

Paddler's Post

July 2012

Our Olympic Team



Liam Heath
Mens K2 200m
Club - Wey

"Being able to compete as part of Team GB at a home Olympic Games is an incredible honour that has been achieved through sheer hard work, but it is well worth it!"

Jon Schofield
Mens K2 200m
Club - Soar Valley

"It's a dream come true to be competing at the London Olympics. To be in an exclusive team of British sporting legends is something I will treasure for the rest of my life."

Tim Brabants
K1 1000m
Club - Nottingham

"I am really excited to be selected for my fourth Olympic Games. Now the selection process is complete, I can really focus on defending my Olympic title in London 2012."

Ed McKeever
K1 200m
Club - Bradford on Avon

"I am excited and proud to be able to represent our country at the biggest sporting event the world has ever seen."

Richard Jefferies
C1 1000m & 200m
Club - Nottingham

"Four years ago representing Team GB was one of those dreams along with being a rock star and dating a super model. Now thanks to UK Sport and GB Canoeing one of those dreams"



Rachel Cawthorn
K1 500m K4 500m
Club - Wey

"I am so excited to officially be a part of Team GB. It is a dream I've had since before I even knew what a kayak was and it has actually become a reality."

Angela Hannah
K4 500m
Club - Nottingham

"I am really excited to be selected but still struggling to believe it! I am looking forward to working with the rest of our crew to produce our best possible performance at the Games."

Abigail Edmunds
K2 500m
Club - Wey

"I is great to have something to show for all the hard work and the support of my family and friends. It will be amazing to be part of a home Games"

Louisa Savers
K4 500m
Club - Elmbridge

"I am so proud to be selected as part of Team GB. With the added excitement of it being a home Olympics, it will be an experience I will never forget."

Jess Walker
K1 200m K4 500m
Club - Royal

"I am especially excited it is a home Games. All the girls are working hard to get the very best out of ourselves as a crew and it is a privilege to share this experience with my"

Canoe Sprint - Schedule & Results

	July						August												
	Mon	Tue	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun							
	25	26	27	28	29	30	31	1	2	3	4	5	6	7	8	9	10	11	12
Men's Kayak Single (K1) 1000m																			
Men's Kayak Single (K1) 500m																			
Men's Kayak Double (K2) 1000m																			
Men's Kayak Double (K2) 500m																			
Men's Kayak Four (K4) 1000m																			
Men's Canoe Single (C1) 1000m																			
Men's Canoe Single (C1) 500m																			
Men's Canoe Double (C2) 1000m																			
Women's Kayak Single (K1) 500m																			
Women's Kayak Single (K1) 200m																			
Women's Kayak Double (K2) 500m																			
Women's Kayak Four (K4) 500m																			



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@gailycc.co.uk

Two Canoeists Have Helped The Torch On It's Journey



Graham Warland

Graham's nomination story

Graham is the VA/VE Leader for Cooper Safety and has been with the business since 1982. His main passion is canoeing and he competes regularly in flatwater racing competitions. Additionally he is the trustee and vice-chairman of Banbury & District Canoe Club and generous with his time ensuring the Club continues to prosper and thrive. The Club was awarded the Sport England Club Mark and the British Canoe Unions Top Performance Club and Top Community Club Awards for the quality of it's coaching and named BCU Club of the Year in 2006 and runner up in 2009. Graham still found time to secure third place in the paddling K2 (over 54 category) at the National Canoe Championships at Worcester this year. In 2002 he ran the London Marathon for the Cancer Charity Clic Sargent who were extremely supportive to his son Ross during his illness.



Charlotte Ellis

Charlotte's nomination story

Charlotte is my granddaughter and a keen canoeist. She trains 5/6 times a week and also races most weekends throughout the country. She regularly helps the youngsters and is also on the committee representing the juniors. She is popular with young and old alike. She has reached quite a high standard and has had training with the UK Development Squad. Last year she coped very well when her mother was ill for 12 months and had to have 3 major operations. Charlotte looked after her mother and the house whilst also studying for her GCSE's and continuing with her training. Also, at the same time, her father left to live in Australia without them and I am extremely proud of how she coped during these crises. Her aim is to participate in the 2016 Olympics and I am sure she will succeed.

Full Team

Junior Men

Matt Bowley (Burton Phoenix), Marton Simon (Elmbridge), Guy Standeven (Royal), Dan Johnson (Chelmsford)/Peter Bannister (Wey), Sean Redmond (Linlithgow)/Andy Potterton (Reading) Marko Csokasi (Richmond)

Junior Women

Rebi Simon (Elmbridge), Amy Ward (Elmbridge)

U23 Men

Ed Rutherford (Elmbridge) Kristian Reeves (Addlestone), Dean Terry (Wey/Royal)/Matt Welch (Wey), Matt Robinson (Royal)/Rob Beer (Elmbridge/Royal). Chris Calvert (Fladbury), James Styan (Fladbury) Iain Weir (Banbury)/ Adam Stannard (Royal Lemmington Spa)

U23 Women

Hannah Brown (Bradford on Avon), Lani Belcher (Elmbridge), Katherine Trotter (Elmbridge), Katherine Trotter/Hannah Brown

After day 1 U23 and Junior Men's Coach Paul Darby-Dowman commented "I'm really pleased with the way all the guys have raced today, the guys making finals did a great job and I'm looking for more of the same in the finals tomorrow. I am also gutted for the U23 K2 1000m and the Junior K4 1000m crews, they both raised their game and are unlucky not to be racing in the a-finals tomorrow, but they have a job to do in the b-finals tomorrow and I am looking forward to them racing again tomorrow."

After day 2 Mark Hoile National Junior Coach commented "The standard of competition in the finals was exceptional. Marton and the K2 both put in a good performance and should be pleased with their results. I'm looking forward to the final day of competition tomorrow with Marton in K1 500m final tomorrow as well as Ed Rutherford in the U23 K1 500m, Lani Belcher in U23 K1 500m, Hannah Brown in the U23 K1 200m and Rebi Simon in the Junior K1 500m finals tomorrow"

On the final day National head coach Brendan Purcell Commented "It been good to be here with the U23 and Junior Team and there have been some really strong performance, we just missed out on a few medals which would of put the gloss on the weekend. The athletes have gained a lot of experience here and we are now looking for them to take this in to their training over the next 12 month and push on."

Paddling Vocabulary

Cane Seat – Canoe seat designed to make little criss-crossed lines on your backside.

Canoe – Open-topped kayak for paddlers with one short arm.

Kayak – Closed-topped canoe for those without canoe paddling skills.

Kayak, Racing – Any kayak that turns around in a distance greater than the width of the stream.

Kayak, slalom – Any kayak that can't go straight for a distance longer than its own length.

Keel – To fall over at the price of the typical boat.

Paddle (n) – A stick.

Paddle (v) – Sticking that stick in the water and flailing it.

Paddle, Winged (n) – Expensive and fragile stick.

Rower – backward person who goes in a boat. Sorry, that should read person who goes backward in a boat.

Skiing – Paddling a pair of really skinny boats in fluffy water. Usually done in the season when wet water gets too stiff.



Sobeka Junior Regatta September 7th - 10th 2012

Each year, the Koninklijke Sobeka KanoClub, Zwevegem, host a regatta. This year, to encourage increased exposure to international competition for our junior athletes, Canoe England and the Sprint Racing Committee are supporting a trip to this event.

Our team for this event will be selected from Junior Kayak Paddlers who are already racing in the A or B classes at National Regatta's. The coaching team may also consider U14 C ranked paddlers subject to age and available places. The coaching team will use the July regatta and other results when allocating places on this development International. We are also keen to take Junior Canoe paddlers who are active at national regattas, showing commitment and improvement.

If you are unsure as to the eligibility for this event for you, please refer first to the "Streaming Document" on the "Canoe Sprint, Junior" section of the GB Canoeing web site, <http://gbcanoeing.org.uk/gbc/assets/File/Junior%20Streaming%20Document%202012.pdf>.

This will be a Junior International experience event that will be managed by Canoe England staff and as such athletes will race in their Club colours. Athlete contribution will be £100 per person. We have set a maximum team size of 50 junior athletes from all classes.

Buses and trailers will leave from the Midlands and Thames areas. Squad minibuses will be leaving Friday morning and returning Monday afternoon. Please take into account that this may clash with the school term. The coaching team can supply a letter for schools confirming selection for this development International event. The schools can then decide if it's appropriate to allow time off, Friday and Monday only.

As part of this event, there will be a 3 day training camp for all those selected athletes, from Tuesday August 21st to Thursday 23rd, at Holme Pierpoint, Nottingham, cost £100. This training camp is again supported financially by the SRC and Canoe England. During the 3 days, the sessions will focus on crew boats.

Club Coaches and Parents with athletes in the target groups should register their athlete's interest in being considered for this event by Wednesday 25th July 2012 to:
Russell Jones, National Junior Development Coach.
russell.jones@canoe-england.org.uk

Thanks for donations from:

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

<http://waterfuncartoons.wordpress.com/>

<http://www.london2012.com>

www.bcu.org.uk

<http://delmarvakayak.home.comcast.net/>

Photo: Dom Murphy

Russell Jones

John Handyside

Promotions from June Sprints:

Mens C

TON	L. Clark	NOR	D Balls
WOP	N. Cresser	WOP	P. Dean

Boys A

TON	W. Hardiman	CLM	L. Duffield
ANK	J. Eccles		

Boys B

ELM	K. Wilkinson	BAN	J. Palfrey
SDS	J. Swinburne	RDG	M. Tod
SDS	C. Chapman	ANK	S. Ball

Boys C

6401	ANK	R. Orme	FOY	D. Palmer
FOX	S. Glover	SHP	M. Whittle	
SDS	I. James			

Girls B

SDS	D. Kerr
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Masters C

RUN	S. Nixon	NOT	M. Nadal
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Lightning A

RIC	E. Tompkins	RLS	J. Smithson
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Coaching Update

Level 3 Coaching

There are opportunities coming up for existing Coaches within Racing to progress to gaining the BCU/UKCC Level 3 Coaching Award

At the moment there is a Level 3 Core Training Course scheduled at Longridge on 16th to 18th November. There are also plans to conduct another Level 3 course there in January or February next year. These courses will be targeted at Coaches whose main interest is Racing Coaching

There are a number of pre-requisites before attendance on the course, details of requirements can be had from John Handyside by email.

If you are interested in progressing your coaching levels, then contact John at john.handyside@canoe-england.co.uk. Send details of your current qualifications and experience together with contact details then an individual plan can be devised.

Evening Coach Development Sessions

As in previous years, clubs can book evening sessions or full weekend days to develop their own coaches' skills and technical knowledge. These can be on a variety of topics; sessions can be inside or out, depending on the season. Forward paddling technique Coaching is the most popular, but topics can range according to the needs of the Coaches.

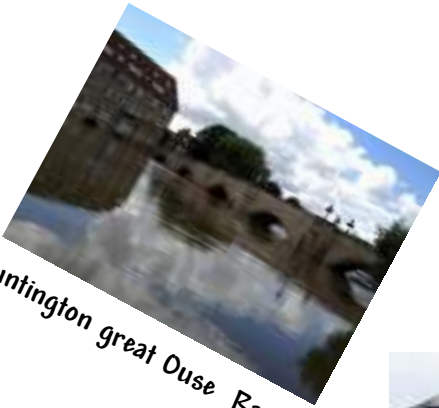
Again, contact John Handyside to discuss needs and set dates

Check out:

<http://www.canoeicf.com/icf/London2012/Canoe-Sprint-Section.html>

For the latest Olympic Canoeing Information

Perfect Weather for Paddling in 2012



Huntington great Ouse Race



River Severn ironbridge



The River Ouse in York



River Aire Yorkshire



The River Cam - Anglia



River Axe Somerset



River Wye Hereford



River Anker Tamworth



Bishop's Stortford



"OOOO! Check out the guy in the kayak", you said.
"He's throwing food on the water.", you said.
"Let's grab a quick snack", you said. "What do we have to lose?", You said.