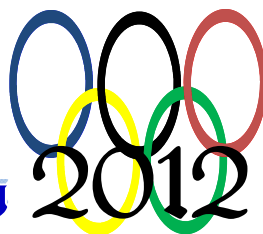




Paddler's Post

May 2012



GETTING READY FOR 2012

At the April Regatta the stakes were high as paddlers lined up for the Olympic selection process.

Weather conditions were bitter but with a strong tail wind in place the day was set to see fast times.

World Silver medallist Liam Heath and Jon Schofield took to the water with an air of confidence, crossing the finishing line comfortably securing their Team GB nomination and showing they mean medal business in 2012.

2010 World Champion Ed McKeever had a dominating performance in the K1 200m beating his nearest challenger for the Olympic place by over one second, smashing the course record in the process. Andrew Daniel raced hard to take second place just ahead of Liam Heath.

Olympic Champion Tim Brabants is half way to securing his place on the Olympic Team for the four consecutive time, following a win in a very tight K1 1000m race with Paul Wycherley.

Jon Boyton and Ed Rutherford took a clear win in the K2 1000m, leaving Ben Farrell and Tim Brabants to take second place.

In the K1 500m Rachel Cawthorn lead the field to the finish line just ahead of Louisa Sawers in 2nd and Lani Belcher 3rd. Rachel was soon in a battle with Jess Walker for the K1 200m title, marginally beating Jess on the line to make it a double win.

Richard Jefferies continued his progress with a commanding win in the C1 200m ahead of James Train in 2nd and Matt Lawrence in 3rd. Lawrence demonstrated he prefers distance with a comfortable win in the C1 1000m ahead of James Train in 2nd and James Styan in 3rd.

Three men are found in the wilderness by civilized cannibals. The men are led to a campsite beside a great ocean. "You have two choices of death," says the chief. "We either will kill you as a coward, or you can die honourable death using a weapon or your choosing. Either way, your skins will be used to make our canoes." The first man, a soldier at heart, asks for a handgun. With this shoots himself. The next man, a warrior at heart, he uses a liana vine to hang himself. The last man, a comedian asks for a fork. He stabs himself repeatedly in the chest whilst shouting out loud. "I HOPE YOUR CANOE SINKS!"



Here's what some of our elite paddlers had to say after April's Races:

Jon Schofield said: "It's pretty surreal really it's going to take a while for it to sink in that we are going to 2012 and represent Team GB, it's the realisation of years of hard work. We are definitely moving forward and we know the standard in the world is going to be higher this year, but we are moving in the right direction. We've had a really good winters training and a really good race today so we think we are on track for London."

Ed McKeever commented on his performance: "It was nice to get Olympic selection over with at the first possible opportunity as you don't want it hanging over you. Now I've got to crack on and find a bit more speed before the world cups in May."

Tim Brabants commented: "It was important to get a good race done and thankfully I got the right result, it's always difficult coming out for the first regatta of the year and I haven't since last year's world cups where I wasn't in great shape. The last four years have gone surprisingly quick; it's been up and down and very different to the last Olympic cycle but hopefully I'm on the right side of it now."

Rachel Cawthorn commented: "I am really pleased to come away with two wins, training this winter has been a lot tougher, all the girls have been really close so I wasn't really sure what was going to happen going into the races, so I was really pleased it went the way it did today."

John Anderson GB Canoeings Performance Director commented on a superb days racing: "It's been a challenging day with cold difficult conditions for the athletes up in Nottingham, but we have seen some fantastic racing with Jon Schofield and Liam Heath in the K2 200m and Ed McKeever in the K1 200m putting in great performances to secure their Team GB nomination."

Official Motto of the 2012 Games:

Inspire a Generation!

If you have anything that could be included in a future 'Paddler's Post' please send it to:

L.Clive@gailaycc.co.uk

Trophy Winners at the April Senior A National Championships

Event	Trophy	Winner
Canoe 200m C1	Dewar Cup	R Jefferies (NOT)
Women's 200m K1	Lendenkamp Trophy	R Cawthorn (WEY)
Men's 200m K1	Ken and Eileen Phillips Memorial Trophy	E Mckeever (BOA)
Canoe 500m C1	Doug Saxby Trophy	M Lawrence (LBZ)
Women's 500m K4	Boulogne Cup	A Edmunds, J Walker, R Cawthorn, L Sawers (ORS)
Men's 500m K1	Unwin Bowl	A Daniels (RDG)
Women's 500m K1	Bruce Lucas Cup	R Cawthorn (WEY)
Men's 1000m K1	Farnham Cup	T Brabants (ROY)
Canoe A 1000m C1	Sidney Rowe Cup	M Lawrence (LBZ)

[An article from Sports Nutrition page at www.attainablenutrition.com.](http://www.attainablenutrition.com)

Athletes spend numerous hours physically training their body. However, very few spend adequate time learning how to fuel their body effectively to maximize this training for peak performance. Teaching kids, teens and adults to fuel their body correctly can provide greater energy, well balanced blood sugar, stronger muscles, a sharper mind and longer lasting endurance.

Here are some basic nutrition guidelines to give you the **EDGE** in your activity or sport:

Energy from carbohydrates - Carbohydrates provide athletes with an immediate source of fuel by filling glycogen stores with energy. Choose *complex carbohydrates* such as vegetables or whole grains found in brown rice, oatmeal, whole wheat bread. Whole grains help to stabilize blood sugar levels and minimize blood sugar swings due to their fibre content. *Simple carbohydrates* found in foods such as white breads and flours, white rice, fruit drinks, soda and cookies contain little fibre speeding their absorption into the bloodstream. Sugary foods eaten before an event may hinder performance triggering an insulin surge leading to a sharp drop in blood sugar after about 30 minutes of consumption. This drop can lead to fatigue, nausea and dehydration. Carbohydrates are an important source of fuel, but they're only one of several kinds of foods an athlete needs. Consuming carbohydrates along with protein sources such as cheese, seeds, nut butters or lean meats help to maintain balanced blood sugar.

Don't forget the protein - Protein provides longer lasting fuel for your body during a sporting event than carbohydrates, and is necessary to help heal microscopic muscle tears that occur during strenuous exercise. Protein is stored in muscle tissue and the liver, and is used upon depletion of glycogen and fat stores. Protein should be consumed at each snack and meal. Note that too much *animal* protein will over work the kidneys thus affecting breathing capacity. Your muscles need protein to be strong. However, too much protein can cause excessive urine output which can contribute to dehydration problems or a full bladder during your activity. Moderation is the goal.

Good, healthy fats for a sharp mind - An athlete's mind is fuelled by the foods he/she eats in the days and hours before an athletic event. The brain craves nutrients found in *healthy fats* (fatty acids) found in olive oil, fish and fish oil, nuts, seeds, avocado and olives. Healthy fats should be consumed in a limited quantity the day of the sporting event but are essential for a sharp mind during the event.

Endurance from hydration - Water is often pushed aside in favour of the more flavourful sports drinks but is still the top priority for athletic endurance. Cold water is absorbed faster by the body than warmer water and helps to lower body temperature more quickly. Drink before you feel thirsty - if you're thirsty, you're already dehydrated. Hydrate your body well in the days before an event as dehydration can cause muscle cramping and fatigue. A 1%-2% reduction of water from your body weight can reduce performance by 15%-25%! Strenuous exercise lasting more than 90 minutes, or in really hot weather, requires an electrolyte replacement drink or food. A few orange slices or half a banana (well chewed) at half-time will also help replenish electrolyte stores necessary for endurance.

Promotions from April Sprints:

CLM	D. Johnson (J)	to Men's A	TTN	D. Brennan	to Men's B
SPS	J. Newing	to Men's B			
LEA	O. Kalustyan	to Men's C	RDG	A. Turner	to Women's B
LON	J. Allen	to Boys A	WOR	S. Williams	to Boys A
RIC	N. Romain	to Boys A	LBZ	S. Plummer	to Boys A
MAI	S. Burdett	to Boys A			
CLM	M. Johnson	to Boys B	WOR	R. Woolley	to Boys B
RIC	A. Khlaf	to Boys B	BUR	C. Bentley	to Boys B
BSF	S. English	to Boys B	SLP	J. O-Hagan	to Boys B
NOT	M. Littlewood	to Boys B	SLP	M. Croc	to Boys C
ELM	R. McMullen	to Boys B	WOR	R. Griffiths	to Boys B
CEL	M. Verdon	to Boys B	CLM	B. Green	to Boys B
NOT	Z. Chimiel	to Boys B	RIC	I. Blackman	to Boys B
NOT	R. Millar	to Boys B	IND	J. Bowley	to Boys B
SLP	J. Seery	to Boys C	CEL	R. Nolan	to Boys C
RIC	F. Scheske	to Boys C	STO	R. Silk	to Boys C
TTN	A. Broderick	to Boys C	WEY	R. Harrison	to Boys C
BSF	M. Parkes	to Boys C	CLM	J. Russell	to Boys C
LBZ	C. Smith	to Boys C	FOX	K. Husband	to Boys C
RDG	L. Hutchinson	to Boys C	NOR	D. Hunt	to Boys C
ELM	E. Solway	to Boys C	SPS	S. Lark	to Boys C
ROY	D. Vorley	to Boys C	LIN	W. Doughty	to Boys C
LGW	R. Smith	to Girls A	ROY	J. Warrior	to Girls A
ELM	E. Piercy	to Girls B	RDG	K. Jayne-Coupe	to Girls B
ROY	E. Buckhanan	to Girls B	WYC	C. Brown	to Girls B
SLP	J. Sweeney	to Girls C	TTN	C. Broderick	to Girls C
CLM	M. Johnson	to Girls C	LIN	E. Gray	to Girls C
GAI	G. Blackman	to Girls C	BAN	D. Gallimore	to Masters A
NOR	D. Pendle	to Masters A	FOX	P. Lannighan	to Masters B
WEY	P. Gorman	to Masters B	WEY	D. Haws	to Masters B
RUN	C. Davison	to Masters C	SLP	E. Martin	to Masters C
CLM	C. Bunyon	to Masters C	NOT	D. Olton	to Masters C
WEY	A. Bonham	to Canoe C			



A Kayak? Well! That certainly boats getting around the ocean in a whale!

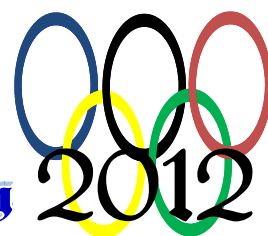
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 Dom Murphy Facebook photos



Paddler's Post

May 2012



Coach Education and Development



There are currently a number of courses and modules available to prospective and existing coaches who wish to become qualified or develop their skills and knowledge further.

Level 1

For those new to Coaching and wishing to take an entry level award, then Level 1 Certificate in Coaching Paddlesports is the one to do.

This is a 4 day training and assessment course involving theory and practical work covering the basics of coaching to equip the new coach to be an assistant to a more senior coach and run a session for a small group of paddlers.

You can turn up for the course with the boat and equipment you prefer to use in your coaching situation, you will also be given the chance to work in your own and other craft and develop your all round coaching skills and understanding.

If you wish to be a 'boat based' coach, then there is a need to have a Two Star and boat based Safety and Rescue Training to attend the Level 1. If the coach feels that they will be 'bank based' then there is a Safety and Rescue award that is required for that. Again these can be taken with boats of your choice although skills in both canoe and kayak will be needed.

Details of the requirements can be found in the 'Coaching' and 'Tests and Awards' sections on the Canoe England web site.

There are a number of courses that are subsidised by Canoe England, details of these can be found under the Level 1 Coach Education Programme' on the Canoe England website coaching section.

Dates of upcoming Level 1 courses through the Coach education Programme are:

16,17 & 23,24 June 2012, Mount Batten Centre, Plymstock, Plymouth

1,2 & 8,9 September 2012, Wiltshire Youth Canoe Club, Melksham

1,2 & 8,9 September 2012, Royal Canoe Club

8,9 & 15,16 September 2012 Roadford Women &

3,4 & 10,11 November 2012 Trentham Women & Girls,

September 2012 Leicester

September 2012 Norwich

More details on these and other courses can be obtained from Karen.bagshaw@canoe-england.org.uk

or

john.handyside@canoe-england.org.uk



Level 2

For those wishing to take their coaching further, either holding an existing award or who feel they have enough knowledge and experience in coaching to progress directly to a level above Level 1, then the Level 2 Certificate in Coaching Paddlesports is the next one on the list.

The route for those who wish to accredit any prior knowledge or learning (APL) and enter directly at Level 2 or above is through an application for APL. This can be found on the APL pages in the Coaching Section on the Canoe England website

Level 2 is a 4 day training course involving theory and practical work covering the elements of coaching that will equip the coach to run a series of 6 linked progressive sessions with a group of paddlers.

The assessment for this occurs a period of time after training, additional components or modules have to be attended to help the trainee consolidate their coaching and gain more knowledge as part of the qualification process.



Again, as in the level 1 you can turn up with the boat and equipment you prefer to use in your coaching situation, You can be assessed coaching your own group of paddlers in your own coaching environment if you wish. The Level 2 candidates are assessed coaching both canoe and kayak sessions. One of these sessions will be coaching whilst on a journey. This could be done as a training session over distance that involves going away from the club and back again rather than remaining in one location to coach.

There is a need to have a Three Star and Safety and Rescue Training to become a Level 2 Coach, If the paddling standard you have achieved during your time as a paddler is Adult 'C' Ranking or Junior 'A' or 'B' Ranking in Sprint; Divisions 4,5,6 (Men); Divisions 5,6 (Women) Ranking in Marathon or a DW time sub 19 hours for Men; Sub 21 Hours for women. Then this would count as the equivalent of the 3 star award.

Details of the requirements can be found in the 'Coaching' and 'Tests and Awards' sections on the Canoe England web site.

There are a number of Level 2 courses that are subsidised by Canoe England, details of these can be found under the Level 2 Coach Education Programme' on the Canoe England website coaching section.

Dates of upcoming Level 2 courses through the Coach Education Programme are:

9,10 & 22,23 June 2012 - Manchester

14,15 & 21,22 July 2012 - Ackers Adventure, Birmingham

7 & 13,14 October 2012 - Leicester Outdoor Pursuits Centre

6,7 & 13,14 October 2012 - East London -

13,14 & 20,21 October 2012 - Frome

More details on these and other courses can be obtained from Karen.bagshaw@canoe-england.org.uk

Modules available

The modules available and best suited for Racing Coaches who are working toward their Level 2 Award are as follows:

Racing Module

Foundation-Coaching the Mind:

Foundation-Coaching Young Paddlers

Foundation-Fitness for Paddlesport:



work-