



Keep Paddling

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Editorial

By Alan O'Neill

I tried to get this Issue out early because of family holidays abroad, but failed dismally – so here it is! Not quite as full as usual but then it is the summer holidays. Despite this, I do have 2 very interesting announcements for you all. Firstly, check page 5 for the 1 / 2 Star Open Canoe Course the club is running for interested members. Book early to avoid disappointment – an email should be with you before you read about it here!

Secondly, the club have bid successfully for funds from the Angus Council Community Grant Fund for the purchase of a canoe trailer. I placed the order for the trailer before the (my) summer holidays, so should expect to hear that its ready for collection in another fortnight or so.

A previous successful application to the Awards For All (A4A) scheme saw the purchase of the Junior Equipment – well, that's approaching the end of that application now – I'll be submitting the final report to A4A after the next committee meeting. The club has done well for funding over the last couple of, so sign up and get paddling!



"Angus Council is in the forefront of support for local clubs and we are seeing a considerable number of clubs gaining ACE Awards. ACE is a quality standard and any club gaining that award is making a statement of its commitment to quality." - Joy Mowatt, Convener of Environmental & Leisure Services

Keep Paddling

Alan

Diary Dates			
July		August	
		2	OC Course - Isla
26	OC Course - Forfar	8	OC Course - Tay
		11	OC Course - Assessment
		13	OC Course - Reassessment
27	Monthly committee meeting	29	Last date for articles September newsletter
		31	Monthly committee meeting

Competition Corner

By Pete Ritchie

This month I am not going to deal with the conventional aspects of competition paddlesport but have a look at Freestyle or play boating and what that covers.

The sport of Freestyle has been a relatively new form of paddlesport. The initial concept of playing on waves started with the slalom fraternity in the late 70s. Plastic kayaks came along and the moves could suddenly be more extreme and on wilder water without wrecking an expensive, fragile slalom boat. The kayakers have been rapidly evolving and allow some amazing acrobatics. The downside is they have also got smaller and don't half hurt your feet!

The main way that people compete in this side of the sport is known as Rodeos. There is also a move to "extreme" racing and slalom type events. The one that is local to us is the Liquid Life event on the Tummel at Pitlochry. This has just taken place and Michael should have a report on this elsewhere.

A rodeo is a chance to show your skills on a wave and be judged for the difficulty of the moves you can do. This involves surfing, looping and cart wheeling to use the wave to the maximum. Events are split into ability sections so novices only compete against other novices etc.

There is, as usual, a dedicated website for this discipline and the photo gallery there will give you a better idea of what it is about:

www.ukfreestyle.com

Here are a couple of pictures from the site to whet your appetite.



Coaching and Personal Skills

By Alan O'Neill

Many, if not all, of you will have been coached on the river or in the pool at some stage by a club coach – Gair, Iain, Pete, myself or one of the other 17 (yes, 17) club coaches. On page 5 I'm inviting members to take part in a 2 Star course – so I thought it high time that some explanation of these differing tracks was made – and here it is!

Star Tests Canoe and kayak¹ coaching has traditionally started with a level of personal skill on the part of the paddler – this level of personal skill is assessed by means of the Star Tests – they range from 1 to 5 with 1 Star being very much an encouragement award, and someone who paddles at 5 Star know exactly what they are doing *with regard to themselves*.

Each of the star tests has an element of theory, complimented by demonstrations of practical skill. So at 2 Star level, one can expect to be asked to demonstrate a variety of individual strokes, possibly on a river trip and as part of a days trip eg. breaking in / out, sweep strokes etc etc. Questions on personal equipment and paddlesport generally would also comprise part of the assessment.

Coaching For most of us, the coaching scheme starts at Level 1 and progresses to Level 5 in a variety of disciplines. Level 1 is appropriate for, let's say, a teacher supervising pupils in straightforward conditions, perhaps even supervised by an appropriately qualified coach. As can be expected, certain criteria have to be met before entering the coaching scheme; these are typically, but not limited to, the appropriate star test, first aid, minimum age, and canoe safety test, for example.

So you can see that both facets are linked by this *personal skill*. This is about to change with the advent of the UK Coaching Certificate. Changes to the way in which paddlesport is done are underway. Very soon (possibly this summer for Iain and Gair) decisions about the assessment will need to be made by individuals undertaking coaching assessment. For the short term, its about whether or not to move forward to the UKCC scheme. In the longer term there will be no choice.

At club paddler levels we don't have to do very much except be aware that changes are afoot. If you want to be a coach, then it's a different question. For me, I feel I could never be a Level 5 Coach under the current system (remember, I would have to be paddling at 5 Star and above) – yet under the new system, I could be a Level 5 Coach, and yet paddle at (say) 3 Star. There is much still to be done in this regard, but the [BCU website](#), the [SCA website](#) (click Coaching and UKCC), and the [UKCC website](#) have many interesting and informative articles on them. Why not take a look?

Keep Paddling

Alan

¹ Not just canoe and kayak, but surf and open cockpit kayak too

The White Water Race Event

By Pete Ritchie

The club held a very successful introduction to the sport of white-water racing on the 14th May. We have acquired a well used but state of the art WWR K1 thanks to the generosity of team GB member Stuart Simpson. In addition to this we borrowed a slightly elderly WWR K1 from Dundee Uni. These boats and the stable touring K1 of Colin's were used to introduce club members to this challenging sport.



A total of 11 adults and 8 young people got on the water at Northwaterbridge on a pleasant sunny afternoon. The session started with learning how to paddle race boats and seeing how to get them to stay upright and attempt to turn them! Once everyone had decided which of the fleet suited them best we headed up to the caravan park on the North Esk to have a time trial.

It was a very mixed fleet of boats with some electing to have a run in a racer, and all got to see what it felt like being counted off the start and being on your own down a short section of grade 1 river. There was only time to get one run each, and although most professed to having enjoyed the experience, I do not think we will have a WWR team in the near future!



The next paddlesport we aim to bring to the club members is Sprint/Marathon racing. Details will follow. If you missed this day and would like a shot of the WWR boat, let me know.

[Pete Ritchie](#)

Members Update

Summer Programme – The summer programme seemed to get off to a flying start and then came to a bit of a halt! Just to remind everyone, the summer programme was sent out to members some weeks ago, and is regularly updated via the clubs web site at www.anguscanoeclub.org.uk. If you require an up to date copy for yourself, either download from the site or email me directly.

In addition, all members will have had the opportunity to join the Angus Canoe Club blog – if you haven't been able to get in, let me know at the usual address. Not only is the up to date programme here too, but if you take a look at the calendar you will see dates when coaches make themselves available to take trips and events. These do change, but you will get emails automatically telling you of changes.

Web Site – Anyone with anything to contribute to the web site, please email me.

Summer Course – Some of you, in fact 3 (from a total of 31), took time to take part in the clubs blog vote. The results are available online, but 3 is hardly a number to make any judgements on. So I've reserved that privilege for myself! Here it is then – I would like to run a **1 / 2 Star Open Canoe course for club members** over the summer holidays. My intention is to make myself and the equipment available for 26 July, 2 August, 8 August, 11 August and 13 August. I would expect **a minimum of 3 days** to be eligible for the **assessment**.

Interested members can contact me for further information and to book a place. For the course to run requires a minimum of 6 – any more than 8 and I'll need additional adults to help/assist. Costs will be **£15** (for the whole thing) to cover equipment hire, petrol, badges and certificates. Make sure you bring your own lunch and complete change of clothing – you must get wet as part of this course. Meeting place and times dependent on water levels and will be notified at least 2 days in advance. 26 July will start at the Forfar Sailing Club, 10.00 am. See you there.

Alan

Liquid Life and the Tummel

By Michael Houston

On Friday evening I turned up to the campsite by the Tummel, unsure as to what I had let myself in for as I had only paddled the river on one previous occasion – and that when the dam had not been releasing!

After I had registered and pitched the tent we went to look at the river into which the dam had started releasing - the rapids were much larger than before, especially the Linn which was pounding down and the main current pushing you into the bank!

Even with a 9.00am start the next day, all the competitors who had arrived on Friday went to the party, and many didn't see their sleeping bags until 3 in the morning! As a result, there were a lot of half asleep competitors walking around the campsite getting ready for their first heat.

The first heat cut the competitor numbers in two, leaving many ex-competitors spectating at the side of the Linn. In the junior competition there were not enough entries for there to be heats, so we were to have three races down the river, which gave us plenty of time to spectate and work on our lines so that we could try to get better placings.

There were only a few casualties for the amount of people going down the river - all that I know of, happening on the Linn. The two most dramatic were Dave Girling popping up in a pool of blood during the mornings team slalom and the local girls raft capsizing, which left one competitor unconscious in the water.

Saturday's party was just as lively but I ended up in bed at 11 o'clock as I was so tired from the day's excitement. With such high standards of kayaking in the finals, all of the races were very close and the prizes, which were provided by the sponsors, were amazing. Even better than coming second. Although perhaps the best prize for me was seeing my outdoor education teacher, who came first in the men's open, drunk after drinking a pint through a funnel.

Mens Pro 1st - Matt Cook; 2nd - Mikey Abbott; 3rd - Allan Ellard

Mens Open 1st - Gordon Ross; 2nd - Tim Burne; 3rd - Giles Trussel

Womens 1st - Lynsey Evans; 2nd - Mariann Saether; 3rd - Jenny Grimes

Juniors 1st - Jonathon Noblett; 2nd - Michael Houston; 3rd - Paul McGinlay

Masters 1st - Martin Kingham; 2nd - Paul Tompkins; 3rd - Iain Williamson

OC1 1st - Jamie Burbeck; 2nd - John Lowell; 3rd - Dave Girling

C1 1st - Stu Morris; 2nd - Jamie Burbeck; 3rd - Tom Lill

Topo Duo 1st - Bob and Debs; 2nd - Mark and Craig Williment

Mens Raft Tim Vollum and the boys from Wales

Womens Raft GB Ladies

Michael