, Kayak Surfski ... The specially moulded watch/GPS holder...

You, Aly Mo and 1 other      3 Comments    Seen by 46



## 29. PFD stuff

Policy is under review.



# International regattas

OHR - athletes born in 2002, 2003,  
2004

JR/U23 Worlds

Pan AM Games

Sr Worlds -

OLYMPICS!



# 4001. Paddlers cup

April 27 - 28

Register now.

Kirsten Gregory





# 319. Ancich Park

Kirsten Gregory

Schedule for tomorrow -

No vid review

Practice 9-11

11-1130 beach cleanup.

Noon - 1ish - ribbon cutting.



# 421 - summer camp

-registration Opens to public april 1.

-15 and over athletes may apply to help with summer camp - link will be up on our website mar 26. Deadline april 8th.

-see Annette Plymale for flyers




## Other events

-easter egg hunt - april 20th

-maritime parade - june 1st.

Athlete social events currently being planned.



# Training groups/schedule

- group 2 will add one day on water
- group 4 is over end of march.
- no further pool sessions