

Keep Paddling

5th February 2007
Volume 2 Issue 1

Angus Canoe Club www.anguscanoeclub.org.uk alan@anguscanoeclub.org.uk (01356) 626184

INSIDE THIS ISSUE

- 1 Editorial
- 1 Diary Dates
- 2 Slalom Competition
- 4 New Year Paddle 2007
- 6 Glasgow – Edinburgh Challenge 2007
- 7 Members Update
- 7 Summer Programme
- 7 Memberships
- 8 Rainbow Cards

Editorial

Alan O'Neill

At long last issue 1 of the second year is ready to hit the streets – I'm not sure if I'm surprised **Keep Paddling** has lasted this long, or not! After producing it for a year now, I can safely say that I would welcome any and all contributions (please?). Anyway, this issue follows where the rest have led, and includes many interesting and informative articles. If canoe slalom is what you fancy, turn to page 2 and give Pete a phone. Come to think of it, Pete, what's the C1 like? I quite fancy a go in that myself. Already its time to start thinking about the Glasgow-Edinburgh Challenge, turn to page 6 for the low down on these hugely successful events. And No!, we won't be staying in the Willie Wallace Backpackers Hostel. Other regular features such as the Members Update, the Diary Dates are included too. To enable everyone to start planning their paddling year, the first edition of the Year Planner is now out – get your copy from www.anguscanoeclub.org.uk. Training at the pool is progressing well and most members (initially juniors) should have their Rainbow Cards by the time you read this. That's it for now.

Keep Paddling

Alan



Diary Dates

<i>February</i>		<i>March</i>	
4	Newsletter published Pool Session - Kirrie 3 Star Kayakers Training	4	Pool Session - Kirrie Kayak Safety Test Training
8	Monthly Committee Meeting	6	Monthly Committee Meeting
11	Pool session – Kirrie 3 Star Kayakers Training	11	Pool Session - Kirrie Kayak Safety Test Training or 3 Star Kayakers Assessment (provisional)
18	Pool session – Kirrie 3 Star Kayakers Training (knots and rescue) Leny/Teith WWR	18	Pool Session - Kirrie Kayak Safety Test Assessment
25	Pool session – Kirrie 3 Star Kayakers Training	25	Last date for Newsletter articles Last Pool Session - Kirrie

Slalom Competition

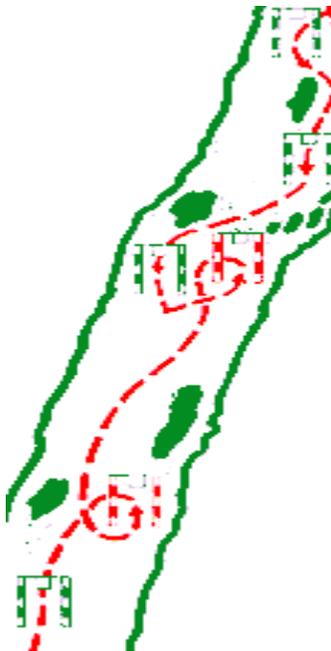
By Pete Ritchie

I briefly covered the Olympic sport of slalom canoeing and kayaking last year. It is now time to look in detail what slalom involves and some possible club activity in this exciting branch of our sport. It is an area that Steve Scott and I have considerable experience of, and can be tried at any level. Some paddlers are happy with a single novice event a year; others spend vast amounts of time and money seeking promotion up the divisions and championship events.

Steve and I are looking at setting up a training course in the area, and will hopefully have more to report on this in the next newsletter.

I have reproduced the main concepts of slalom from the web site www.canoeslalom.co.uk and this is worth a look if you are interested.

What is canoe slalom?



Canoe slalom is one of the most spectacular watersports, demanding skill, stamina and courage. The aim is to run a rapid river course marked by "gates" fast, and without touching.

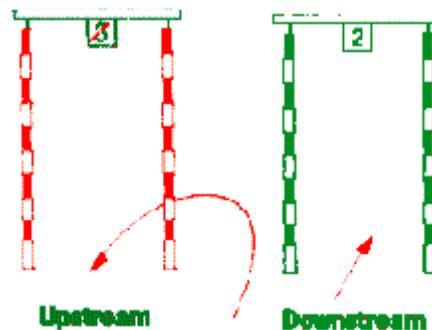
A "gate" is two poles, suspended over the water. Green and white gates are negotiated in a downstream direction, red and white gates upstream. The gates are placed so that you must make tricky cross-current moves and use the eddies and waves.

A touch is penalised with 2 seconds added to the competitor's time. Missing a gate costs 50 seconds - a wipeout in serious competition. Each competitor takes two runs, and the times are added together.

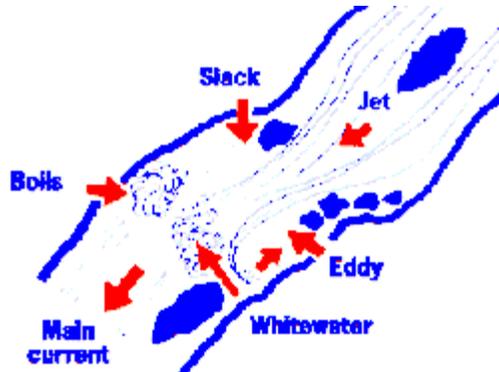
Four classes compete: Men's and Ladies' Kayak, Canadian Singles and Canadian Doubles.

Remember - if you touch a pole with anything - paddle, boat, buoyancy aid, helmet or yourself - a 2 second penalty is added to your time. If you miss a gate out, or go through in the wrong direction, the penalty is 50 seconds! The aim is *fast and clean*.

In Division 4, where you start, it won't be too hard - a rush of water from a weir, or moving water in a stream. When you get



to Division 1 it will be big and tricky! The gates are positioned to test your skill in using, and coping with, the water. This is perfect training for running big whitewater rivers.



There will be an upstream gate to test your ability to break out into the eddy behind a rock; then a downstream gate the far side so that you must ferry glide or surf a wave to reach it before the river pushes you past. It takes skill, as well as speed.

You must pick, and paddle, line that turns the current to advantage. You **must** learn to *read the water*.

I hope that this article has at least made you curious as to what it would be like to try slalom. I would like to do a couple of club days investigating the way it works and trying out the gates, on flat water, initially. Any paddlers can enter a ranking novice event in any type of boat. Some of the plastic kayaks we have in the club are actually ideal. I now have both K1 and C1 competition boats that I will bring along.

The most suitable events are:

Seaton Park Slalom,
Aberdeen. 12/13th May.

Alva Slalom, near
Alva. 2/3rd June

They are on very easy water and are geared up for novice paddlers.



Here is a picture of the slalom at Seaton Park

I hope I can persuade some of you to come along. In the meantime, if you need more information or advice, get in touch: peter@anguscanoeclub.com

Pete

New Year Paddle 2007

By Catriona Cochrane

It was with some apprehension I watched my Dad scrape the ice off the car windscreen as we prepared to set off to meet at Sue's on the 2 January. We arrived and met some of the other die-hards, with greetings of 'Happy New Year'. Collecting the gear and putting on wetsuits, I certainly wondered what we had let ourselves in for. An hour later, having met up with the others at Finavon, we were heading up to Sheilbridge. Mum was driving on frost covered roads (Dad mumbling something about a sore head), but it was dry and bright!



We unloaded 17 kayaks and 2 open canoes at the bridge and with trepidation got ready – questioning “why are we doing this?” – as 20 of us set off on to the South Esk. This was my Mum's and sister's first river trip – what a time to try white water kayaking. Kitted up with hats, gloves, buffs and various layers under our cags we intended to stay warm.

As we set off Michael rolled just to test the water whilst the rest of us tried to steady ourselves in the flow. We quickly got settled and set off downstream. The river was reasonably high, but not as fast flowing as it had been a few weeks earlier, and the paddling was easy and the crack was good. We were soon down at the first weir and under the watchful eye of Pete and Alan we made it through unscathed.

Later on Iain demonstrated a roll, but went over again to become the first capsized of the day with a refreshing New Year's 'duck'. A wee while later my sister caught a branch and found herself standing in 3 feet of very cold water. After getting her back into her kayak, we set off again and she quickly warmed up.



When we arrived at the weir above Justinhaugh, we found that part of it had collapsed and after some debate we set off down the outlet race. Here my Mum thought she would test the water and decided she was warmer after a short swim. Continuing down under Justinhaugh Bridge the thought of food and a warm pub seemed most attractive. We arrived at Finavon without further

mishap although Neil??? rolled at the end to join the others in bringing in the New Year. Everyone was thankful to come out without any frostbite and only the feeling of being numb with cold.

With the kit safely back in the car park, we started to change out of our paddling gear with the glorious January weather only to have the police arrive – okay, Sandy arrived to see how we were doing having missed the paddle due to his work.

We then retreated to the Finavon Hotel where we thawed out over a meal and a drink. Everyone thoroughly enjoyed the day – experienced and first time river paddlers alike – and hopes are set for the same outcome at 2008's New Year's Paddle.

Catriona



Catriona



Cara



Tom(?) and Michael



Anna

Glasgow – Edinburgh Challenge 2007

For the last 2 years the club has entered the Glasgow-Edinburgh Challenge, initially not really knowing what it was all about, and certainly wondering whether or not we would have a good time. But then for 2 years in succession, we won! And of course, we'll be hoping to win this year! Just to give you all a flavour (or reminder!) of what has happened over the last 2 events, take a look at the photo's below.

2005



Neil and Sue



Neil and Robbie



Neil and Arianne

2006



Steve, Michael and Colin



?



Sandy, Robert and Pete

Glasgow-Edinburgh Challenge 2007 – Takes place over the weekend 28/29 April and will again 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 for the overnight stop. After some much needed respite overnight its into the Union canal for the second day. Last year those taking part over both days stayed in a motel – self cleaning toilets and 3 to a room!

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) – check out the Year Planner on the club web site. These will be good fun in their own right, and should help members get used to the idea of paddling,



(reasonably) fast, over a longer route, and in a craft they might not have been in before! Once the concept has been put together in a little more detail, the dates for training will be finalised. Interested parties please pass their expressions of interest to me for the time being.

Support party – anyone taking part for just one day, or who feels they can help out with driving and so on, will be doing 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

Ramblings from the Chair (Members Update)

Summer Programme

The summer programme is currently being drafted with many exciting and varied trips being organised 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.anguscanoecub.org.uk, follow the links to *Inevitable Admin* – alternatively ask one of the committee members or coaches for a copy.

See you there!

Memberships

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 53 paid up members. In addition, about 6 have indicated they will still be renewing.

Alan

Rainbow Cards

Rainbow Cards – The distribution of these cards to junior members in an effort to help them record their progress has started. It is felt important by the club coaches that individuals take some ownership of their own improvement. These cards should serve to assist in that. In addition, the star awards are also being transposed onto laminated cards – for the same purpose!

Thought For The Day

Ever wondered where the word **kayak** comes from? Well wonder no more ... *The term kayak is derived from usage in arctic languages where it describes a long narrow hunting boat propelled by single or double paddles. There are a variety of spellings including kajak, qayaq, qajaq et al. The term kayak has been most closely associated with boat designs deriving from indigenous Greenland types. Greenland type kayaks are almost invariably propelled by a single paddler using a double bladed paddle.* www.pouchboats.com/glossary.html

Club Equipment Inventory

On 14 January, under the supervision of Sandy Houstoun (Equipment Officer), a full check of the club's equipment inventory was carried out. Strangely enough, its all there! Apart fro one or two minor things, that is. Could I ask all members to check their kit (including car boots and rucksacks) for any items belonging to the club. If you find the and waterproof gloves, mitts, boots that belong to the club, then please return them to Sandy or one of the other committee members. Don't worry – if you do hand something in, Sandy won't be arresting you. He has promised to save that privilege for those of you that don't hand anything in!!!! (lol).

White Water Safety Course

Steve Scott has a White **Water Safety and Rescue Course** advertised for 14 – 15 April – it's for the wider paddling community, rather than an Angus Canoe Club specific course. Steve tells me that at the moment, uptake for the course is very slow, and that it could be an ideal opportunity for club members to take part. It will be an all weekend course, based at a local venue, so I would encourage as many of you as possible to get in touch with Steve. This can be at the pool sessions on a Sunday night, email scotts2@angus.gov.uk, or (01241) 435043 (work), and mobile 07754 184299. These courses are good fun as well as vital to the paddling trips and groups.