

Ivanhoe Northcote Canoe Club

Junior Crusaders



Term 4 every Saturday 2-4pm



IVANHOE NORTHCOTE CANOE CLUB

What is the INCC Crusaders program?

Ivanhoe Northcote Canoe Club (INCC) runs a junior program for students aged 10-16 years old. The program is conducted at INCC (see map below) on the Yarra River during school terms 1,2, and 4. Sessions are on Saturday afternoons from 2-4pm.

The program is aimed at introducing juniors to kayaking with the emphasis on fun and fitness. We will develop paddler's skills and confidence on and off the water.

Coaches

We have a number of coaches in the INCC crusaders program. Our coaches include Réka Ábrahám (two time world champion) and Penny Young (four time Australian representative) as well as other dedicated paddlers with many years of experience.

All sessions are conducted by qualified Level 1 coaches with first aid. The program has strict paddler to coach ratios to ensure safety on water.



Coaches Penny Young (front) and Réka Ábrahám at 2016 World Canoe Marathon Championships

Fees?

The cost is \$90 per term. All junior program participants need to be members of INCC. The INCC membership fee for junior paddlers who do not wish to compete is \$140 per year which gives them access to club facilities and boats which they may use during and outside of crusaders training.

More information about fees at incc.org.au

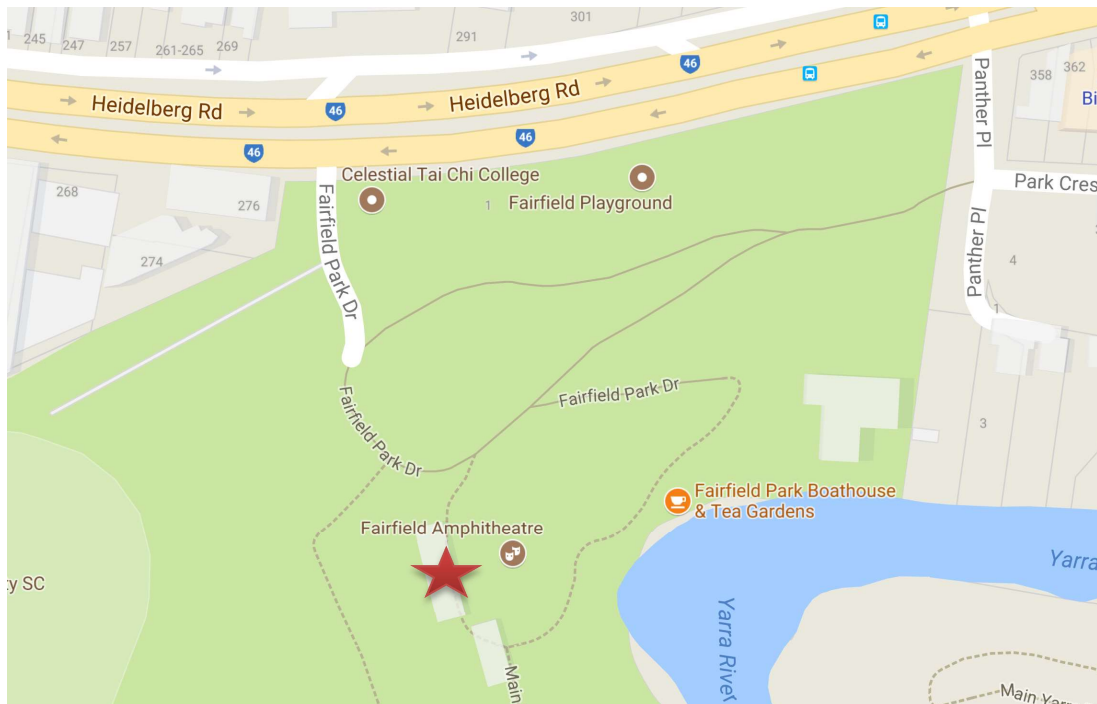
What is a kayak?

In the crusaders program we use 2 types of kayaks, TK boats and K boats. TK (touring kayaks) boats are more stable and are used for beginner paddlers to build confidence and technique. K boats are less stable but much faster, and they are often used for competitions. You can tell the difference between a TK and K boat from their shape and rudder types. They come in both singles (TK1/K1) and doubles (TK2/K2).



I want to join, what next?

To sign up for the INCC Crusaders Program contact Réka Ábrahám (rekaabraham2@yahoo.com). The first session for term 4 is being held on October 14th but new paddlers are welcome at any time.



Map of Fairfield Park, red star marks INCC



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