



Paddler's Post April 2015

New Elite Training Centre at Dorney

Britain's top Canoe Sprint have celebrated the opening of their new elite training centre at Dorney Lake near Windsor.

London 2012 Olympic medallists Ed McKeever, Jonathan Schofield and Liam Heath, along with other squad members welcomed Helen Grant MP, Minister for Sport and Tourism as she performed the official opening.

The facility will be known as the Tim Brabants Elite Training Centre, in recognition of Britain's most successful Canoe Sprint athlete of all time and the sport's first ever Olympic gold medallist in 2008. Tim, who retired from the sport after London 2012, is set to visit the centre later this spring on his return from working as a doctor in South Africa.



Prior to the London 2012 Olympic Games an old portacabin served as a changing and meeting area, which fell well below the standard required to support elite athletes on a world class programme.

The new facility has been funded with £679,000 from Sport England, which has worked closely with elite sport experts from UK Sport and British Canoeing to make this a world class, purpose-built training venue for our elite athletes

The elite training centre includes:

Male, female and disabled changing and showers, warm up area, athlete rest and refuelling / recovery area, coach feedback & work area, kitchen facility, medical treatment room and meeting room.

What keeps you going as an athlete? About Mastery Motivation.

Over 2012 World Cup and Olympic competitions in a paddling discipline, 89% of the competitors in these events didn't win a medal of any colour across the whole season. The figures are remarkably similar for men and women K1 results in 2011, although the names vary. I've not trawled the results for other classes or disciplines, but I expect a similar pattern. With such a small proportion winning medals in any given season, it begs the question of what sustains the majority of racers who don't achieve the visible rewards of success. How do they stay motivated? Are there differences in the motivation of more and less successful competitors?

MOTIVATION



There are many, many, reasons for competing, and they change over time from event to event, or even from day to day; to win medals, to beat other people, to master a challenge, to produce their best performance, to secure funding, to prove their worth to others, to not lose, to have fun...motivation is rarely fixed or simple. It's normal that a racer's motivation is multi-faceted and changes over time. In my experience it's also possible for paddlers to perform well regardless of their motivation. Indeed the best competitors will often perform well no matter how they feel, whether under pressure or feeling relaxed.

However there are some motivational principles which paddlers and their coaches can develop to enable more consistent performances and a sustained approach to racing. I call these principles Mastery Motivation.

Mastery Motivation is the desire to be in control of your performance, to perform to the very best of your ability, and to continually challenge yourself. It shows up through a high level of commitment and a willingness to be tough and determined. Mastery Motivation is largely self-focused, which means that the ultimate measure is not against opponents but against your own standards. It includes a strong desire to win - but only because competitive results are further evidence that you have performed as well as possible on the day. The real pleasure of winning comes not from beating someone else but from achieving all that you are capable of in that particular moment of competition, especially in front of a crowd. Focusing on your own performance, on the water and the poles, makes it easier to perform at big events, when there is a risk of becoming distracted by other people's expectations or the lure of "fame and glory".

By contrast, motivation that is based only on meeting other people's expectations or achieving results is often short-lived or inconsistent. It's impossible to control how well other paddlers race, and once the result is achieved, then what? Sure it's possible to re-set goals, but many competitive paddlers report a feeling of anti-climax and even depression if their sole focus has been on achieving a single result - even if it's Olympic gold.

So whether you're one of the 89% who won't win a medal this season, or one of the fortunate 11% who will, it's important to develop the attitude of Mastery Motivation and use it to support top quality training, preparation and racing. Bill Endicott once said that slalom is all about the search for the ultimate run. I suggest a slight modification - sprint racing is all about the search for YOUR ultimate best. So go for it and enjoy the challenge!

What's Going On ??????

If you would like to see how the regattas are run please enquire at the Secretaries Desk during Saturday morning to arrange a guided tour during the afternoon.

Ann Hoile, Volunteer Coordinator

April 2015 regatta filming

The SRC has engaged a TV company to make a video of our sport that will be of interest to, and be capable of being broadcast on, digital TV sports Channels, in order to promote the sport of canoe sprint to the wider public.

The camera crew will be capturing the excitement of the event, all ages and abilities, from a variety of angles, with cameras alongside the course as well as a drone overhead and micro cameras on some of the boats. An experienced canoe sprint commentator will also be interviewing some of our Team GB athletes.

The camera crew will not interfere with the racing, although, from time to time, the drone will be flying overhead and, potentially, alongside you.

This is a one-off trial and the finished video will eventually be uploaded onto the website.

A Few Admin Changes This Year

Late Entry Fees

Both Debit and Credit cards can be used to make these payments at the Secretary Desk from 12- 3pm on Saturdays.

Canoe England Memberships

Competitors at the regattas will be checked and if needed membership can be renewed or taken out at the Secretary Desk between 12 -3pm Saturday (& if needed Sunday)

Entry Fees Payments

Details of the Regatta bank account for Team Leaders wishing to pay their club's national regatta entry fees directly instead of raising a cheque can be found on the Sprint Website.

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

Email: L.Clive@gaileycc.co.uk

Promotions from Sept 14 Sprints:

Girls A

CLM M Johnson

Girls B

NOR F Duffield

WEY S Martyn

RDG H Kabeer

WEY S Thompson

SDS R Knee

Girls C

ROY Z Clark

CDF M Watkins

RDG S Hutchinson

RIC F Peters

Boys B

MAI T Collins

WYC C Gingall

CLM J Gearing

NOR K Hayward

WEY M Marciniak

NOR S Drane

FOX D Stubbs

Boys C

LBZ M Callow

WEY T Goldsack

RIC H Wells

WEY C Carson

EAL S Plant

WOP B Teasdale

RLS B Darne

ROY E Leishman

NIR C Wilson

Mens B

GAI B Hayes

NOT R Miller

Mens C

PEN R Jeffries

CLM C Bunyon

SOU D Holmes

LIN M Edwardes

RDG L Fekete

LGW D Marshall

ROY P Reisinger

SOU D Grimsey

Womens C

BAN A Murphy

RIC S Steinberga

RIC N Hernanger

LIN N Wells

Lightning A

ROY J Carter

WEY S Bicknell

WOR A Green

WOR J Morris

NOR A Rijks

EAL C Thomas

LGW A Armstrong

WOR K Brooks

BSF D Gurney

ROY P Morris

CHE T Rogers

BAN J Urquart

LBZ K Dixon

KIR A Chapman

FOR S Leaver

NOR J Osborne

NOR A Roghi

BSF M White

April Presentations—Sunday aprox 1.15pm

Junior Promotions certificates from Sept 2014 & 3 trophies awarded in 2014:

Dexter Trophy - Lewis Duffield (CLM)
Men's B Best Performance at Nat Champs

Adjutants Cup, - Ben Phillips (RIC)
Male U18 C1 Best Performance at Nat Champs

Skinners Salver - Emily Hewitt (SOU)
Female U18 C1 Best performance at Nat Champs

Thanks for donations from:

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

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

<http://performance-1.co.uk/>

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

