



Paddler's Post June 2014

2014

World Cup - Racice



Lani Belcher - Bronze K1 1000. Louisa Sawers finished the race in seventh place. Earlier Belcher & Angela Hannah in the K2 500 finished eighth. The next day the team picked up two silvers and a bronze medal in Racice bringing their medal tally to four.

Rachel Cawthorn and Lani Belcher - Silver in K2 200. Belcher took a further bronze in the K1 5000.

Liam Heath won the silver in K1 200m.

Britain's Kristian Reeves, competing in his first senior A final, finished impressively to take seventh.



In the K2 200 Heath and Schofield finished fourth.

Rachel Cawthorn was also part of the women's K4 500 boat, the same crew with Jess Walker, Louisa Sawers and Angela Hannah that finished fifth in the London Games. They showed good form to finish fourth.



GB finished seventh out of 40 countries on the points table.



Amongst the new combinations that worked well in Racice was the K2 1000 pairing of Jon Boyton and Ed Rutherford. Racing together internationally for the first time since 2012, they missed the A final by fractions and finished eleventh overall.

World Cup - Szeged

GB Canoeing's sprint team finished a highly successful World Cup in Szeged, Hungary, with an impressive haul of three golds, two silvers and a bronze medal from the weekend. Lani Belcher and Rachel Cawthorn captured GB's first international gold medal of the season, winning the women's Olympic distance of 500m in K2. Angela Hannah and Jess Walker won Britain's second women's K2 title of the weekend. Minutes before competing in the K2 200 final, Hannah and Walker had come off the water from winning bronze in the K4 500 final. It was the same crew, with Rachel Cawthorn and Louisa Sawers, which finished fifth in the London Games.

In the men's event, London 2012 bronze medallists Liam Heath and Jon Schofield won their first K2 200 silver medal of the season. There was even more success for the British team when Lani Belcher and Louisa Sawers made it a one-two in the women's K1 5000 event.



A gentle reminder about a few recent changes.

New Paddler Registration - martin_kari@yahoo.co.uk

Club Colours - louise.clive@canoeracing.org.uk.

Regatta Entries - cathy.wynne@canoeracing.org.uk.

General Enquiries - cathy.wynne@canoeracing.org.uk.

Under 23 National and Open Championship Regatta

Medals will be presented immediately after the paddlers have passed through Boat Control. Medals are only being awarded for K1 and C1 events

The James Cup will be presented to the winning crew of the Masters K4 500m held at the May Regatta

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

Protein balls - Training & Racing Food

Ever needed just a little snack to keep you going in between training session or races? Packed with protein and natural ingredients Jo Brigden-Jones (SportsScene) has created some great protein balls that hopefully help you race fast over the weekend! There is so much nutrition packed into each little ball. It should really give you body the right fuel pre or post a tough workout, on race day and could help kill your sweet tooth cravings. Goji berries, flak seeds and chia seeds are some of the new Superfoods that are so popular at the moment. These balls contain a great balance of protein, carbohydrates, fibre, healthy fats, antioxidants, minerals and amino acids. You can use a wide variety of ingredients in the protein balls to suit your own taste. They are so quick and easy to make, you could be eating them with 20 minutes and they last a couple of days so you will be stocked up on healthy snacks for a while.

VANILLA PROTEIN BALLS

(Makes 20 balls)

Ingredients

- 1 cup coconut
- 1 cup oats
- 60g vanilla protein powder
- ½ cup cashews
- 1 cup almond meal
- 2 tablespoon chia seeds
- 2 tablespoon sunflower seeds
- 1 tablespoon coconut oil butter
- 2 tablespoon honey
- 2 teaspoon vanilla essence
- 1/4-1/2 cup almond milk



Sesame seeds, coconut and ground cashews for coating

Method

- Place the oats and cashews in a food processor and blend until fine and crumbly. Transfer to a bowl.
- Add the coconut, almond meal, protein powder, chia seeds and sunflower seeds to the bowl and mix.
- Add in the coconut butter oil, honey, vanilla essence and ¼ cup of almond meal.
- Mix with hands until it combines to form a large ball. Add more almond milk if the mixture is too dry.
- Using a dessert spoon, scoop out small amounts of the mixture and roll in hands to form small balls. Place the small balls onto a plate.
- Roll the individual balls in coconut, sesame seeds or ground cashews to give it a great coating of texture and extra nutrients. They are also great just plain

Thanks for donations from:

<http://canoeracing.org.uk/sprint>

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

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

<http://www.sportscene.tv/>

Racing Canoe Clubs Facebook Group

www.canoeracing.org.uk

Promotions from

May 14 Sprints:

WEY	J Beeves	Men's A		LEA	N Dembelle	Boys A
WOR	G Mitchell	Men's A		CLM	M Johnson	Boys A
ROY	J Newing	Men's B		ANK	R Orme	Boys A
RAF	S Hadland	Men's C		LBZ	C Smith	Boys A
LON	C Michell	Men's C		WEY	O Banks	Boys B
ANK	J King	Master A		SDS	O Bohle	Boys B
FOY	J Asser	Masters B		LGW	F Cadell	Boys B
RLS	B Sirrell	Masters B		NOR	M Hayward	Boys B
WOR	A Trickett	Masters B		RIC	O Khlaf	Boys B
NOR	H Drane	Women's B		TRE	W Nixon	Boys B
ROY	G Browne	Women's B		SOL	O Cook	Boys C
CHE	J Swallow	Women's B		SDS	B Gallacher	Boys C
NOR	L Rowe	Girls B		SDS	R Kerr	Boys C
LBZ	E Hall	Girls C		CDF	W Parker	Boys C
ROY	J Hanchet	Girls C		RLS	J Smithson	Boys C
FOY	B Holden	Girls C		RIC	A Meilke-Briggs	Boys C
BSF	I Gurney	Girls C		RIC	B Philips	Boys C

Getting ready to race - the importance of a mental warm up

Every competitor knows that it's necessary to warm-up before a race. But how many pay as much attention to their mental warm-up as they do to stretching their body, loosening their muscles and increasing their heart rate? The best racers have a consistent routine that prepares body AND mind for the challenge ahead. Here are some ideas that will help you develop your own mental warm-up routine.



Deal with distractions

It's hard to race when your mind is full of the normal tasks and concerns of daily life. I remember one paddler complaining that he was thinking about the shopping list while doing full-length slalom runs! So before a race or training session give yourself the time to deal with any distractions and put them to one side. A simple technique is to write a 'to do' list, getting everything out of your head and onto a piece of paper. Then put the list away somewhere safe with a promise to return to it after the session.

Be clear about your intent

Give yourself time to sit quietly, relax and visualise what you want to achieve from the race. There are some great tips on visualisation on the Internet. Needless to say, the clearer you are about your intent, the more likely you are to achieve it. And if you can see, feel, and hear yourself performing the way you want before you start, so much the better.

Understand the transition to your competitive mind

This is also a good time to notice your own thoughts and feelings. Competing strongly means that you are tapping into your 'mastery motivation', a state of mind in which you are aspiring to be strong and focus your energy on being in control. This is like a warrior going into battle - in fact one athlete used to talk about mentally 'putting on a suit of armour' before he competed. This focused state of mind is ideal for competition or training but it can be unproductive in your normal life, when it is often necessary to be considerate and kind to other people. In fact people who are too extreme in their mastery motivation in normal life can come across as insensitive or even ruthless.

So your warm-up routine needs to help you transition to a mastery state of mind. Team sports players call this 'putting their game face on'. Although this is easy for some people, others will need to take some time to tune out of normal social interactions, remind themselves of what it feels like to race hard and why the race or training session is

important. This is particularly important to get yourself ready for the pain of competing to your maximum. You need to be ready to be tough with yourself and your competitors.

Remind yourself of your different sources of self-confidence - these typically include high quality training, having good equipment, trusting your coach, and knowing from experience that you can deliver. Imagery, like the suit of armour mentioned above, can help too. Get creative and experiment with different mental images of yourself feeling strong and confident.

Mentally warm-down too

After a race or training session you need to transition back to normal life. This is the reverse of warming up - you need to review your performance and whether or not you achieved your goals, so you can take the lessons forward to the next event. If it's been a big event, it's likely that you'll feel strong emotions - either joy or disappointment.

Emotions are natural and it's important to acknowledge them before you return to your 'to do' list and take some practical steps to keep your life in order. And you can reverse from a mastery motivation to a more open state of mind, in which you no longer need to be so tough with yourself and other people.



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

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