**Mic Mac AAC**

**Fall After School Paddling 2021**

**Who**: Athlete Ages 8-12 (\*must be capable of paddling down the lake comfortably in C1 or K1)

**What**: **On-water paddling** as long as the weather permits

* Focus is on paddling skill development, individual technical training, and team building.

**Off-water dry-land training** activities following the Long Term Athlete Development model for Sprint Canoe-Kayak

* sport-specific learning sessions
* a variety of fun multi-sport activities to help develop athleticism necessary for all sports.

**When**: 8 Week Program = $200

Start Date: Wednesday, September 8th

End Date: Saturday, October 30th

Schedule (up to 5 practices per week):

* Tuesday – Friday 4:00-6:00pm
* Saturday 9:00-11:00am

**What Else?!**

* Pennant Point Trail Hike – Saturday September 18th
* Shubie Park Portage & Picnic – Saturday October 2nd
* Richard Dalton Classic Long Distance Regatta – October TBD
* Escape Room – Friday October 15th
* Halloween Costume Paddle & Brunch – Saturday October 30th

For more details visit our website or contact Head Coach Adam Mayo at [adamnmayo22@gmail.com](mailto:adamnmayo22@gmail.com).