



# Sprint Canoe

Diane Tam  
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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



# Warcanoe

- 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/>
- Deep Cove Canoe and Kayak  
- <http://www.deepcovekayak.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/>
- Nationals
  - <http://www.canoekayak.ca/>
  - Aug 28 – Sept 1, 2013 (Montreal, QC)
- International / Worlds
  - <http://www.canoeicf.com/>
  - World Masters Games



## Other Paddling Disciplines

- Stand-up paddling (SUP)
- Whitewater



Thank you

Come Join!!!

Diane Tam

diane.tam@gmail.com

