



**CORA Annual Technical Meeting Minutes**  
**9:30 am Sunday, November 15, 2015**  
**Member's Lounge - Jericho Sailing Centre,**  
**1300 Discovery St. Vancouver**

Meeting was called to Order at 9:33 am

Welcome and Roll Call

Board Member Attendees: Gralin Doubleday (FLCC), Rob Varnel (Pacific Reach), Kristine Malmqvist (Calgary), Lynda Roberts (Calgary), Paul Pilon (ORPC), Cindy Wright (ORPC), Graeme Galves (VOS), Ron Chin (FCRCC), Don Mulhall (PRCC), James Hill (FGPC), Leanne Stanley (Kelowna)

CORA Member Attendees: Jan Chavrie (Jericho), Scott Farrel (FVDBC), Morgan Krenz (FVDBC), Greg Kohlruss (FVDBC), Katheryn Nguyen (Lotus), Erik Ages (FGPC), Marianne Pilon (ORPC), Sam Siu (Pacific Reach), Launa Mulhall (PRCC)

Confirmation of Agenda/Add New items

**1. 2015 Race Review and Scheduling of 2016 Events**

**2016 schedule**

Gralin presented the list of applications, there are numerous conflicts, some which are not as problematic as they appear. The schedule will be finalized by the board. Gralin will discuss potential adjustments with some clubs where conflicts exist.

The **tentative** list from the conversation is below:

Date	Host Club	Race Name	Boat Type(s)
Jan 16	Lotus	Ice Breaker	V12
Jan 23	Jericho	PNWORCA winter race series #2	Small Boat
Feb 6	FGPC	V12- V21	V12
Mar 5/6	FGPC	Kan U Hakit	OC6/Small Boat
Mar 5	FCRCC	PNWORCA winter race series #5	Small Boat
Mar 12/13	NCKC	Crazy 8	OC6/Small Boat
Mar 12/13	CORA at FLCC	IVF Sprint Clinic	OC6/Small Boat
Mar 20	FCRCC	March Madness	OC6
Apr 2/3	VCKC	WUTG	OC6 Sprint/ Small Boat
Apr 9/10	FLCC	River Run	OC6/Small Boats
Apr 16/17	VYPC	Sprint Nationals	OC6/Small Boat Sprints/Small Boat Distance
May 7/8	FGPC	Brotchie Reach	OC6/Small Boat
May 21	VCKC	Switchblade	Multi hull
May 21/22	Jericho	Jericho Iron – CORA Cup	OC6/Small Boat
Jun 4/5	ORPC	Island Iron – CORA Cup	OC6/Small Boat
Jun 18/19	KPC	KPC Waterman – CORA Cup	OC6/Small multi hull
Jun 25	Lotus	Lotus Iron - CORA Cup	OC6
Jul 9/10	PRCC	Duel in the Desert – CORA Cup	OC6/Small Boat
Aug 13/14	Gibsons	Howe Sound Challenge – CC Champs	OC6/Small Boat
Aug 20/21	FVDBC	Echo Island Challenge	OC6/Small Boat
Aug 27	CVCRC	Sproat Lake Change Race	OC6 Change
Aug 27	PRCC	Challenge Chasedown	Small Boat
Sep 4	PRCC	Length of the Lake	OC6/Small Boat 100km
Sep 24	Lotus	Poker Paddle	OC6
Sep 24	PRCC	Skaha Downwind	Small Boat
Oct 2/3	ORPC	Bridges	OC6/Small Boat
Oct 29	FLCC	Fall Small Boat	Small Boat
Nov 19	FGPC	Wet Dashe	OC6 dock change

## CORA Cup Report 2015

Attendance at CORA Cup events:

Jericho	37 crews
Comox	30 crews
Salmon Arm	12 crews
Lotus	29 crews
CORA Champs	29 crews

Top 3 CORA Cup Points

Fairways Gorge Paddling Club	115 pts (Winner)
False Creek	74.5 pts
Nanaimo	47

Report:

Having the spreadsheet helped. Would be great if whoever was doing this knew how to work spreadsheets.

Need time after Championship Race to consolidate/confirm CORA points.  
Gibsons (2016?) schedule allows for time.

Some trophies missing/broken.

I failed to announce the **Top CORA Club - Fairway Gorge, from Victoria.**

## CORA Cup Total Club Points 2015

### Club Name Total Points

Fairway Gorge	115
False Creek	74.5
Nanaimo	48
Jericho	40.5
Comox	38
Penticton	35
Ocean River	35
Lotus	30.5
Calgary	26
Fort Langley	25
Powell River	24
Kelowna	23
Kamloops	22

Pac. Reach	18
Geronimo	10
Vancouver Ocean Sports	8
Salmon Arm	5
Delta	4
Harrison	2

## **2. Sprints leading up to the next IVF World Sprints**

Discussion not required, defer to long term planning. Check the schedule for opportunities, for 2017 the board will consider additional opportunities for spring races. Some clubs have considered combining outrigger sprints with dragon boat festivals.

## **3. Review of 2015 Grants and Discussions for Changes**

Excellent year for grants, all grant funds were completely spent with the exception of the coaching grant which had no applications. Discussion regarding grant changes included commentary on the ease of the travel grant being easier to apply for and complete. Grants budgets will need to be considered and monitored throughout the year to ensure they are funded. Travel grant increase to \$8000, clinic grant remain at \$5000, RME grant to also remain the same. Special thanks for Ron Chin for handling grants this year.

## **4. Review of drafting policy and changes to sprint and distance race rules**

### **Drafting policy discussion:**

Starting with an open forum discussion in spring 2015 then culminating in a survey in October 2016. Results from the survey require further analysis to ensure understanding before the board continues discussion on this issue. There were 220 respondents to the survey. It was suggested to leave the issue up to the race director for race etiquette for each race and clearly communicate this to the participants. Further discussion and a decision on action by the board is required as a result of the subcommittees recommendations. This issue has remained unresolved for some time, resolution is required. It is possible that staggered starts of different hull and/or genders will clarify the issue in practice. **James, Don, and Graeme have volunteered to present a drafting policy to the board by the February board meeting.**

### **Sprint and distance race rule changes**

## 5. Discussion of ongoing and new initiatives

### a. Short term

Discussion not required.

### b. Long term

Update provided on activities, coaching resources, board member visibility and introductions at races, communications, board director photos on the website with a bio will be seen in 2016, novice and junior paddler recruitment, sport promotion.

Coaching resources were discussed in relation to Cindy's query to clubs regarding coaching resources. Leanne, Cindy, and Lynda will continue working on this issue moving forward. Sport BC (Fraser Valley office) is offering NCCP levels training in December 2015.

For short course or novice races a race registration cut off of one week prior to event could help encourage more attendance, also consider CORA funding to ease the burden on new participants and race organizers. Consider specific grant funding policy to ease the burden for junior crews to attend races, this could be focussed to entry fees suggested \$1000 in the budget for 2016. Consider promoting one race for junior crews such as nationals. A committee is required to move this forward, **Marianne Pilon, Leanne Stanley, Grace** from Lotus will explore this, report back to the board in February 2016.

### c. Adaptive Paddling

Leanne shared her experience in Kelowna regarding adaptive paddling, as well as Calgary. Challenges exist in accessibility to the water, boat modifications are less complicated. Lynda offered resources and guidance to other clubs who would be interested in developing an adaptive program. This item will continue to be on the long term planning list for action and discussion. Communication will be forwarded to the clubs for information.

### d. Boat Registry

Boats were weighed at races this year to complete the registry, most racing hills have been weighted. The updated registry will be posted on the CORA website by **Rob** before the end of 2015. Discussion regarding boat class, weighting and numbering occurred; race rules include having the canoe number posted on the hull of the canoe when racing, declaration of intended race class and including weight as appropriate.

Reminder that the registration forms include a spot to indicate that you require access to borrow a boat for the race, it is up to the club that needs a boat needs to contact other clubs. Typically, it has not been CORAs responsibility to organize boat lending for races. Refer to the boat borrowing etiquette posted on CORAs website.

## **6. Quick preview to the 2016 budget**

Deferred to AGM in consideration of time.

## **7. Discussions, Issues or Concerns Initiated by the Members**

- e. Race attendance and PNWORCA races \*\*\* this item was discussed at the beginning of the AGM.

Cross posting of races between CORA and PNWORCA websites was brought up. Currently international races are posted on a separate page on the CORA website, suggested to provide a link to the PNWORCA website on CORAs website along with all them other international race links.

- f. Coaching survey responses - Cindy

Time, money, and commitment seem to be the largest hurdles for clubs. Detailed summary and recommendation:

The results are generalized as follows:

- 1) Of the clubs that responded, only 1 cited not having having a coach. This seemed somewhat intentional from other comments made. Most clubs have paid or volunteer coaches, but where these coaches fall into the clubs programming varies. Some clubs only use coaches for novice or junior paddlers while the competitive paddlers seem to rely more on themselves and program facilitators (re: vs. a coach). Some clubs have coaches for all programs. Most of the clubs coaches are volunteers, but some are paid. Larger clubs with a higher degree of structure tend to have paid coaches.
- 2) Some clubs fee that there are sufficient numbers of coaches (either paid or volunteer) that serve their needs, while others feel that there is a shortage of coaching staff. Reasons for shortages range from: money; club politics, lack of goals or conflicting goals, lack of volunteers willing to give up extra time. Many coaches have a dual role as paddlers which makes time commitments problematic.

- 3) Almost all club coaches are club members. One club cited an external coach and there are “clinic” type coaches who also come from the outside.
- 4) All clubs seem to want to develop coaches. The range of knowledge about how to do this runs the spectrum. Some are very knowledgeable about development and where to find tools to develop coaches while others have no idea on where to begin the process.
- 5) Again, a mixed bag. I would say almost a 50/50 split between yes and no. Some have very high level coaches and others who don’t know what NCCP is. The reasons for lack of this range from time, money, commitment, etc.

### **Other Generalized Comments**

Almost all clubs would like CORA to provide some guidance in terms of coaching development and providing resources to allow this. Some appreciate NCCP but don’t understand how it works. Some do not know that “paddling” specific (note I’m not saying outrigger specific) courses under the Entry Level Competitive Coaching program DO exist.

They would appreciate more “coaching” oriented clinics (vs. paddling technique oriented clinics).

Some cite that it is difficult to get NCCP training and were wondering if CORA could organize something “in bulk.” (for lack of a better phrase).

It would appear few clubs are aware of the coaching education grant regardless of the promotion that occurs during the announcement of it.

One club asked about where to find coaches.

### **Recommendations**

- 1) CORA provide a description of how NCCP is structured and how it works from both the modular components that are not sport specific to the ELCC program where it develops paddling specific coaching skills. I see little reason for us to try and reinvent the wheel when the wheel exists and works perfectly well.
- 2) Coordinate with provincial sports organizations (that have the accreditation under the NCCP system and the Federal sports

organizations) to see if our members can participate in their sport specific programs. For example, in BC, CORA coordinates with CKBC for participation of its members in the ELCC multi-hull module and CanoeKids. Potentially set up classes specifically in regional areas for our clubs.

- 3) Continue to communicate with clubs on where to find coaching courses in their regions.
- 4) Develop a “coach the coaches” type of clinic for our members. This could focus on a variety of coaching tools.
- 5) Potentially host a post page where coaches can put a small biography/resume onto the website so people can find coaches. We’ve talked about this in the past, but a disclaimer that we do not endorse any specific post, nor have we vetted the coach for their skills, knowledge or demeanor, etc, etc. More discussion on this needs to happen.

The board will decide on these recommendations by February 2016.

**Meeting Adjourned at 12:00.**