



## WHAT IS A WORKOUT?

By George Allen, former Washington Redskins Coach

A workout is 25 percent perspiration and 75 percent determination. Stated another way, it is one part physical exertion and three parts self-discipline. Doing it is easy once you get started.

A workout makes you better today than you were yesterday. It strengthens the body, relaxes the mind, and toughens the spirit. When you work out regularly, your problems diminish and your confidence grows.

A workout is a personal triumph over laziness and procrastination. It is the badge of a winner - the mark of an organized, goal-oriented person who has taken charge of his, or her, destiny.

A workout is a wise use of time and an investment in excellence. It is a way of preparing for life's challenges and proving to yourself that you have what it takes to do what is necessary.

A workout is a key that helps unlock the door to opportunity and success. Hidden within each of us is an extraordinary force. Physical and mental fitness are the triggers that can release it.

A workout shows dedication. When you finish a good workout, you don't simply feel better, **YOU FEEL BETTER ABOUT YOURSELF.**

## Promotions from June 2015 Sprints:



NOT	Z Chmiel	Men's A		SDS	R Kerr	Boys B
FOY	C Peters	Men's B		RLS	P Miles	Boys B
WEY	J Hayman Joyce	C Men's B		KIR	I Chapman	Boys C
NMC	O Bartusik	C Men's C		RIC	A Fegent	Boys C
RDG	L Fekete	Masters B		ADS	C Lucas	Boys C
RIC	N Garner	Master B		LBZ	T Pickering	Boys C
SOU	S Willis	Masters B		FOY	B Holden	Girls B
EAL	A Brown	Masters C		WYC	J Ball	Girls C
LIN	R Guest	Masters C		SER	E Churchill	Girls C
NOR	J Sklenar	Masters C		BAN	I Johnson	Girls C
RIC	N Herwanger	Women's B		BAN	E Davison	Girls C
RIC	P Taylor	Women's C		FOX	J Long	Girls C
RIC	A Meikle- Briggs	C Boys A		NOR	G Anderson	Ltng A
RIC	B Phillips	C Boys A		NOR	B Hall	Ltng A
LBZ	M Callow	Boys B		ROY	E Hubbard	Ltng A
BAN	M Harper	Boys B		LGW	F Lewis	Ltng A
FOX	G Harris	Boys B				



British Canoeing would like to invite all paddlers to a very special event at the September Sprint Regatta at Holme Pierrepont. We would like to invite ANY paddler in a wooden craft to paddle 1,000 metres at the September Sprint Regatta. The only rule is the entire distance must be completed in a wooden or wooden framed craft. The event will be held in celebration of John MacGregor's 1,000 mile journey in a Rob Roy canoe, which founded canoeing as a sport in the UK, 150 years ago this year.

If you're interested in taking part in the event, or would like further information, please email

Craig Duff [contactus@bc canoeing.org.uk](mailto:contactus@bc canoeing.org.uk)

 **British Canoeing Sprint Racing Committee** 

**Preliminary Notice**

Annual Consultative Meeting - Saturday 5<sup>th</sup> September 2015

National Water Sports Centre, Holme Pierrepont, Nottingham

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The Sprint Racing Section's Annual Consultative Meeting will be on Saturday evening of the MacGregor National Inter-Club Competition Sprint Regatta.

Each year, the Chairman of the Sprint Racing Committee is elected for one year and committee members are elected for a period of two years by representatives from the sprint clubs.

Anyone who is interested to stand for election to the Sprint Racing Committee or as Chairman must send a nomination, supported by the signatures of two full Individual British Canoeing members, to the SRC Secretary, to arrive no later than 1<sup>st</sup> August 2015.

Likewise, any issues for discussion at the ACM need to be submitted in writing, supported by the signatures of two full Individual British Canoeing members, again to reach the Secretary no later than 1<sup>st</sup> August 2015.

Secretary, BC Sprint Racing Committee  
Mrs C Wynne, 40 Bramble Close, Hildenborough, Tonbridge, Kent TN11 9HQ



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