

# **Pisiquid Canoe Club**

**Windsor, NS  
1975-2008**



**Paddlers' Handbook**

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## Club History

Pisiquid Canoe Club founded by Fred and Karen Lynch in 1975, is located on the shore of beautiful Lake Pisiquid in Windsor, Nova Scotia. PCC is located off Water Street, in downtown Windsor (behind Tim Horton's)

The first club facilities consisted of an old warehouse and surrounding, deserted outbuildings. In 1996, Pisiquid was relocated from their original clubhouse into a newly erected, modern facility next door. The club's purpose for operation was to provide both recreational and competitive canoeing/kayaking opportunities for young people living in the area. A small, yet dedicated, volunteer base worked very hard to provide family-oriented activities. Today the emphasis is still on the family, and the club enjoys a much-expanded membership as well as a hard working and supportive group of volunteers.

For many years Pisiquid was the only club outside of Halifax/Dartmouth region to offer a competitive canoe/kayak program. Pisiquid has produced athletes who compete at both provincial, national and junior world events, including past Canada Games. The club has hosted a Peewee Regatta for several years; as well as, beginning in 1996, Pisiquid sponsors the Fred Lynch Memorial War Canoe Challenge during Windsor's Sam Slick Days.

The club maintains a recreation program and the opportunity for a year round competitive racing program. In addition PCC offers instruction clinics in recreational canoeing/kayaking to schools and community recreational groups.

## Board of Directors

Pisiquid Canoe Club is a not-for-profit organization, operated by a volunteer Board of Directors who meet monthly throughout the year and bi-weekly during the summer months. **Volunteers are the backbone of the club** and are relied upon to assist with many of the organization's events, regattas, newsletters, building maintenance, awards night, fundraising to name a few. The club welcomes any assistance members can offer. **Please let us know if you can help.** Board members are elected annually (Sept/Oct) at the Annual General Meeting.

### **The 2008 Board of Directors includes:**

Commodore: Lynne Kirumira  
 Vice Commodore: Ann Dodge  
 Secretary: Don Jardin  
 Treasurer: Dan Smith  
 Registrar: Susan Pelton  
 Directors: Darlene Gollan      Ann Banks  
                  Helen Murphy      Wendy Irvin  
                  Tim Simony      Bernie Irvin  
                  Judy Lynch

### **PCC Contact Information:**

Clubhouse: 798-4632  
 Head Coach: Devin Young (798-2037)  
 Commodore: Lynne Kirumira (798-0293)  
 Vice Commodore: Ann Dodge (798-8377)  
 Website: [www.pisiquid.ca](http://www.pisiquid.ca)  
 Email: [info@pisiquid.ca](mailto:info@pisiquid.ca)

PCC will keep in touch with our members through our website. Please check regularly to be aware of upcoming events!

## Equipment

PCC has all of the necessary paddles and kayaks/canoes on hand. This helps keep membership costs low. Athletes who are under 10 years of age are required to wear a certified life jacket. These can be purchased at any Canadian Tire or Wal-Mart. Athletes 11 years and older are required to wear a life belt on the water at all times. The PCC takes orders for these at the beginning of each season.

Pisiquid raises the majority of its revenue through fundraising to be able to repair and purchase boats and equipment. The coaches will instruct all paddlers on the proper care and handling of the boats. It is expected that paddlers will treat all equipment with respect and care and no form of abuse or mistreatment will be tolerated.

### **2008 Calendar of Events**

June 27th: Pre Teen dance 6.30 - 8.30 @ Pisiquid Canoe Club  
 July 4th: Paddlers BBQ lunch @ \$5.00  
 July 13th: Status #1 Regatta - Banook  
 July 18th: Parent of Paddlers social night / refreshments served / 7:30 - 9:30 @ PCC / \$5pp  
 July 20th: Atom regatta @ Orenda  
 July 25th: Paddlers pizza lunch @ \$5.00  
 July 26th: Bantam regatta @ Maskwa  
 July 27th: Masters regatta @ Maskwa

#### **Sam Slick Weekend**

Aug 1: Wine & Cheese reception "Festival of Art" with Hants County Arts Council / 6:30-9:00pm / \$5 with cash bar  
 Aug 1-3: Festival of Art @ PCC  
 Aug 3: 12th Annual Fred Lynch War Canoe Challenge / BBQ provided  
 Aug 2nd: Status #2 regatta - Banook  
 Aug 7-9: Qualifying Regatta @ Banook  
 Aug 15th: Spaghetti supper \$5pp or \$15p/family / 6-8:30  
 Aug 17th: Peewee regatta @ Banook  
 Aug 21-23: Bantam/PeeWee Champs @ Banook  
 Aug 24th: Atom Champs @ Abenaki  
 Aug 27-30: CKC National Champs @ Banook  
 Aug 31st: CanMas (Canadian Masters) @ Banook  
 Sept 7th: Atlantic Masters Champs  
 Sept 13th: Fall Clean Up @ PCC  
 Sept 20th: Annual General Meeting & Awards Day @ PCC / BBQ @ Noon.

(Checkout the Atlantic Division website <http://www.ccaatlantic.ca> for specific times / dates of regattas)

**WELCOME ALL PADDLERS TO PISIQUID CANOE CLUB AND EVERYONE HAVE A GREAT SUMMER!!!**

### **Membership Structure / Programs**

The Pisiquid Canoe Club offers programs to children and adults of all ages. Participants are required to complete a swim test before paddling. The programs are divided into age levels with the following names:

Kiddie Canoe: up to 7  
 Atom: 7-10 years  
 Pee Wee: 10 -12 years  
 Bantam: 12-14 years

Midget: 14-16 years  
 Juvenile: 17 & older  
 Masters: 25 & older

### **Canoe Kayak Canada Fees**

All paddlers are required to pay CKC fees at registration. These fees must be paid whether or not paddlers compete. 100% of this fee is returned to CanoeKayak Canada, the governing body, to assist in the promotion and development of the sport on a Provincial, National and International level.

### **Club Policies**

Pisiquid Canoe Club enforces a no tolerance policy for inappropriate and disrespectful behavior towards coaches, fellow paddlers, and equipment.

This includes but is not limited to bullying, disregarding coaches' directives, violence, or any form of discriminatory behavior.

PCC reserves the right to discipline any athlete who displays such behavior.

1<sup>st</sup> Offence: 1 day suspension and notification to parent

2<sup>nd</sup> Offence: Expulsion from PCC with no refund of membership fees

### **PCC Club Rules**

1. Please keep our club clean - place litter in the garbage cans.
2. PCC is not responsible for lost or stolen articles; please do not leave personal items at the club.
3. Profanity will not be tolerated.
4. Please report any damage of the PCC equipment or facilities to the coaching staff or Board of Directors.
5. Two or more paddlers are required to carry each PCC boat.
6. Please empty all water from the boats and return them to the racks after use.
7. Please return all equipment to the club in a tidy fashion after use.
8. PCC is a completely smoke free environment.
9. Please leave bicycles outside of the club.
10. Have fun and enjoy the water!

## Dress Regulations

Pisiquid Canoe Club requires paddlers to dress appropriately for practices and regattas. Female paddlers are to wear a one piece bathing suit or a tank top over a 2-piece suit, and male paddlers are to wear a bathing suit/shorts and a shirt or singlet.

### Regattas

There are regattas held throughout the summer, most of them on weekends. If you are unable to attend a regatta or choose not to race, please speak to your coach, as your name will have to be removed from the 'draw' (schedule of races and paddlers).

Paddling is a team sport. An athlete who signs up to race but doesn't come to the regatta will be disappointing his or her crew members and taking away their as well as others' opportunities to compete. If you are unable to take your son or daughter to a regatta please speak to your child's coach in advance and take advantage of car pooling with other paddlers.

If any parent is able to help tow the Pisiquid boat trailer to and from a regatta, please advise the coaches or a board member (truck/suv is required).

Paddlers are asked to arrive 1 hour in advance of their first race. It is wise to bring lots of extra clothes in case the wind picks up or it starts to rain. It is also important to bring sun block and a chair to sit on. There is usually a canteen to provide drinks, snacks and a BBQ for hot dogs and hamburgers. We suggest you pack lots of food for the paddlers, as they tend to eat all day long.

All paddlers participating in the regattas must wear a singlet. This is a CCA regulation. You may purchase a singlet at the Registration/Open House or speak to your coach.

**On Friday afternoon the boat trailer will be loaded to transport the boats to the location of the upcoming regatta. All paddlers are required to help out with the loading and unloading of the boats at the regatta site. When the regatta is over, paddlers are expected to return to Pisiquid to help unload the boats and put them back in the boathouse.**

**Parents please note that a 'draw' may be printed in advance from the following website: <http://www.ccaatlantic.ca>. *The draw is often 100 pages long - so you may want to print only a portion of the draw.* This will help you to follow the racing schedule and record race results. The draw will also be posted on a board in the area where the paddlers are seated. The coaches will be on hand to make sure all paddlers prepare in advance for their race. Paddlers will wear their lane number on their back. A life belt/jacket and singlet must be worn in the boat. If a paddler falls out of the canoe or kayak, a rescue boat will pick them up and bring them back to the dock, unless the distance is very short and the paddler can swim the boat and paddle back on their own.**

## Race Sites

### Lake Banook -

Most of our regattas are held here. Lake Banook is one of the best racing sites in the world and has recently hosted National and International regattas. Coming from Windsor take the 101 through to the Circumferential Highway #111 to the MicMac Mall. Exit at MicMac Blvd and drive to the top of the hill. Take a left onto Crichton, left again on Oakdale Crescent by the little store and a right again on Oakdale Court. There is a path off this court that cuts through to Lake Banook, and Pisiquid paddlers can be found near the tall Judges' Tower. You can park on these streets, or behind the Banook Club house on Banook Avenue, or take Hawthorn Street to Prince Albert Road and park on the other side of the lake on Nowlan Street. Allow approximately 45 minutes traveling time. Arrive at the race site one hour before your child's first race.

### Lake Echo - Orenda

Coming from Pisiquid take the 101 to the Circumferential Highway, past MicMac Mall to Main Street. (Orenda is about 15 km from the Canadian Tire Store on Main Street). Main Street becomes Highway #107. Follow Hwy #107 for about 15 minutes until you see Exit 18. Turn left at the end of the ramp; go to the flashing red light. Turn right on old Highway #7 and drive about one and a half kilometers. You will see the Irving Gas Station and the Recreation Center on your right. You can park at the Irving, at the Recreation Center or at Orenda. Driving time is about an hour and fifteen minutes. Arrive at the race site one hour before your child's first race.

### Bell Lake - Abenakai

Coming from Pisiquid take the 101 to the Circumferential Highway #111 following signs to Eastern Passage. Drive under the Portland Street overpass and take your immediate right leading onto Portland Street. Drive past all the car dealerships and fast food places on Portland Street and head up the hill (a couple of kilometers). At the top of the hill, take a left onto Bel Ayr Avenue and another left on Swanton Drive. You will see a path on your left that leads down to Bell Lake. Park on one of the nearby streets. If you find yourself in Colby Village or Cole Harbour, you have gone too far. Allow approximately one hour traveling time. Arrive at the race site one hour before your child's first race.

### Kearney Lake - Maskwa

Coming from Pisiquid take the 101 to Bedford and take exit 4 to Highway 102 and then take exit 2 to Kearney Lake road and then turn left and follow the Maskwa signs to the club. There is parking on the road and close to the club, but you have to get there really early to get a spot close to the club. Pisiquid usually sets up on the farthest spot away from the clubhouse, usually behind the last dock and on the rocks. The drive takes approximately 45 minutes. Arrive at the race site one hour before your child's first race.