**Mic Mac AAC**

**Fall Junior High Performance Paddling 2021**

**Who**: Athlete Ages 12-15 (Invite Only)

**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.
* Learn to Lift (introduction to age-appropriate strength training)

**When**: 12 Week Program = $400

Start Date: Wednesday, September 8th

End Date: Saturday, November 27th

Schedule (Unlimited training access up to 7 practices per week):

* Monday, Tuesday, Wednesday, Friday 4:00pm-6:00pm
* Tuesday, Thursday 6:00am-7:30am
* Saturday 9:00am-11:00pm

**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
* Rock Climbing – FridayNovember 12th
* End of Fall Celebration TBD – Saturday November 27th

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