

Paddler's Post May 2017

OUR GB PODIUM AND PODIUM POTENTIAL SQUAD FOR 2017

Liam Heath  Wey KC	Jonathan Schofield  Soar Valley KC	Rachel Cawthorn  Wey KC	Jessica Walker  Royal KC	Rebeka Simon  Elmbridge CC
Matthew Bowley Aims are to try and medal at under 23s while also going to the senior worlds, focusing mainly on k2 1000. The k4 500 has also just come in, and putting a good performance in that will be important, as it sets the benchmark to improve, with lots of guys up and coming all fighting for Spots.		Lewis Fletcher Katie Reid	Joseph Beevers Emily Lewis	Daniel Johnson Matthew Robinson
Bethany Gill Deborah Kerr	Chloe Bracewell Magnus Gregory	Luke Harding Ieuan James	Trevor Thomson Noah Demebele	Thomas Lusty Emma Ricketts
Samantha Rees-Clark	Tanisha Clayton Emilia McAllister-Jepps	Jonathan Boyton Afton Fitzhenry	Amy Turner Nia Tomos	

OUR GB PARALYMPIC PODIUM & PODIUM POTENTIAL SQUAD FOR 2017

Nick Beighton (KL2)  Shropshire Paddlesport	Jeanette Chippington (KL1)  Longridge CC	Ian Marsden (KL1) - Trentham CC  This year my targets include gaining selection for the Europeans in July and Worlds in August. A long term focus is Tokyo 2020 and work towards bettering my Bronze medal at Rio 2016.
Rob Oliver (KL3) - Solihull CC  My goals for this year are to retain the British Championship for a 6th year, to hopefully get a Top 6 finish at the Euros and make the A Final at the World Championships. That and to try and get some sleep as I have a newborn baby boy who is doing a good job of keeping me on my toes ha! - (Good luck with that!)	Nikki Paterson (KL2) 	Emma Wiggs (KL2)  'This year is all about 'build' so we've spent a long hard winter in the gym. I'm looking forward to racing but don't expect to be that fast this year as it's all about building for Tokyo!'
Martin Tweedie (VL3) 	Stuart Wood (KL3) 	Jonny Young (KL3)  As a member of the paracanoe squad this year I am enjoying racing against the "able bodied" athletes, in men's A/B, even if they are all in skinny boats! I'm also trying to cement what I learnt from the Rio cycle and improve on the areas that were lacking so that when Tokyo comes round I'm not left watching in the stands like last time!

100% me represents all the qualities that make a great athlete.

Being a great athlete doesn't just mean winning competitions - it involves every area of your life. The following are some of the values and principles which contribute to being a great athlete and celebrated by our 100% me clean sport programme:

Ethics, fair play and honesty

The best athletes are ones who know what sport is all about. They agree to play fairly and by the rules. They are honest with their peers and themselves. They have strong beliefs as to what is right and wrong and they stick to these. They want to be known for their successes and for people never to doubt that they earned their success fairly.

Health

Always think about what you do each day and the effect it has on your body. Make sure you have a balanced diet, plenty of rest, and a good night's sleep.

Excellence in performance

Always strive to be the best you can be. You may not finish in first place, but the great thing about sport is taking part and doing your best.

Character and education

Top athletes have a strong character- they have goals. Education is very important as it allows athletes to understand what they need to do to perform better.

Fun and joy

Sport is fun, so enjoy it. You get to meet new people and work as a team and you may also get to travel to new places.

Teamwork

Even in individual sports, athletes work as a team: the team might be their coach, their physio and themselves. **Dedication and commitment**

Research suggests that it takes about 10 years to become an elite athlete. This is a long time, and means that some athletes give up, look for short cuts or make bad decisions, like using drugs. Any top athlete can tell you there are no short cuts!

Respect for rules and laws

Always respect the rules - and those who are there to make sure the rules are followed.

Respect for yourself and other athletes

You should always congratulate winners and show your respect for what they have achieved.

Courage and resilience

Do you have the courage to keep going when training is tough? Can you push yourself? Are you mentally strong or do you give up too easily?

Community and solidarity

Being part of a team - however small - and sharing their triumphs and disappointments, is what sport is all about.

This is a shortened version to give you 'the flavour'. For the full article go to: <http://www.ukad.org.uk/education/athletes/beginner/your-part-in-clean-sport/>

Promotions from April 17 Sprints:

WEY	M Alexio	to Boys A	WEY	M Marciniak J)	to Mens A
KCC	R Foley	to Boys A	LBZ	R Poole	to Mens A
EAL	A Kereszturi	to Boys A	SLP	J O'Hagan	To Mens B
RGD	D Atkins	to Boys B	CNI	J Calder	to Mens C
RLS	B Darnell	to Boys B	LON	G Carmichael	to Girls A
KCC	S Dignam	to Boys B	RIC	F Peters	to Girls A
WOR	K Killey	to Boys B	ROY	M Carter	to Girls B
KIR	C McAndie	to Boys B	LON	K Hipkins	to Girls B
LON	W Scammell	to Boys B	NOR	G Anderson	to Girls C
ADS	R Stewart	to Boys B	NOR	A Barker	to Girls C
ELM	R Smith	to Boys B	RDG	F Boonham	to Girls C
KCC	A Thorpe	to Boys B	WEY	A Burnham	to Girls C
SLP	B ButkVICIUS	to Boys C	WYC	N Day	to Girls C
FOY	B Carbrera	to Boys C	LIN	L Guest	to Girls C
LEE	B Clayton- Harris	to Boys C	NOR	S Groves	to Girls C
SOU	X Hinves	to Boys C	LON	A Lane	to Wms B
CEL	M McCarthey	to Boys C	SDS	R Syme	to Wms B
WEY	N Carvell	to Boys C		Canoe Promotions	
BTH	A Morris	to Boys C	BR8	A Marasa	to Boys C
LBZ	M Pickering	to Boys C	FLA	R Bennett	to Girls B
SDS	G Pennycook	to Boys C	HPP	B Gill	to Wms B
EAL	J Rosenfeld	to Boys C			

Padding Wordsearch

Sprinting Clubs

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L A R J R J L Y R J N G B Z E N D
M R B Y I M U I L J X T W I T W L
B D W N W L H W R W G K G A O O Q
R I C E T S I B R N T H R G N Y T
I F Y T P B L B R B T M H G B X P
D F M O B M O J Z O Y T R N D D J
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W B R J N Z N I E Q N A L Y T T B
O L L U Z T L I D J I J M D R J B
G T D A B T H W T L Q R Z O L N B
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Elmbridge
Wey
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Banbury
Cardiff
Linthgow
Leighton Buzzard
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 Email: L.Clive@gaileycc.co.uk