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Hot on the heels of the ACE Silver Award, Angus Canoe Club go for gold!

We reported in issue 1 the ACE Silver Award - the club has surpassed itself with upgrading this month to Gold.

Editorial

By Alan O'Neill

Here we are with issue 2 then – it seems like only a few weeks since I was putting together the first one! Not to worry though – there is a lot happening in the club just now and it seems entirely appropriate that **Keep Paddling** is used to keep members informed. Of course, this newsletter can only do so much, so it is important that members let the committee know what they want, if they have any ideas for improvements or activities and so on.

That's the "adverts" over with – so what is in this issue? Well, as reported in issue 1, committee members have been progressing the ACE Award Scheme and I am delighted to report that we have been successful in achieving the **ACE Gold Award** in recognition of the efforts we put into ensuring the administration of the club is in place. This ranges from memberships to Disclosure checks and anything in between. With the Glasgow-Edinburgh Challenge looming, we are looking to defend our title, so let me know if you want to take part this year – see page 4. The Summer Programme has started to take shape too – see page 6.

Keep Paddling

Alan

Diary Dates

March		April	
5	Newsletter published	2	First outdoor trip this year – Forfar loch Family Trip - more details to follow!
5	Pool session Kirriemuir		
12	Pool session Arbroath	22/23	Glasgow-Edinburgh Challenge
19	Pool session Kirriemuir	26	Monthly committee meeting
26	Pool session Arbroath	29	Last date for articles May newsletter
29	Last of the pool sessions		
30	Monthly committee meeting		



Wavehopper Kayak

A proper WWR kayak is a long narrow machine that gives a great feeling of speed. There are also Canadian single and double racing canoes.

Wild Water Racing defined

“Wild Water Racing is an exciting and challenging discipline, combining the speed of flat water racing with the technical aspects of slalom racing. Competitors choose their own route down the river to pick the fastest line. To be successful requires technical ability in reading the river and an efficient paddling style.”

Some local events

Thistlebrig 1, Burnmouth start at 12:00. Sunday, 29th Jan 2006.

Leny/Teith time trial, Callendar start 12:00. Sunday, 19th February 2006

Grandtully, Aberfeldy pre-start at 12:00. Scottish Individual Championships, Sat. 4th March 2006.

Thistlebrig 2, Burnmouth start at 12:00. Sunday, 5th March 2006.

Competition Corner

By Pete Ritchie

As a developing club, we have not given you all a chance to find out what competition disciplines we have in the canoe sport world. There are many great ways to compete in our sport and I will try to look at a different discipline in each issue of *Keep Paddling*.

We have a good base of paddlers and coaches and it would be great if we could consider supporting some events. I will start off this series by looking at the **Wild Water Racing** (WWR) discipline.

The season for WWR as it is known, is from November to May. An event consists of starting at the top of a section of white water and racing to the finish against the clock. You are normally set off at one minute intervals and are paddling on your own. Races take place on all the usual rivers that have white water on them and will normally be around 4km and consist of grade 2-3 water.

The next few local events are listed in the margin. The **Leny/Teith time trial**, is a good place to try this sport as the Teith is a grade two paddle like our run from Justihaugh to Finavon.

It is possible to take part in ordinary kayaks to see if this sport is for you. We can also get a loan of training racing kayaks called “Wavehoppers” to try out.

If anyone is interested in going along to an event or would like me to arrange the wavehoppers for a club session please let me know. I have a copy of the WWR yearbook available and a supply of race entry forms.

There are two websites that can provide much more information and great pictures!

www.wildwater.org.uk The national site
www.canoescotland.com The SCA WWR Section

Pete

A look at Club Development

By Claire Robertson, Angus Council Club Development Officer

Recently the issues facing sports clubs in Scotland have come to the attention of the Scottish Executive. Sports clubs are often referred to as the backbone of Scottish sport and are the main way that people locally engage with sport, at whatever level. Therefore it is recognised that by supporting our clubs we are supporting the national agenda to make us a 'healthier' nation.

Clubs not only provide considerable opportunities for people to enjoy, participate and perform in sport but also provide a chance for children to develop and continue their skills into adulthood. The importance of this massive voluntary sector is in no doubt and is highlighted by the targets in **SportScotland's** strategy 'Sport 21', the most relevant being:

- ✓ **TARGET 9 - To have over one million of the Scottish population playing sport in membership of clubs**
- ✓ **TARGET 10 - To sustain 150,000 volunteers in their contribution to the development and delivery of Scottish sport**



Supported by



This is why The Big Lottery Fund have supported my position as Club Development Officer in Angus, for a 3 year period.

In order to reach as many clubs as possible, we developed the Angus Club Excellence awards. The aim of which is to promote clubs in Angus that are providing a safe, effective and child-friendly club environment.

Your club has done a fantastic job of gaining the Gold Award especially as its such a young club. The real popularity of paddle sport was shown last summer during the come n' try session at Monikie.



I really hope that the clubs membership appreciates how much your volunteers do, without your instructors and committee none of this would have been possible.

Good Luck in 2006

Claire

Glasgow – Edinburgh Challenge

Last year the club entered the Glasgow-Edinburgh Challenge not really knowing what it was all about, and certainly wondering whether or not we would have a good time, or look a wee bit silly amongst all the professional paddlers likely to be there. Well, I have to report that it was nothing like that at all! In the end we entered two events (I think) – firstly, Neil and Arianne in a K2 and the rest in an open canoe. Delighted to report that the open canoe team won their class and have been squabbling over who has the trophy on display in their house ever since! Neil and Arianne, supported by Sue, and Robbie (not sure if anyone else took part in the K2), did very well, although I did hear Neil remark something along the lines of “never again”. *Sorry, Neil, I can't remember the final placing!*



Neil and Sue



Neil and Robbie



Neil and Arianne

Glasgow-Edinburgh Challenge 2006 – Takes place over the weekend 22/23 April and will be an event not to be missed! The start point is in the middle of Glasgow and it ends the following day in the middle of Edinburgh. The route is along the Forth and Clyde canal and stops at the Falkirk Wheel. Much needed respite overnight and then into the Union canal for the second day. Last year those taking part over both days stayed in a hostel – very cheap, wholesome meals, and a packed lunch provided on the Sunday.

Expressions of interest are what is required at the moment. Once the committee has an idea of numbers and experience etc we will be better placed to formulate our entries and get sorted out. As we did last year, it is anticipated that there will be training events leading up to the big day(s). These will be good fun in their own right, and should help members get used to the idea of paddling, (reasonably) fast, over a long route, and in a craft they might not have been in before! Once the concept has been put together in a little more detail at next weeks committee meeting, then dates for training will be organised. Interested parties please pass their expressions of interest to me for the time being.



Support party – was there last year and did as valuable a job as the paddlers. We couldn't have done it without them. If you feel you can support in this role (you are the parent of a child that wants to paddle, perhaps), then we welcome your support too!

Alan

PS. For the purists, sorry about the font size on this page, but I needed the space!

Logo Competition

The results of the new logo competition will have been announced by the time you read this – well done to the winner, Michael Houstoun, for coming up with an excellent new logo for the club. The web site, www.anguscanoeclub.org.uk looks great with the logo now firmly in place. Of course, it's also on the top of the front page of **Keep Paddling**. Highly Commended in the competition were other club members, Hannah O'Neill and Katrina (?) Cochrane. The judges commented on the high standard of the entries, and one of them even asked if they could get a t shirt too!

The new logo looks like this - for those of you looking at it in black and white, the kayak is yellow, the canoe is blue. Helmets are red and the buoyancy aids black.

Prizes for Michael include the first sweatshirt to be embroidered with the logo and a copy of *Paddling Progressions* by Paul Jackson.



New Year Paddle 2006

Just a few short weeks ago on or around the 2nd January a few hardy souls from the club took part in the New Year paddle. The trip this year took place down the usual venue, Justinhaugh to Finavon. Whilst this is fast becoming a “well kent” stretch, it does provide a welcome plate of soup and something to drink when its all over! Nothing untoward to report, everyone had a good time in the pleasant, albeit chilly, sunshine. Have a look at the trip photo's on the web site for a taster of what you missed!

Alan



Summer Programme

The summer programme is currently being drafted with many exciting and varied trips being organized by the club coaches – please support the trips wherever you can.

As a general rule, proposed trips will be advertised – the onus is on the parents of juniors to ensure that a Parental Consent form is handed to the coach running the activity – I’m afraid it’s a case of “no consent, no trip”. Consent forms are required for each outdoor activity!! An early indication of an intention to take part will help out tremendously.

Copies of the consent forms are available at www.anguscanoeclub.org.uk, follow the links to Inevitable Admin – alternatively ask one of the committee members or coaches for a copy.

See you there!

Members Update

Memberships – Thanks so much for the tremendous response to the note I handed out with regard to unpaid memberships. I am delighted to report that the majority of members and paddlers have either joined (for the first time) or paid up this years membership fees. The few still outstanding will be getting another visit from me – I must have missed them when I handed out the reminders.

At the moment there are some 58 members. The breakdown is in the order of 36 adult members and 22 juniors.

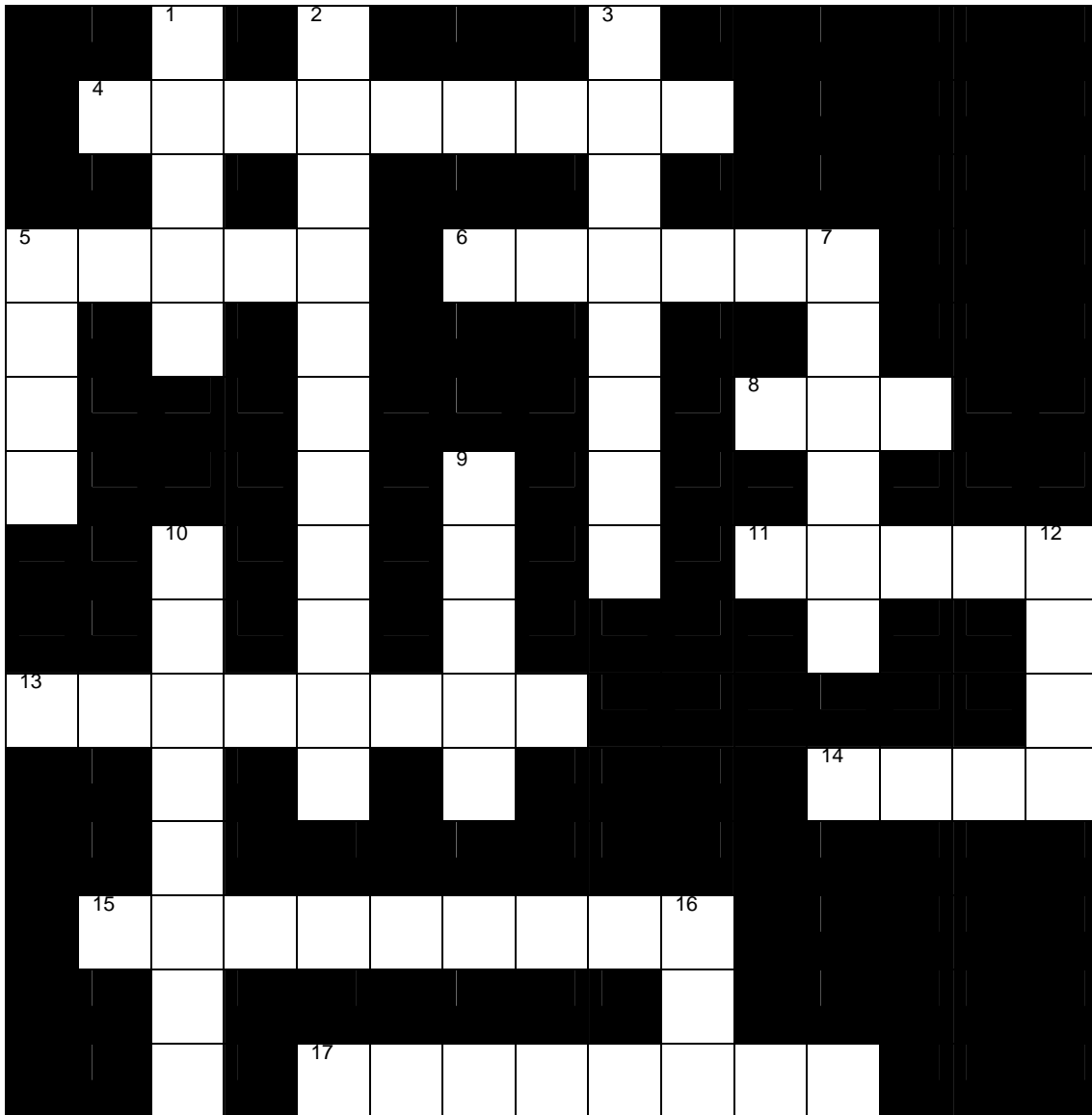
Alan

Edition 1 Solution

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

I've tried to illustrate the answers with different shades of grey – any problems reading it let me know! AO

No Prizes, Just A Bit of Fun with Edition 2 Kayak Crossword



Across

- 4. It keeps the spray out
- 5. All good coaches keep one of these in their kit
- 6. Protects head from bumps and scrapes
- 8. A wavehopper is used in this discipline
- 11. A paddle blades face is sometimes referred to as this
- 13. BAs should be tested for this annually
- 14. "Ship _ _ _ _"
- 15. X rescues are done in this type of water
- 17. Branches and roots in the water act like one of these

Down

- 1. The Challenge month
- 2. A stroke used on the move to "slip" around obstacles
- 3. Rapid sideways movement of the paddle to support paddler
- 5. Can be used to help beginners go straight
- 7. A "brace" in an open canoe
- 9. This low one often couples with a sweep stroke
- 10. Usually adjusted whenever you get in!
- 12. Hop from one to another
- 16. Arrive at rapids and then do this!

