

## Expectations

### Paddlers

40% – 6 man combinations (times, seat test)

15% – Attendance

15% – 1 man test

15% – Attitude

15% – Out of boat training

100%

- Be at all practices. Schedule trips before or after season.
- Attitude – positive.
- No swearing.
- No fighting.
- Show respect toward coaches, other paddlers, and canoes.
- Canoes – Don't sit on canoe/don't step over canoe.
- Take care of your paper work: registration, dues, fundraising, etc.
- No talking in canoe or looking around. Any questions about the above ask your coach or head coach.
- No smoking or drinking while practice is in session.
- Carry boats out of water before you shower.

### Workout Schedule – Minimum Hours

Month	Total Paddling	Total Aerobic
January	1	3
February	2	4
March	3	5
April	4	6
May	5	7
June	6	8
July	7	9
August	8	10
September	9	10