



# Keep Paddling

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## Looking Forward to a New Year

*By Club Chairman, Robbie Blankenstein*



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Welcome to what we hope will be a regular communication between the members of **Angus Canoe Club**. The Club finds itself in exciting times, the membership has swollen in recent months and the committee members and coaches find themselves running an ever more dynamic organisation. Our position is not accidental by any means, the ongoing hard work of the committee, coaches and members alike have all contributed to the success of our Club. The most recent success has been the awarding of funding for junior equipment which should allow us to progress our junior members into the real world of paddling, which to me is seeing the country, experiencing the environment and playing in the great outdoors. Most thanks must go to Scott Petrie for his tireless work out side the committee on this and pervious award applications (see *Financial Matters!* on page 5).

Our AGM saw the appointment of our new committee featuring many familiar and some new faces. The committee is there for the members and we always welcome comments, suggestions and volunteers. My thanks go to all of those who commit their time, more than anything else, in the running of the Club.

*[continued on page 4]*

### Diary Dates:

#### January

5	Newsletter published
8	Pool session Kirriemuir
15	Pool session Arbroath
22	Pool session Kirriemuir
27	Monthly committee meeting
29	Pool session Arbroath

#### February

5	Pool session Kirriemuir
12	Pool session Arbroath
19	Pool session Kirriemuir
24	Monthly committee meeting
26	Pool session Arbroath
29	Last date for articles March newsletter



## Angus Club of Excellence

By Alan O'Neill

As a result of quite a lot of moaning, complaining and generally berating members about their qualifications, courses, and experience, the Club has put together a case to show that we have reached a certain level of proficiency(?). As a result, the *Angus Canoe Club* has been awarded the Silver Award from the [Angus Council](#) Angus Club of Excellence (ACE) scheme.

Not only is this an achievement in itself, but its good news for the Club as it serves to indicate that we have achieved a particular level of "competence" as far as documentation and procedures go. For example, the Silver Award shows that the *Angus Canoe Club* coaches have been Disclosed, that the Club coaches are properly qualified, that documentation for Club procedures is in place, and so on.

More tangible benefits to the Club are free places on the [SportsCoachUK](#) Child Protection courses, subsidised First Aid courses and publicity in the local press, to name but three.

Not a committee to "rest on their laurels", we now turn our sights to the Gold Award - more paperwork and more forms, but don't you just have to go for it?



The photo shows the club committee at the AGM receiving the ACE Silver Award from Angus Council's Alastair Wilson (Head of Sports Services).

Yes, it has been a lot of paperwork and administration, but I hope you all agree, it's been worth it!

Alan

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*"Its fantastic news about the award - I knew you would have a good chance as you all work so hard."*

*Claire Robertson  
(Angus Council  
Club Development Officer)*

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*"Parents can be reassured that clubs working within this scheme are up to date on current issues ...."*

*Alastair Wilson  
(Head of Sports Services,  
Angus Council)*

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## Paddling Know How

By Pete Ritchie

I thought it would be worth introducing the types of canoes and kayaks that we have in our sport of “canoeing”.

There are many new club members (and some of the old) who do not realise the options open to them.

Firstly, a kayak is paddled with a double-ended paddle and you sit in this with your feet out in front of you. A canoe should be paddled from a kneeling position and you use a single blade on the paddle.

Paddlers tend to refer to their craft of whatever discipline as “boats”! From here in it gets more complicated. The kayaks we use in the pool are either general purpose or white-water kayaks. The more unusual shaped kayaks that we can loop and stand on end are from the play boating side of white water paddling. (You can get these boats that are converted into canoes and are paddled with a single blade but they are rare and much specialised.)

This first picture shows a typical White Water K1 in action. The canoes that



Neil Rait in action on the North Esk

you will get the opportunity to use are known as Open Canadian canoes. These can have either a single person or, especially when learning, two people in them. They are completely open and if it capsizes you fall out!

This second picture shows the finish of the Glasgow-Edinburgh Challenge, in



Pete, Robbie and Alan at the finish line

which the club competed using an Open Canadian canoe. (Yes there were 3 paddlers in it at a time!)

The last type of boat that we have in the club is the Sea Kayak. These are for extended travel on the sea and are longer and thinner than the pool boats. They can travel fast but are harder to turn.

In addition to the types of kayak and canoe mentioned here, there is a range of competition disciplines that each has with its own range of specialised craft. I hope to be able to inform you of them in the *Competition Corner* section of the newsletter (coming in the next edition AO) and possibly get some versions for the club to try out. If you would like to know more about any specific craft or competition disciplines please ask me either at the pool or by email.

Pete



## Logo Competition

By Alan O'Neill

**M**any of you are aware that a competition to design a new club logo was held in the run up to Christmas. Whilst the number of entries was a little disappointing, the standard of those entries was exceptionally high – indeed, one of the judges said exactly that! I'm sure that the judges won't mind me saying that they found the standard of entry very high, and the entries were all very original. So well done to everyone who entered!

As a reminder, the entries had to embrace both the activities and the camaraderie of the club, and be suitable for use in a variety of formats, e.g. as a letterhead; for use on club sweatshirts and t-shirts; and also suitable for the club website. Designs for the new logo had to consist of a maximum of 4 colours.

The successful entry was that belonging to a club junior member, **Michael Houstoun**. Well done, Michael, and I hope you enjoy the prizes. Have a look at the digitised design on the club web site at [www.anguscanoecub.org.uk](http://www.anguscanoecub.org.uk), and of course, on any paper based correspondence. *(At the time of printing, the new logo was not ready for use so we still have the original logo on the front cover. AO.)* Sweat shirts, polo shirts and t shirts will soon be available with the logo embroidered on – ideal for keeping the chill off when getting changed after a trip on the water! Prices and availability are yet to be formalised, so do keep an eye on the web site!

Alan

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*[Looking Forward to a New Year - continued from page 1]*

Angus Canoe Club faces a number of challenges at present and these have been the focus of the new committee. There will be the introduction of some subtle changes in the new year in an attempt to meet these challenges and as always any comments or suggestions are welcomed.

The Club continues to be more and more active away from the pool sessions and into the wider world of paddling. It is my hope that 2006 will see a continuation of this trend with more people experiencing the joys of paddling, amongst which we hope to repeat last years triumph in the Glasgow to Edinburgh canal marathon and I look forward to seeing more and more people out and about.

I would once again like to thank all of those, of which there are many, for their continuing hard work and dedication to a Club which is still in its youth but seems to be heading for a bright future.

Robbie



## Funding Matters!

*By Scott Petrie*

“Where can I get funding?” This is a question that most clubs ask at some time or another. A quick search on the Internet will undoubtedly result in finding thousands of websites and leave more questions than answers. However, grant funding need not be a complicated business if you follow the signposts and guidance through the maze of schemes available. Of course, having a good project also helps!

Since the Club began, we have received 2 major grants which have led to the development and success of the Club. The first was by way of Direct Grants and allowed members to progress their coaching qualifications. In all, some 12 members took part in the Coaching Scheme and advanced their skills and qualifications as a result of the £5000 grant. This allowed the Club to increase the core number of coaches and widen the activities available.

The second grant has seen the Club take delivery of 6 new Dagger junior kayaks and an assortment of wetsuits, buoyancy aids, dry-cags, booties and gloves which will allow more Junior Members to take part in river trips. This grant of £4,960 was secured from Awards For All.

### Funding Do's and Don'ts

Research is vital throughout the whole fundraising process. Potential funders will want to see that we have identified and prioritised our funding needs. Before applying for future funding we need to ask ourselves:

- What do we need funding for? We need to be specific - small projects have a better chance of securing 100% funding.
- Do we have evidence to support our funding needs?
- Are the people who will benefit from our project involved in its design and included in its implementation?
- Does our project have a realistic and accurate budget?
- Will our project offer 'value for money' in the eyes of the grant funder?

Only once we've addressed these questions should we begin to search for potential sources of funding.



### Further Information

- Angus Council. Contact Alison Smith, External Funding Manager, Tel: 08452 777 778
- [www.angus4community.com](http://www.angus4community.com) This portal accesses many local and national funding sources
- Awards For All gives grants to enable sport development [www.awardsforall.org.uk](http://www.awardsforall.org.uk)
- Angus Sports Council [www.angussportscouncil.co.uk](http://www.angussportscouncil.co.uk)
- Barclays Spaces for Sport has three strands including coaching kit and equipment. [www.barclays.co.uk/spacesforsports/](http://www.barclays.co.uk/spacesforsports/)
- [www.funderfinder.org.uk](http://www.funderfinder.org.uk) This portal accesses many local and national funding sources
- National Athlete Support Angus (NASA) [www.angus.gov.uk](http://www.angus.gov.uk)
- SportScotland is the national agency for sport development and has a variety of grants [www.sportscotland.org.uk](http://www.sportscotland.org.uk)

What do you think our next funding project should be?

Scott

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## News Flash – Assistance Required

Dear Parent/ Guardian,

My name is Ian McNiven and I am an active member and coach of the Angus Canoe Club. At present I am a student at Dundee College studying HND Sports Coaching with Development of Sport – my final project involves researching a topic as part of this course. The topic I have chosen is *The setting up and development of Angus Canoe Club*.

I will be handing out questionnaires in a few weeks time; the questionnaire will not contain any personal details. The questions are all relevant to the canoe club and will inform my research. If you have any concerns about this or would like to have a chat to me about the club in general please do not hesitate to get in touch on 07818413694.

Yours sincerely,

*Ian McNiven*



## Tayside Coaching Conference

By Alan O'Neill

**B**ack in October I received a letter from the Angus Sports Council about the forthcoming Tayside Coaching Conference – an all day event to be held in the Next Generation club at Monifieth ). Usually I bin the junk mail but this time I read it – and promptly decided to see if I could secure a place. *I have to say that this was one of the better decisions I have made this year!*

I have previously been aware from articles in the paddlesport press about this thing called the *UK Coaching Certificate* and *Long Term Paddler Development*. Couple this with the two presentations I have attended on the same theme courtesy of the SCA National Development Officer, Steve MacDonald, and you will realise that I have an interest in this subject! On the day of the Coaching Conference I was not to be disappointed. The key note speaker was Dr Istvan Balyi, a leading authority on long term development, and along with Clive Brewer, National Programme Manager for Athlete Development Programmes, sportscotland, delegates were forewarned that we would find the speakers “inspirational” – and they were right! To hear and take part in workshops from such leading figures was absolutely riveting – I would go back for another bout of Clive’s *strength and conditioning* tomorrow.

Ok – so I had a good time – but what’s it all about? Without rewriting half a page about subjects that have already got masses written about them, it’s difficult to put it all over. I’ve included a few links to web sites at the end of this article for those interested in more. But essentially, some sports have received funding to allow development, in the short to mid term, to seek gains in the long term. After all, Dr Balyi is about Long Term Athlete Development (if your sport refers to you as a player or a paddler, read Long Term Player (or Paddler) Development), and the restructuring of sports certifications and qualifications to comply with the UK Coaching Certificate structure is already underway. I guess at club level it means doing a little more than just turning up on a Sunday or Thursday evening, if you wish to be the best you can be! No-one is saying you have to do more than your one evening a week if that’s what white water kayaking is for you! But just think, going out twice a week or incorporating a few circuit training type exercises into your own routine might just help you make those eddies that seem, at present, to elude you. Now wouldn’t that be something?

<http://www.sportscotland.org.uk/>

<http://www.sportscoachuk.org/home.htm>

<http://www.canoescotland.com/Default.aspx?tabid=441>

<http://www.ukcoachingcertificate.org/web/ukccportal/>

Alan



## Word Search

No prizes for this, just a bit of fun!

S	R	E	S	C	U	E	E	P	K
W	G	E	P	A	W	L	A	T	A
E	D	D	Y	X	A	D	Q	E	Y
E	J	G	L	H	D	I	K	M	A
P	B	I	W	L	I	R	U	L	K
B	O	N	E	P	P	B	Q	E	E
B	U	G	O	C	A	G	V	H	E
G	R	L	N	N	R	E	T	S	L
V	O	W	A	V	E	K	R	A	L
E	W	D	C	D	L	S	U	R	F

Boil  
Cag  
Eddy  
Gunwhale  
Kayak  
Paddle  
Polo  
Rescue  
Stern  
Sweep

Bridle  
Canoe  
Edging  
Helmet  
Keel  
Pawlata  
Rapid  
Skeg  
Surf  
Wave

*Solution next time!*

