



GB International Sprint Racing

The Sprint Squad have been busy since the last Regatta. There has been World Cup 2 in Racice, World Cup 3 in Poznan and more recently the European Championship in Portugal.

Full reports of the races and links to results etc can be found on the GB Canoeing Website.

In the most recent event, the Canoe Sprint European Championships in Montemor-o-Velho, Portugal, Great Britain's Louisa Sawers won silver in the K1 5000m final. This was the third medal of the season for the 25 year old, winner of the gold medal over the same distance at the season's first World Cup in Szeged, and a bronze as part of the Women's K4 500m team at Racice.

The medal may have helped make up for the disappointment of the Women's K4 500m team in the final. The recently formed crew, was disqualified for a minor infringement.

Rachel Cawthorn - showed her improvement in the K1 500m with an encouraging sixth place, before later taking ninth in the K1 200 final.

In the Men's K2 200m competition, Jonathan Schofield and Liam Heath finished just off the podium in fourth place, whilst Ed McKeever came fifth in the K1 200m final. The three athletes performed well in their finals and looked strong but the latter stages of their races did not come together as planned.

The team now has nine weeks of intensive training leading in to the World Championships in Duisburg, Germany, which is the key event of the year.

The World Championships is the focus of the GB Paracanoe team which celebrated its most successful Europeans in Portugal this weekend. The team, won five golds, two silvers and a bronze medal to retain its status as Europe's No1 Paracanoe nation.

Promotions from May Sprints:

Mens A	WEY P. Bannister
Mens B	NOT D. Goworek
Mens C	RDG C. Lofthouse
Masters B	ANK G. Riley
Masters C	ANK L. Clinton
Boys A	ELM R. McMullan CLM T. Stanway TON W. Hardiman
Boys B	BSF M. Parkes LEA K. Gregory
Boys C	NOR H. Shearer LIN C. Gray STO A. Ward WYC C. Gingell LGW O. Bohle CLM D. Strong
Womens A	ELM K. Trotter
Girls C	ROY R. Hudson NOR D. Dyke RDG H. Kabeer LGW E. Brockway
Jr Canoe C	FLA R. Hunt

Presentation of certificates will take place on Sunday at 12.00 underneath the tower.

Thanks for donations from:

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

Sportscene

<http://www.facebook.com/SprintKayakMemes>

Racing Canoe Clubs Group on FB



If you have anything that could be included in a future 'Paddler's Post' please send it to:
L.Clive@gailycc.co.uk

Please take time to read the first few pages of the Programme. These include general safety information, Regatta course information, relevant BCU rules, Cyclists Code, guidelines for photos / videos, Event Welfare Officer details, Safeguarding information, contact details, Team Leaders and volunteering news.



'Visualisation'

Elite athletes embrace this skill as a crucial aspect of their preparation for important events. Having done all the groundwork - be it physical preparation or training - is simply not enough unless you have also developed the skill to mentally prepare for the challenge ahead. Recent studies continue to prove the strong link that exists between mental preparation and physical performance in sport, yet many athletes fail to embrace the advantages that good mental preparation can provide.

The skill of visualisation involves going through each step of an upcoming challenge in your head - you are effectively rehearsing your race in your head, you are watching a movie of you competing - and you are the star! It allows you to race your perfect race, to prepare for every possible eventuality in a positive and successful way. It is used to improve the quality of athletic movement, increase the power of concentration, and serves to reduce the pressures of competition on the athlete while building athletic confidence. The more you practice this skill, the easier it becomes and the better you will become at your sport.

You need to find a quiet place to relax. Some people listen to quiet background music, the sounds of nature, use incense or a candle to help them relax. Lie on your back, rest your arms by your side and make yourself comfortable.

1. Breathing

Count for 3 seconds as you inhale and 3 seconds as you exhale. Let your body relax and slowly sink into the floor as you concentrate on your breathing rhythm. Keep counting your breathing for at least 10 cycles of inhaling and exhaling.

2. You

Time to focus on warming up for your race. Feel how strong your body is and how prepared you are. Feel the water beneath you as you warm up, note the movement and strength, feel its coolness, feel the air around you. Look to your supporters, listen to them cheer, feel how comfortable and focused you are.

3. Your thinking

Maintain breathing deeply whilst you focus on developing confident and positive thoughts. You know you have trained hard, prepared yourself well. You love competing - this is what you train so hard to do. You know you will do well. Time to get rid of any negative thoughts and replace them with confident, positive ones. Don't think "That parts hard, I'll stuff it up," instead think "Even when my body is tired, I'm going to overcome it. My body can do this because my mind has trained for it."

4. Your Performance

Time to focus on your actual performance. As a canoeist /kayaker, imagine the course, the finishing beam, your supporters cheering, feel your arms powering forward, your boat gliding on top of the water, doing what you want it to do and appreciate your talent and potential. You know where the hard parts are, acknowledge them and then let your mind physically overcome them. Take the time to go through different sequences of possible events and notice how calm you are, knowing you can do it.

5. Celebration

Picture the finish - you feel strong and competitive and have overcome the difficult parts. Celebrate - enjoy the moment! You have done the best you can - you finished well! No need to focus on very specific results (an exact time or score) as this allows you to adjust yourself to any external circumstance and still be competitive and enjoy the race.

6. Reflection and racing

You've trained your mind well - it knows what to do and does it automatically. You have rehearsed for a peak performance and your mind knows how to do it. When in a meditative state, your mind does not know the difference between reality and the imagined, so to your mind, you have executed the race. And now for the part you love - race - and allow yourself to repeat what your mind has rehearsed. It's already programmed. Enjoy every second! Visualisation is an exceptional training skill so no matter where you are you can rehearse your peak performance - you only need to find a place to relax! No need to carry bulky training equipment with you, visualization is the training skill to develop, as you can use it at any time of the day, at any venue and for any sport.

Find the latest Sprint Timetables / Programme / Results and Paddler's Post on:
<http://www.weykayak.co.uk/>

Latest news on GB Canoeing & Sprint Racing
<http://www.gbcanoeing.org.uk/gbc/>