

Winter 2026-2027 Training

Senior program



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Coaching and Management Teams

The coaching team will remain the same. Matthew Smith will be the head coach of the program, overseeing the coaching and athletic direction of the program. Coaches are Carmen Sweetoo, Saowanee (May) Khamsaeng, and Eugene Sweetoo.

The management of the program is done by Matt and Eugene, in consultation with the volunteer leadership team of the senior program composed of Marie Muldowney, Alexandre Lalonde, Michael Creamer, Jean Leandri, Robert Deom, and Suzy Goodleaf.

Senior Program 2027 Overview

Winter Goals

- Strong emphasis on strength and fitness development. We want to bring the fitness level of each individual athlete up. This means consistent and smart training on your own and in the group trainings.
- Involvement of more athletes in the leadership team.
- Foster strong relationships with community programs to create development pathways for new members.
- Work towards the creation of 3 solid Standard mixed A/B/C crews, and either small or standard gender crews as our numbers permit.

Summer Goals

The club's goal will be the 2027 national championships in Welland, Ontario from August 12-15, 2027. The 2027 Nationals are used to qualify crews for the 2028 Club Crew World Championships (CCWC) in Barcelona, Spain. Our 2-year goal is to send strong crews to CCWC 2028

Expectations

- All athletes must follow a training program (either the team's strength and cardio program or a program tailored to them made by a personal trainer) and meet the minimum fitness criteria.
- Be present for group trainings.
- Be present to fitness testing.
- Be present at the national championships. Add the dates to your calendar now, make yourself available for it.
- Have a "club first" attitude towards racing. Everyone wants to be on a fast team. Occasionally we also need to also race with developing crews to help them grow into fast teams.
- Communicate clearly and realistically about their intentions regarding CCWC 2028 in Barcelona, Spain. An interest form will be sent.

Training Overview and Schedule

Training will begin the week of November 2.

a) Pool paddling

Pool paddling will potentially take place on Tuesday nights (5PM, 6PM, and 7PM), Thursday 11AM, and Saturday mornings (7AM and 8AM). Sessions will be 50 minutes with a 10-minute break to change groups. Athletes will provide their availabilities through the Google Forms and we'll choose the final schedule based on this information.

b) Circuit training

Circuit training potentially on Tuesday nights at 6PM, 7PM and 8PM immediately after training, and on Saturdays at 8AM and 9AM. Circuit training will emphasize general strength/fitness at the beginning of the winter cycle and transition to more specific lactic training as the winter season progresses. Athletes will provide their availabilities through the Google Forms and we'll choose the final schedule based on this information.

c) NEW Weight and cardio training program

A new approach to the winter training program this year will be tested. May will be authoring and overseeing this winter's strength and conditioning program. The program will include 2-3 weight trainings and 1-2 cardio training per week. New to this year's program will be "office hours" in the circuit room held by May. These times will be available for paddlers that need assistance with the program to go and ask questions, and/or try the exercises with May

May's office hours:

- Mondays 6-7PM in the Clubhouse (circuit room)
- Wednesdays 6-7PM in the Clubhouse (circuit room)
- Fridays 6-7PM in the Clubhouse (circuit room)
- Saturdays 7-8AM in the main gym (Canal Fitness)

There will also be two personal trainers associated with the program should any athlete's want a more personal touch. These include Mathieu Sem and Martin Shih. Mathieu is Canal Fitness' primary personal trainer and Martin Shih is a 22Dragons coach and premier athlete. There is an additional cost to this. Athletes can contact the personal trainers directly to make arrangements.

Recruitment

We continue to make recruitment during the off-season a priority. An open house was held in early October to make a first contact with potential recruits. Recruits will be welcomed to join the indoor training as either provisional full members or as associate members. Associate members are athletes already training with another team and would like to try out for the senior program. Associate members will only be required to attend one practice per week with the program so that they can continue training with their original teams. Provisional full members will take full part in the program, but may be directed to other crews in the springtime if the fit is better.

Associate members take part in the following activities:

- One paddling tank or circuit training per week
- Fitness testing sessions
- Have access to the Weight and Cardio Training Program

Any new recruits during the winter session must first be verified with the coaching staff before they are invited to practice. If the coaches approve of the tryout, the individual will be invited for 2 weeks after which the coaching staff will decide whether the senior program is an appropriate fit for the individual.

Paddler Evaluations

Paddlers will have 3 evaluations throughout the winter to track paddler improvement. Some aspect of the testing will be done on an individual basis, that is, on your own time. Other aspects of the testing will be done in a group setting during the planned circuit training, but it is possible that additional times can be scheduled for testing.

The fitness test will be composed of the following elements:

- 1000 m rowing ergometer (individual)
- Bench press maximal weight for 6 to 10 repetitions (individual)
- Pull ups maximal repetitions (individual)
 - o Only if unable to complete a pull up, the alternative is lat pulldown maximal weight for 6 to 10 repetitions
- Circuit testing (group)
 - o Details to come.

The 2-minute paddle ergometer test was removed last winter and will not be brought back this year.

A testing protocol will be shared. The testing protocol will outline the requirements for each testing component to ensure fair testing.

Benchmarks and Selections

Click [here](#) to see the [fitness standard](#). You can see where you stand compared to where the coaches want someone of your age, gender, and weight should be.

Summer season – Training and local racing

Selections will be made after the third winter fitness test. Selection criteria will be

- Show good fundamentals of paddling
- Meet the minimum fitness requirement
- Demonstrate good engagement and a positive attitude

Athletes not selected to continue training with the team will be reimbursed for practices occurring after selections were made.

National championships

Selections for the mixed boats and gender boats if required will be made after the June OC/DB-1 test. Selected athletes can be athletes from adjacent programs (BCP, Premier, or Para.)

Fees and Discount

Fees for the winter are the same as 2025/26 + ~3%. There is a discount for members of the Canal Fitness Gym.

2027 Regular Senior Program Fees: \$510 plus tax

The fees include:

- 26 weeks of training
 - o 1 hour of coached paddling tank training per week
 - o 1 hour of coached circuit training per week
- Group fitness tests
- Strength and fitness program
 - o As well as 4 hours of "office hours" for questions or assistance regarding the training program

2026 Associate Member of the Senior Program Fees: \$310 plus tax

The fees include:

- One coached paddling tank or circuit training per week
- Fitness testing sessions
- Strength and fitness program
 - o As well as 4 hours of "office hours" for questions or assistance regarding the training program

Athletes must be part of another team in order to qualify for this membership type.

Discount for Canal Fitness members:

6-month membership valid until at least April 30, 2027: 7.5% discount

12-month membership valid until at least April 30, 2027: 15% discount

To get the discount, DO NOT REGISTER ON QIDIGO YET:

1. Get your gym membership before Nov 8, 2026 11h59pm
2. Send an email to club@22dragons.com with your gym member number and membership length.
3. Once you receive an email confirming that the membership was added to your Qidigo account, you can proceed to register on Qidigo. The discount will be applied at checkout.

If you start a membership at the gym after the start of practices, we can retroactively give you the discount if you send us an email before November 30, 2026.

Registration

Registration includes 2 actions:

- 1) Choose your training times by completing the following [Google Form](#), it takes 2 minutes.
- 2) Formal registration through the **Qidigo** registration system by doing the following:
 - a) **Registration to the Winter Senior Program:**
Full senior member <https://www.qidigo.com/u/22Dragons/activity/29847/group/486815>
Associate member <https://www.qidigo.com/u/22Dragons/activity/29847/group/487040>
 - b) Choose the person you want to register, and click on “Add to Cart”
 - c) Then click on red button “**Next Step**”
 - d) On payment page:
 - default payment method is online payment – full payment
 - to pay in instalments, select an option in “Instalment Payment”
 - click on red button “**Pay**”

New member with no Qidigo account?

1. Click on the link of the program you want to register to.
2. Create an account: watch the step-by-step video:
 - a. STEP-by-STEP VIDEO: <https://youtu.be/MchjPWQZ4mw>
 - b. Personal information: make sure you all enter your real info 😊
 - c. Adding your children to your account: (non-mandatory if your kids are not paddling at 22Dragons)
3. Once done, click on the link of the program you want to register to and register for the program.

Additional Training

Coached perg trainings

- Sundays 10AM-11AM
- Coached by May Khamsaeng
- Small groups of maximum 8 athletes
- Three blocks
 - Bloc 1
 - Nov 2 to Dec 20 (7 weeks)
 - \$130 plus tax
 - Bloc 2
 - Jan 4 to Feb 28 (8 weeks)
 - \$150 plus tax
 - Bloc 3
 - Mar 1 to May 25 (8 weeks)
 - \$150 plus tax
- Registration: <https://www.qidigo.com/u/22Dragons/activity/26667/session>

Additional circuit trainings are available for those that are interested. The price for the season for an additional circuit training is \$228 plus tax. If you would like to register for additional circuit trainings, you can contact Eugene. Additional circuits take place on Mondays 7PM, Thursdays 7PM, Saturdays 10AM, and Saturdays 11AM.

Important Dates and To-do List

Winter important dates

- October 28: Deadline to fill the planning form
- November 2: Training starts
- November 8: Deadline to request a discount on fees with a Canal Fitness membership
- November 10: Deadline to register on Qidigo
- Week of November 23: Group testing 1 (circuit) done during regular circuit training times.
- November 30: Submission deadline for Fitness Test 1
- Week of January 25: Group testing 2 (circuit) done during regular circuit training times.
- February 1: Submission deadline for Fitness Test 2
- Week of March 22: Group testing 3 (circuit) done during regular circuit training times.
- March 29: Submission deadline for Fitness Test 3
- April 18-24: Optional 22D Myrtle Beach training camp

Your to-do list

- **Fill the planning form before October 28** <https://forms.gle/vR8dTjhqPcpbFzf6>
- **Register to the program before November 8. See instructions in the Registration section.**