



Welcome to Flatwater Yukon

We actively promote and provide opportunities to enjoy, participate and excel in flatwater paddle sports for all Yukoners

Sprint Training Program

When	5:00 – 6:30 pm	Monday thru Thursday	Drop off and pick up within 15 minutes of start and end time
Where	Schwatka Lake boat launch day use area	Km 3.6 on the Chadburn Lake Rd	Map https://goo.gl/maps/9L1Ec

Thank you for enrolling with Flatwater Yukon Sprint Training Program! This training is for athletes 13+ interested in kick starting their paddling season and competing in sprint canoe-kayak this summer. For paddlers who want to train to improve their paddling skills and potentially compete in sprint canoe kayak this summer and beyond. Athletes will work on paddling skill development, fitness, nutrition and racing technique. Participants will be encouraged to work towards their own personal goal for the summer. Recommended to attend a minimum 3 sessions/week. We look forward to paddling with you!

Equipment List

Due to sometimes drastic weather changes here in Yukon, all paddlers are reminded to dress in layers and have a change of dry, warm clothes at each paddling session.

What to Bring:

- Healthy snack
- Water bottle
- Swim Suit
- Warm Clothes (long pants, warm sweatshirt, jacket)
- Extra set (or two) of dry clothes
- Water Shoes or sandals
- Running shoes for dry-lands activities
- Hat
- Sunscreen
- Sunglasses
- Rain jacket & pants
- Towel

What NOT to bring:

- Pop
- Glass containers
- iPods or video games. Electronics and water don't mix very well. You'll be having too much fun anyway!
- Money or other valuables. It's a long way to the bottom of the lake if you lose it! FY does not take responsibility for lost or stolen items
- Weapons (real or fake). They're just not fun.



Dan Girouard

Executive Director/Head Coach

867-334-8121

