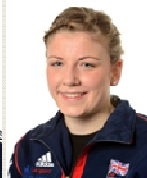
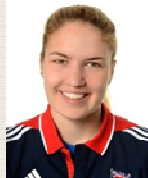
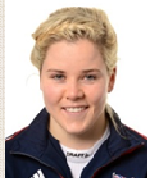




# Paddler's Post *July* 2014

## U23's & Juniors Step Up



Our Junior and Under 23 athletes got their international season off to a flying start at the Piestany International Regatta in Slovakia, winning a total of 22 medals, including 10 gold.

Katherine Trotter and Amy Ward set the standard with 1<sup>st</sup> and 2<sup>nd</sup> respectively in the U23 K1 1000m, followed by 2013 World Junior silver medalist Rebie Simon winning gold for the Junior section. Matt Bowley and Dan Johnson took K2 silver in the U23's 1000m while Sam Kirschstein and Ed Haws did the same for Juniors, L Harding & M Gregory taking the U18 bronze. The men's K4 crews earned gold medals in both the junior and U23 events.

Phoebe Ayres and Emily Lewis got off to a great start in the U23 K1 500m with Phoebe just nudging out Emily as Great Britain secured another 1,2. R Simon triumphed in the junior K1 500m, she led from start to finish to come home a clear winner. K Trotter and A Ward earned K2 gold

Two of the youngest team members, 15year olds Nathan Low and Peter Quittenton picked up their first international medals with silver in the U16 K2 200m and 500m. D Kerr matched them in the U18's K1, E Lewis in U23's while K Trotter and A Ward took the K2 bronze. 2013 World Junior finalists Emma Ricketts and Deborah Kerr raced with maturity beyond their years to finish 3rd in the Junior K2 500m, then teaming up with Lucy Lee Smith and Amy Redmond for bronze in the Junior K4.

P Ayres impressed again with another win in the U23 K1 200m Jack Childerstone and Will Bird paddled strongly to take the Junior boys K2 200m gold. Whilst fast improving Joe Hayman-Joyce powered his way to gold in the C1 200m.

Following on from Piestany, the U23 / Junior European Championships took place in Paris. Again the team had good results with numerous A & B Finals being reached. Ones of note were a gold medal for Rebie Simon in K1 1000m and silver in 500m.

In 1000m, Phoebe Ayres made the A Final, athletes in the 500m A Final included Phoebe, the Women's K4 of Sam / Amy / Katherine & Emily plus the U18 K2 of Kerr & Ricketts. D Kerr and E Lewis made 200m A Finals.

On top of these there were qualifiers in nine B Finals. Yet another god set of results for our younger team members.

**Good Luck to our Senior and Paralympic Team at the British Canoeing Senior European Championships 2014 Brandenburg, Germany**

A gentle reminder about a few recent changes.

New Paddler Registration - [martin\\_kari@yahoo.co.uk](mailto:martin_kari@yahoo.co.uk)

Club Colours - [louise.clive@canoeracing.org.uk](mailto:louise.clive@canoeracing.org.uk).

Regatta Entries - [cathy.wynne@canoeracing.org.uk](mailto:cathy.wynne@canoeracing.org.uk).

General Enquiries - [cathy.wynne@canoeracing.org.uk](mailto:cathy.wynne@canoeracing.org.uk).

### *BCU Holme Pierrpont Course Records*

With favourable weather conditions at the June Regatta we had a few new course records set:

Womens K1 500m - R Cawthorn - 1:55:05

Men's K1 200m - E McKeever - 35:37

Men's C1 200m - C Calvert - 41:98

Women's C1 200m - E Hewitt - 56:49

Something to aim for?

Junior C1 Paddler Emily Hewitt sent this piece in:

From the 23rd May to the 1st June, Samantha Rippington and I attended the International Women's Canoe Cup which was accredited as a World Cup on the 31st May. We had 5 days' worth of training which was great as it was finally in some sunshine but the main thing was seeing so many female canoeists on the same stretch of water: there were over 40 participants in the women's canoe cup from 16 countries. Everyone was assisted by their own national team coaches, we joined with the Canadians, the French and the Germans for coaching.

Training 3 times a day was awesome but, similarly to Nottingham lately, as the week went on, the weed in the water grew as well. For 7 days the fantastic facilities at Boulogne Canoe Kayak Club hosted such a great event. During the competition both of us reached Final A's in our events but to top it all off, Sam, myself and two other Canadians won silver in the C4 500m 5 minutes before my C1 500m final which I got a huge P.B in, which afterwards made for a very interesting C2 race with Sam.

Finally in the C1 2000m at the end of the day on Sunday, Great Britain showed strength in marathon after Sam came 7th in the Seniors and I came 4th out of 25 in the Junior Category. We had an awesome time and can't wait to see more women's canoeists at the National Regattas in the months to come as more and more girls are taking up the prestigious high-kneel canoe event.

### Promotions from June 14 Sprints:

Mens A	L Duffield CLM	Mens A - C1	M Csokasi RIC
Mens C	J Barnes SOU		I Weir BAN
Masters B	P Lowe NOT	Mens C - C1	G Caines NOT
Masters C	J Clive GAI M Hook EAL S Dums RIC S Clark CLM	Boys A C1 Boys B C1	J Jones FLA B Phillips RIC A Meikle-Briggs RIC E Hewitt SOU
Womens A	P Ayres WEY C Burkhill LON E Lewis WOR A Ward ELM	Girls C C1	
		Girls B	M Barnicoat FOX E Brockway SDS C Brookes ANK A Dale FOX
Boys A	W Dought LIN S Glover FOX C Gray LIN M Parker BSF		H Hicks NOR L & E Hield FOX L Ruff ROY
Boys B	S Armstrong DEV R Barkaway BPS E Borchardt LIN J Caisley TON P Cooper TON C Falco WEY A Haigh TRE	Girls C	R Solway ELM M Wallace Loizou LEA M Wallman ROY K Clark FOX T Farrent WEY O Kay NOT
Boys C	J Bell EAL T Dowden RLS A Graves RLS G Harris FOX F Kemp RDG W Kirkham NOR P Miles RLS A Niblett RLS A Parry CDF D Stubbs FOX D Terry NOR L Turner NOR A Urquhart BAN	Lightning A R Aires RLS A Brown EAL A Fisher LIN K Fox LIN L Guest LIN L Smith LIN Z Scheske RIC D Sklenar NOR L Smith LIN E Smithson RLS	K Peterson CDF A Rose FOX L Warbrick BSF G Ap-Cooke CDF O Bartusik FOR B Bawson Burren PEN J Brockway LGW H CookeByaley ANK X Hinves SOU R Mongan LIN F Newman RLS B Peterson CDF M Villaruel EAL J Yurkwich EII RLS

## The Performance Parent - Supporting talented young people to achieve their potential.

### Ten Top Tips:

1. Be supportive and listen - whether they win or lose, your support is vital.
2. Work hard to be part of an effective 'TeamYou' and remember you are a critical part of this team.
3. Work hard to find the right balance between training, studying and simply being a 'normal' family. Make time for other siblings.
4. Give lots of encouragement and criticise constructively. Focus your recognition on the effort, not just the achievement.
5. Let the coaches coach and be a positive role model.
6. Find out who to get help and advice from: School Sport Coordinator, Gifted & Talented mentor, local sport development officer, the sport's National Governing Body.
7. Be proactive and communicate - find out potential training and competition demands for the year and work with the school / college to ensure everyone is aware of any 'hotspots' around exams and coursework deadlines.
8. Be prepared to become involved in the wider aspects of the sport - as driver, cook, travel agent and supporter or simply as principal sponsor.
9. Get to know other parents - they will become your personal support network.
10. Help them to start to plan for life after sport.

*Youth Sport Trust*



*Thanks for donations from:*

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

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

*Youth Sports Trust*

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

**Email: [L.Clive@gailaycc.co.uk](mailto:L.Clive@gailaycc.co.uk)**