Sprint Canoe

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What is sprint canoe?

- Olympic sport since 1936
- Highly technical and challenging paddling discipline
- Race in canoes and kayaks
What most people think of canoeing...
What most people think of kayaking...
What sprint canoeing really is…

YouTube links:  
All fired up for sprint canoe
The beginner’s guide to canoe sprint
Sprint canoe - overview

- Also called ‘canoe sprint' or ‘flatwater'
- Race over sprint distances
  - 200m, 500m, 1000m
- Kayak – K1, K2, K4
- Canoe – C1, C2, C4
Boats

- Long, narrow hull for speed, very unstable

- Steering:
  - Kayaks – use a rudder controlled by the feet
  - Canoes – steer with the paddle “J-stroke”
Starting out

- Different levels of boats – more stable
- Work on balance, developing good water feel
Warcaneoe

- Canadian sport
  - http://224workouts.com/2012/05/09/i-am-canadian-the-war-canoe/
- 14 paddlers (7 left, 7 right) high-kneeling + 1 steersperson
Training

- Weight training (upper body, core)
- Paddling (endurance, steady state, race sets at maximum)
- Cross training (running, swimming, cross country skiing)
BC Canoe and Kayak Clubs

- False Creek (FCRCC) - http://www.fcrcc.com/
- Burnaby Canoe and Kayak Club (BCKC) - http://www.burnabylake.com/
- ...Maple Ridge, Nanaimo, Kamloops, Fort Langley,...

- CanoeKayakBC - http://www.canoekayakbc.ca/
- CanoeKayak Canada - http://www.canoekayak.ca/
Races

- Lots of local races throughout the year
  - [http://www.canoekayakbc.ca/](http://www.canoekayakbc.ca/)

- Nationals
  - [http://www.canoekayak.ca/](http://www.canoekayak.ca/)
  - Aug 28 – Sept 1, 2013 (Montreal, QC)

- International / Worlds
  - [http://www.canoeicf.com/](http://www.canoeicf.com/)
  - World Masters Games
Other Paddling Disciplines

- Stand-up paddling (SUP)
- Whitewater
Thank you

Come Join!!!

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