



Paddler's Post *May* 2014

Adopting a High Performance Attitude

Everyone knows about Mohammed Ali, one of the most vocal and successful boxers of all time. He came across as pretty arrogant and over-confident, but the one thing we can't deny is that he was the greatest when it came to self belief. He talked the talk, and walked the walk, but most importantly, he also did the work, which allowed him to totally believe in his ability to beat his competitors.



If you have put in the time, and prepared to the best of your ability, leaving no stone unturned in your groundwork, then you have every reason to be confident in your ability to perform. This all starts with adopting a High Performance Attitude. Waking up every day, make the commitment to take on an approach that is directed at being as professional as possible. First thing is to be positive! You have chosen this path, so go out there and enjoy it!

Motivation starts within, and having a positive attitude each and every day will go a long way in determining how successful you are in achieving your results in the long run. Staying motivated also takes daily effort, so have a method to continuously work at this element (starting with a positive attitude is the first step).

Then you need to take ownership of your future. Ultimately it is you that is responsible for how well you do. "Your attitude determines your aptitude"!

Taking ownership means taking responsibility for yourself. Aim to get the most out of your training, your recovery, your nutrition, and manage your body and mind to enable yourself to give out your optimum performance.

To perform consistently, you need to prepare consistently. This is the basic building block of any successful paddler.



Aiming to be consistent, firstly means committing to your coach's program and attending all the training sessions. Missing a session here and there might not seem like much at the time, but just missing one 80 minute session a week, adds up to about 64 hours in year (on a 48 week year) That's 2.5 days of training time!

Secondly, be consistent within the session. What you do in each and every training session will count towards race day. Training sessions have goals, that you should strive to achieve. Aim to be in the present, know and understand why you are doing something, and make sure you are working in that direction.

And lastly, be consistent in your approach. Assume that positive attitude every morning, and work at your motivation levels every day. Always have a solid warm up routine, and cool down, not just physically, but mentally prepare yourself as well.

Promotions from April 14 Sprints:

Men's B	FOX I. Staff DEV C. Henley BAN J. Palfrey CAM S. Taylor
Men's C	BAN S. Jones NOR O. Kirkham ROY P. Carter CDF H. Devonald
Women's C	CLM S. Parker ELM K. Kover
Master's A	LIN D. Oliver
Master's C	NOR P. Mares BAN J. Haycock ANK D. Ricketts
Boy's A	CLM J. Russell RLS W. Smithson EAL T. Thomson SDS I. James NOT M. Littlewood
Boy's B	NOR H. Shearer LIN C. Gray SLP M. Slattery SLP B. O'Neil SLP R. O'Connor
Boy's C	SOL F. Doshi-Keeble NOR S. Drane WEY M. Marciniak RIC J. Webb LIN E. Borchardt TON J. Caisley NOT H. Kay ADS J. McMurtrie ANK J. Marlow
Girl's A	NOR L. Lee-Smith SDS A. Redmond
Girl's B	CLM M. Johnson WEY S. Dyke RIC L. Wong
Girl's C	ROY I. Madden TRE A. Gardner FOX E. Hield FOX L. Hield WEY S. Thompson NOR F. Duffield WEY S, Martyn LEA M. Wallace-Loizou WEY L. Tozer ROY K. Madden BSF E. Beatty CLM E. Russell

PRESENTATION OF MEDALS AND TROPHIES

**MASTERS NATIONAL AND OPEN CHAMPIONSHIP
REGATTA**

Medals will be presented immediately after the paddlers have passed through Boat Control.

K4 races: Paddlers are asked to come to the cabin at the bottom of the Tower to collect their medals.

The James Cup will be presented to the winning crew of the Masters K4 1000m on Sunday at 13.00.

Junior Promotion Certificates and Lightning Certificates will also be presented at this time.

**Welcome Minisprinters to your 2014 Season of
Sprint Racing at Nottingham.**

For some of you this will be your first experience of the water at Holme Pierrepont.

It is a brilliant occasion for you to meet and make friends with paddlers from other clubs. You may even paddle with them in a K4. It is also a chance for you to watch some of our countries top paddlers as they whizz down the course. The 200m races are great fun to watch particularly the Men's A K2.

There will be a lot of distractions around but make sure you watch and listen to what is happening on and near the water. That's always a good way to learn.

Look out for your name on the scoreboard after your race. It will show your position and time. You then know how much training you need to do to achieve even faster times :(

If you reach a Final 1 and then come in the top 3 positions you can come up to the Secretaries Desk and be awarded with what we call a 'Tiddy Wink'. These are small discs showing positions 1,2 and 3. There are titled boards to mount them on and these are for sale also at the Secretaries Desk.

You will also receive a Participation Certificate for the weekend. These will be presented to you at about 1 o'clock on a Sunday near where the boats are weighed. Please come and collect them. Check your programme for the exact time.

Your Team Leader will have prepared you for your weekend of paddling and he will have all the information about this year's Mini Sprint Series in the 2014 Canoe Sprint and Marathon Handbook. Your parents or guardian are able to purchase one of these handbooks at Marsport's retail stand. Then you can read and learn everything you need to know about sprinting competitions.

The Secretaries Desk will help with any queries. Have a great regatta.

Happy Paddling!

Ann Hoile

SRC Mini Sprint Liaison

**FIRST AIDERS NEEDED AT
NATIONAL REGATTAS**

We are looking for more 'First Aiders' to help during the Regattas. The more volunteers we have the less time people will be required.

All we ask is that you are named on a rota and are 'on call' when required by the paramedic who has overall responsibility.

If you are able to help, please contact John Hoile: annandjohn@hoile.plus.com

www.canoeracing.org.uk

www.canoeracing.org.uk
Is the new official website for the BCU Marathon and Sprint Racing Committees

MARATHON
SPRINT

Get alerted when a new message is posted.

Search for
BCU Marathon Racing Committee
and BCU Sprint Racing Committee
Sign up to Facebook Group

If you have anything you would like to see in the Paddler's Post:

Email: L.Clive@gaileycc.co.uk



Thanks for donations from:

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