



THE ROLLING CANOE CLUB

INTERNATIONAL TRAINING CAMP 2026
GUANGZHOU, CHINA



IN COLLABORATION WITH
FRIENDS OF PEARL RIVER CANOE CLUB



THE ROLLING CANOE CLUB INTERNATIONAL TRAINING CAMP

DATES:

8-15 JULY 2026

OBJECTIVES

01

To promote and elevate the standard of canoe polo across Asia.

02

Fostering lifelong friendships among athletes and youth across borders.

03

To equip individuals with effective learning strategies and support their development as athletes

04

To promote sports tourism.

05

To foster awareness and practices for sustainability in the region.



THE ROLLING CANOE CLUB INTERNATIONAL TRAINING CAMP

VENUE: JIU LONG LAKE ECOLOGICAL PARK
(30 MINUTES' DRIVE FROM BAIYUN INTERNATIONAL AIRPORT)

The Friends of Pearl River Canoe Club have established a canoe base on top of the scenic hill in Jiu Long Lake Ecological Park. This stunning park is a haven for nature lovers, offering lush hiking trails and a wide array of water sports activities, making it the perfect backdrop for outdoor adventures.



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Nestled below the hill is a vibrant new private housing estate, complemented by charming European-inspired shops, restaurants, and hotels. The area offers a delightful blend of natural beauty and modern amenities, creating an inviting atmosphere for both residents and visitors.



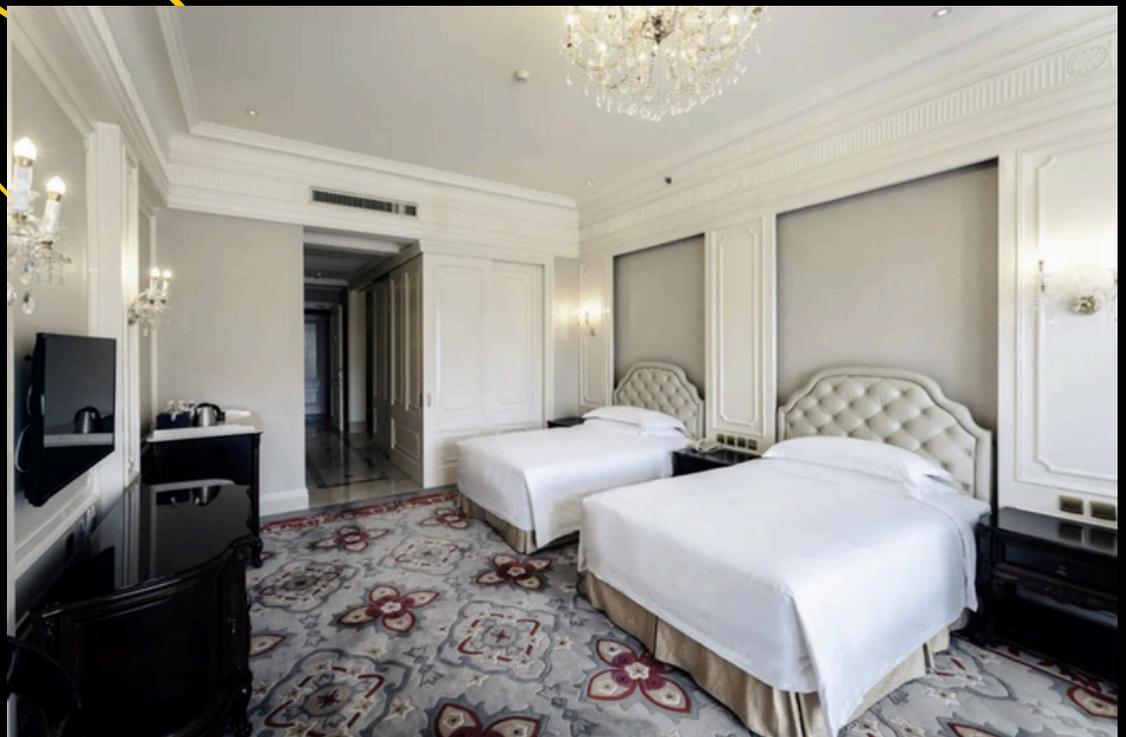
To maximize visibility and engagement, we're thrilled to share that our upcoming training camp will take place on the river right next to this bustling hub of restaurants and shops.



Two standard-sized canoe polo pitches will be set up at this location.

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**CHOICE OF ACCOMMODATION:
Princess's Hotel – 5 Star hotel beside the pitch**



PROGRAMME ITINERARY

DAY 0
8-JUL

Afternoon (Orientation & Administration)

- Arrival & check-In
- Orientation to training ground
- Equipment check
- Ice breaking & light training

DAY 1
9-JUL

Morning

- Theory Lesson 1: Goal Setting & Learning Skills
- Water Training 1: Basic canoe polo skills
Training group allocation

Lunch Break

Afternoon

- Theory Lesson 2: Boat skills
- Water Training 2: Jostling & ball shielding
Fast break drill

Dinner Break

Evening

- Night Movie in the water

DAY 2
10-JUL

Morning

- Theory Lesson 3: Basic attack & defence
- Water Training 3: Paddle skills, goalkeeping & blocking
Basic defence boat skills
2v1 attack & defence drill

Lunch Break

Afternoon

- Water Training 4: 3v1 defence jostling practice
5-0 attack drill
5v5 attack & defence
Match

Dinner

PROGRAMME ITINERARY

DAY 3
11-JUL

Morning

- Theory Lesson 4: Man-to-man defence & press
- Water Training 5: 2v2 man-to-man defence
4v4 man-to-man press

Lunch Break

Afternoon

- Mini-tournament 1

Dinner gathering

Evening

- Demonstration Match

DAY 4
12-JUL

Mini-Tournament 2

Dinner Gathering

DAY 5
13-JUL

Morning

- Theory Lesson 5: Game review for mini-tournament
Scenario-based training:
Last minute strategies
Setpieces
- Water Training 6: Scenario-based training

Lunch Break

Afternoon

- Water Training 7: Scenario-based training cont'd

Dinner

Evening

- Night Paddling

PROGRAMME ITINERARY

DAY 6
14-JUL

Rest & Recovery (Sight-Seeing)

Dinner

DAY 7
15-JUL

Check-Out
End of Camp

PROGRAMME FEE

PROGRAMME FEE: USD \$820.00 (EARLY ACCESS SIGN-UP,
LIMITED SLOT)

Fee include:

- 2-way Airport Transfer to Hotel
- Hotel stay & Breakfast
- Training Fee
- Free use of plastic boat

Additional fee: USD \$140 for In-house composite boat rental
USD \$200 for Hydtec or CPS carbon boat rental

ATHLETE'S INFORMATION

Full Name _____

Date of Birth ____ / ____ / ____

NRIC _____

Gender Male Female

Phone Number _____

Email _____

Home Address _____

Postal Code _____

Add Photo Here

EMERGENCY CONTACT INFORMATION

Emergency Contact Name _____ Emergency Phone _____

Relationship to Athlete _____

Home Address _____

Postal Code _____

MEDICAL DECLARATION

1. Have you ever experienced any of the following?	YES	NO	If "YES", Please Provide Details
(a) Chest pain, high blood pressure, heart problems such as heart murmur, extra heartbeat or other heart abnormality			
(b) Asthma, Bronchitis, Tuberculosis, Sinusitis and/or other lung problem			
(c) Fits, epilepsy, fainting attacks, migraine, severe head injury			
(d) Severe eye problems/poor vision			
(e) Ear problems/deafness			
(f) Nervous illness			
(g) Diabetes			
(h) Bone or joint injury			
(i) A carrier status for any infectious disease			
(j) Medical treatment within last two years			
(k) Are you pregnant?			

(FOR PARTICIPANTS BELOW 21 YEARS OLD)

I, _____ (Name of *Parent / Guardian), _____ (Date of Birth),
_____ (Relationship) of _____ (Participant Name),
whose particulars are as written above, validate that I fully understand and appreciate the effect of the above Declaration Clause and hereby agree to allow my ward / child to participate in water sport activities including but not restricted to Canoe Polo and shall not hold the organizers, their sponsors, appointed officials or staff responsible for any mishap, injury, or loss of life whatsoever that may occur in the course of, or as a result of his/her participation in the event.

NAME OF *PARENT / GUARDIAN

SIGNATURE OF *PARENT / GUARDIAN

BOAT RENTAL

- **Plastic Boat (Free)**
- **In-house Composite Boat + USD \$140**
- **Hydtec or CPS Carbon Boat + USD \$200**