

The San Diego Canoe and Kayak Team is a Junior Lifeguard Program focused on Olympic development in the sport of canoe and kayak. San Diego Canoe Kayak has a history of excellence with exceptional paddlers earning spots on the Junior World Championship Team, the Senior World Championship Team, and even the Olympic Team. The team is open to all levels of paddlers from novice paddlers who have never paddled before to former Olympians who help volunteer with the team. San Diego Canoe and Kayak Team is always looking for hard working and determined athletes to contribute to our team and help to make it a success. We would love to see you on the water!

Dates and Times:

San Diego Canoe and Kayak Team is a year around program with a small break after National Championships. There are three, four month sessions during the year with the first session starting in September. During the school year the team runs three practice sessions per week, two afternoon sessions from 4:00 to 5:30 pm and one Saturday session from 9:00 to 11:00 am. During the summer practice sessions run during the weekdays before morning class Junior Lifeguards from 7:00 to 8:00 am.

Enrollment Fees:

- Saturday Beginning Kayak Class is free.
- Development Team tuition is \$120 per four month session. (Saturdays only)
- Racing Team tuition is \$180 per four month session. (all practices)
- Family tuition is \$300 per four month session.
- A yearly \$25 USA Canoe Kayak Membership is necessary for participation in Development or Racing Team.

Minimum Requirements:

- Junior Kayak is open to girls and boys ages 9 through 17.
- Newcomers to our program must attend the Beginning Kayak Class.
- Swimming ability is required and must be demonstrated during practice.

Program Location:

The program is located at the San Diego Youth Aquatic Facility on Fiesta Island.

Content:

The San Diego Canoe Kayak Team serves the San Diego community by introducing the sport of canoeing and kayaking to local youth and their families. The team teaches skills necessary to be successful in the sport: balance, technique, sport physiology, sport psychology, and sportsmanship. The team competes in monthly regional races around Mission Bay but also participates in the yearly National Championships.

Program Goal:

The program is a team based sport focused on instilling sportsmanship, respect for self and others, and a love of overcoming challenge. The program emphasizes Olympic development in sport of canoe and kayak. The team also focuses on the cross training,

skills and attitude necessary to be successful in Lifeguard Academy and Lifeguard Services.

Instruction:

Head Coach Morgan Feori has paddled with the SDCKT since its inception in 1997. She has earned spots on numerous National Teams including three World Championship Teams. She is currently a student at UCSD and training for the 2008 Olympics.

Program Coordinator Robin Simpson is a six year veteran of the San Diego Lifeguard Service with a background in surfski, outrigger, water polo, and swimming. He was an instructor for the Junior Lifeguard Program for three summers as well as a High School swim coach.

Scholarships:

Scholarships are available based on financial need. Qualified applicants may receive either full or partial scholarships. Scholarships do not cover USACK membership or race entry fees. Applications are located under the Junior Lifeguard Program Information.

Registration/Forms:

Registration and waiver forms are available at the Saturday Beginning Kayak Class. A parent or legal guardian must accompany new paddlers in order to sign a waiver form.

Contact Information:

In order to sign up for a beginning kayak class please contact Head Coach Morgan Feori:

- by email, mleighfeori@yahoo.com
- by phone, 619 517 7578