



FAQs

GENERAL

Question: What is a Commodore? What do they do?

Answer: The Commodore is the senior volunteer who is the most senior leader in the organization. "Commodore" is a nautical term equal to what many volunteer organizations equate to a club President. The Commodore is also chair of the board of directors.

Question: What is ADCKC?

Answer: The Atlantic Division of Canoe Kayak Canada (ADCKC) representing the regional interests of paddle sports. ADCKC is also the provincial sport organization (PSO) for each Atlantic Province.

Question: Does Cheema offer canoeing and kayaking only?

Answer: Cheema offers many different things to the community. In aquatic terms, it offers sprint canoeing, kayaking, dragon boating and war canoe paddling, for ages 6-80, as well as those with physical and intellectual disabilities. In addition, there are limited surf ski opportunities and Cheema is looking at including stand up paddleboarding (SUP) soon.

Off the water, we offer yoga, Pilates, adult fitness classes and provide an afterschool program during the school year.

Question: What is the fundraising for? (Paddle-a-thon, etc.) Doesn't the program registration cover the cost of the Cheema programs?

Answer: Cheema has many costs that membership does not cover. Examples include paying for our facilities and their upkeep; new boats and paddles which are in constant demand; as well as staff training and compensation.

Question: What are the main differences between the year-round program and the summer program?

Answer: Our summer program has options for all levels of participation for kids as young as 5 in our Cheema Summer Active program. From ages 6 – 80, there are various forms of recreational and competitive paddling to be enjoyed in our natural setting during the warm weather months.

In the fall, winter and early spring, we offer programs for those who are a bit more serious and who want to evolve their skills to the next level. Much of the off-season activities are inside or on our running and ski trails. Strength, endurance, flexibility and general fitness is the goal – be it for personal wellness or to take one's racing skills to the next level in the upcoming season.

Question: Is the summer program registration included when paying for the year-round program?

Answer: For some programs yes. Others no. Members registered for Learn to Train and the High-Performance programs are automatically registered for the summer months as well. All other age-group programs, FUNdamentals and JumpStart require July and August registration in the summer age-group programming.

GEAR

Question: Do I need to have my own paddle and canoe/kayak?

Answer: No, Cheema has paddles and club boats for sharing purposes. Team boats are almost exclusively club-provided, but many serious paddlers choose to own their own singles canoe (C1) or kayak (K1) and paddle so that they can reliably get the boat they want when they want it.

Question: What should I bring to practice?

Answer: That depends on the weather. Dressing in layers is a safe way to be able to manage body temperature and the day's weather. When it is colder and if there is a wind, a pullover or coat made of nylon or similar material to break the wind and keep the heat inside is very important. Same on rainy days. It is important to always bring a dry change of clothes and sneakers to practice! After practice, your paddler may be a bit wet, and our coaches encourage changing out of damp clothes after practice to avoid getting sick and uncomfortable. Sneakers always come in handy just in case it is too windy to go paddling, and the group decides to stay on land or inside to do a workout.

PRACTICES

Question: What are the practice times?

Answer: These vary based on the program, and on the season (i.e. athletes do weight training, running and swimming when the water is too cold to paddle). Please see the programs page on the website or talk to the coaches for details.

REGATTAS / NATIONALS

Question: What's a regatta? How often do they happen?

Answer: Regattas are opportunities to race. Sprint paddling races are over 200, 500 or 1000m. Long Distance races are over 2, 5 and 10km. Most regattas have heats, semi-finals and finals that athletes can advance through if they meet a minimum ranking at each stage leading up to the final. Some age-group regattas only have heats where the paddlers are timed, and the final placing is based on ranking the times.

Sprint races are in 9m wide lanes and the paddler races from a start line to a finish line. In long distance races, the racers will start either at the finish line or against a 100m long raft where their sterns can be held for a fair start, located behind the finish line. They then proceed up the course and eventually make their way to the right-hand side of the course so they can turn around one, or a series of buoys, that send them back down the course. Depending on the race distance, the distance between the start and the first turn varies. Where there are multiple laps, there are turn buoys at the finish line area as well.

Just to confuse things, the discipline of "Sprint Canoeing" has canoes, kayaks and distances from 200m to 10km. Distances that are longer still, are part of the "Marathon Canoe" discipline.

Regattas occur at various times over the spring and summer, and venue availability and the scheduling of local, regional, national, and international events often dictate when age-group paddlers can have their regattas. More clubs like Cheema are addressing this by having their own in-house regattas or inviting one or two other clubs. The course may not be of international standards, but the hot dogs are great!

Question: What should I bring to the regatta?

Answer: Depending on the age of the paddler, there are requirements for racing uniforms. Older paddlers may need an approved singlet where the younger kids will only need a shirt in club colours. Coaches will clarify specifics.

Otherwise, there should be lots of changes of clothes, as the kids will get wet every race they're in. If the weather is hot, this isn't a factor. If it's cold and windy, they will need to get out of wet clothes in-between races and put on a warmup suit appropriate to the temperature. Usually, the kids will put on a new, dry shirt for each race and put the racing shirt/singlet over top. Swim bottoms or shorts are fine for the lower body, and even sweatpants or tights if it's cold.

It is also suggested that our paddlers bring snacks, water, sunscreen, hat, small blanket, folding camp chair, extra towels, etc. to be comfortable during the regatta – there can be longer breaks between races and your paddler will want to be comfortable!

Question: Is there a cost?

Answer: There is no cost to participate in our local regattas. Racing at Canoe Kayak nationals does incur racing fees.

Question: Do I need to uniform pieces? (ie. singlet)

Answer: Note as of 2023 Racing season, only those competing in Canoe Kayak Canada (CKC) sanctioned events, or Atlantic Division Canoe Kayak Canada (ADCKC) events in U16 and up are required to wear an approved Cheema racing top. Athletes who require a singlet: U16 and up, PaddleAll and Masters athletes, and U12/U14 paddling "up" in U16 race categories. Those in U14, U12, U10 and below competing at ADCKC events can choose to wear a black t-shirt. The cost of the singlet is \$49.00. It can be ordered through www.Cheema.ca/register

Question: Can parents watch?

Answer: Parents are encouraged to come and support their kids and to cheer for Cheema. The viewing area is along Prince Albert Road for races on Lake Banook. Other venues will designate where parents can view from.

Question: What's do A and B finals mean in Paddling?

Answer: An "A" final is for the top 9 ranked athletes and a "B" final for those ranked 10-18th. This is usually based on heat times for local age-group races. Finish position is used in preliminary (heats and semi-finals) races to advance to "A" and "B" finals for higher level competitions.

Question: What are Burgees?

Answer: A Burgee is a flag associated with nautical sports that represents a group win in a particular category of racing. For example, there would be a burgee awarded to the club that wins – based on points accrued from all events in the age-group or category – the women's U16 category. Similarly, there are burgees for the top club at the Atlantic Division Canoe Kayak Canada (ADCKC) Championships and the Canoe Kayak Canada (CKC) National Championships.

COACHES

Question: What training do coaches have?

Answer: Coaches are required to take National Coaching Certification Program courses appropriate for the level of coaching they perform. In addition, they are required to have a motorboat license, SafeSport training, First Aid, High Five (leadership training), a Criminal Record and Vulnerable Sector checks.

Question: If I have any concerns, who should I contact?

Answer: First stop should be your child's "Lead" age-group coach. If that doesn't suffice, the Summer Supervisor should be contacted for all summer age-group issues that a coach cannot address. If your child is in the year-round or high-performance program – same thing – start with their program or discipline coach. If any of these coaches or the summer supervisor cannot address your concerns, feel free to reach out to the executive director.

AROUND THE CLUB

Question: What is the Richard Dalton Classic?

Answer: Richard Dalton is a former Cheema Olympian and World Championships medallist. Richard was, and is, a great role model to athletes and is the kind of paddler we hope every one of our members strives to emulate.

Each fall, our last event of the season is the Richard Dalton Classic. It is a long-distance race/paddle that is as much a training event as a competition. We strive to see every athlete who is still training in October take part in the event. Other clubs who are also still training are invited to participate. Paddlers in canoes, kayaks, surf skis, SUPs, dragon boats and more, are all welcome. The event is a Cheema family affair where volunteers put on a hot meal for everyone after the race.

Question: How did the buildings get their names?

Frank Garner was Cheema's first coach and was instrumental in establishing the club in its early days. His vision and the type of club he established carries on today in the same spirit Frank envisioned in 1969. In 1977, under Frank's leadership, Cheema won its first national burgee as the first Atlantic Division of Canoe Kayak Canada (ADCKC) club to win the national club title. Frank led by example as a competitor at the Junior World Championships and a Canadian Olympic Coach.

Csom Latorovszki led Cheema to three club championship burgees in 1994, 1995, and 1996. Csom's coaching and leadership took Cheema to the top and it dominated all categories of competition at one point or another during his tenure. Csom has mentored/coached numerous Olympians including Karen Furneaux, Richard Dalton, Mike Scarola, Kelly O'Leary, and Jillian D'Alessio.

Question: Where can I buy Cheema apparel?

Answer: You can buy Cheema apparel online at: <https://cheema.entripyshops.com/>

Question: Where can I buy Cheema vehicle decals?

Answer: Cheema produces club decals on an annual basis and shares them without charge to our members. They are hot commodities however, so get them while you can.

OTHER

Question: Where can I apply for funding, to help me offset some of the costs (registration or other)?

Answer: You can apply for support through: Kidsport <https://kidsportcanada.ca/nova-scotia/provincial-fund/>