

# Paddler's Post

## July 2017

### JUNIOR AND U23 SPRINT EUROPEAN CHAMPIONSHIPS - BELGRADE

Rebii Simon earned a gold medal in the women's U23 1000m. Simon has been on the British international scene for a number of years racing at World Cup level and for Team GB in last year's Rio Games where she competed in the women's K4 500m. She is still only 20 years old and this is the first time she has competed at under 23 level. Racing in the K1 500m final Rebii finished sixth.

Scottish teenager Ieuan James (Forth CC) became Junior Sprint European Champion in the 200m. In a tight finish between three athletes, the Edinburgh 18-year-old took gold by just 0.15 seconds ahead of Russia. Now based full time at British Canoeing's High Performance Centre in Nottingham - having relocated from Scotland after developing his canoeing with the successful SCA Talent programme, Ieuan has been getting good advice from Jon Schofield who partnered Liam Heath to the K2 200m silver in Rio and bronze in London.



Tom Lusty finished seventh in the under 23 K1 1000m A final, whilst Deborah Kerr and Sam Rees-Clark were sixth in the K2 1000m. In the under 18 event Charlie Smith finished sixth in the boys K1 1000m A final.

Britain's Beth Gill and Afton Fitzhenry missed out on a medal in the U23 C2 200m A final by 0.49 of a second. The U23 women's 500m K4 team of Syme, Ricketts, Clayton and Lee-Smith claimed 8<sup>th</sup> place in the A final.

The other squad members were Stelian Naftanalia, Noah Dembele, Trevor Thomson, Sam Glover, Katie Reid, Miki Marciniak, Ed Nightingale, Spencer Armstrong, Renee Myburgh, Florence Duffield, Rachael Kneen and Ruth Bennett.



### SUPER SEPTEMBER!

British Canoeing will be having a 'Super September,' a series of events across the month of

September.

Each weekend in September, there will be numerous competitions taking place in three locations: Holme Pierrepont, Lee Valley White Water Centre and Richmond Canoe Club. A range of disciplines will feature throughout September, from Sprint and Paracanoe, to Canoe Polo and Freestyle, which showcases the breadth and diversity of the sport.

#### 2/3 September – Sprint & Paracanoe National Championships – Holme Pierrepont

The Sprint and Paracanoe National Championships is the first event to feature in Super September. Based at Holme Pierrepont, there will be a host of high profile athletes and Olympic medallists taking part in a bid to become National Champion, so it is an event not to be missed.

#### 9/10 September – Canoe Polo National Championships – HPP

#### 16/17 September – Slalom British Open, Rafting & More – Lee Valley White Water Centre

#### 24 September – Marathon Hasler Finals - Richmond CC.

#### 30/1 September/October – Freestyle European Open & British Championships – HPP

Alongside in-depth previews of all the events and disciplines taking place across the month, British Canoeing will also be providing a 'Ones to Watch' feature ahead of each competition, where we will talk to athletes across all the disciplines to get their perspective on the sport and why you should come down and support canoeing plus have the chance to meet Olympians and Paralympians at selected events.

## sky SPORTS

### BC DEALS WITH SKY SPORTS

Go Canoe! - a brand new series of eight programmes featuring canoeing will be broadcast on Sky Sports throughout this summer.

Olympic gold medallist Liam Heath is one of the athletes who will feature in the programme.



The programmes will focus on the British athletes as they compete in the International Canoe Federation Slalom and Sprint World Cup events. It will also include tutorials - introducing the various disciplines within the sport, together with magazine features about clubs, trails, adventures and athletes.

Go Canoe! is being produced by Hit the Roof, with magazine contributions produced by MediaPack.

The first Go Canoe! show will be broadcast on Sky Sports on Monday 24th July. The full schedule is as follows:

Programme 1	24 July 2017	21:00
Programme 2	31 July 2017	22:30
Programme 3	07 August 2017	22:00
Programme 4	14 August 2017	22:00
Programme 5	21 August 2017	21:00
Programme 6	28 August 2017	21:00
Programme 7	04 September 2017	21:00
Programme 8	11 September 2017	21:00



***Not all your training has to be on the water or in the gym.*** In fact you can add a powerful dimension to your performance by including short mental training sessions that will develop your psychological strengths of mastery motivation, decision-making and execution. Along with teamwork, these are the four fundamentals that give you the self-confidence to perform to your potential. Here are three different mental training sessions. Each session can take anything from 10 to 20 minutes. Find a quiet place where you won't be disturbed and prepare by sitting quietly and relaxing physically, take a few deep breaths and let yourself become still and calm.

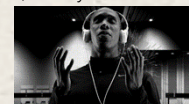
### 1. Mental Rehearsal

*What is it and how does it help?*

Mental rehearsal means using your imagination to practice new skills or techniques. When you do so your brain sends the same nerve impulses to your muscles as when you actually paddle, so mental rehearsal can help you acquire skills faster and be more confident applying them. It can also help your decision-making, for example testing out different options on a slalom course before you get on the water. It can also help when you're reviewing your performance, when you can run through a performance in your imagination and identify what went well and what you'd like to change.

*How do I do it?*

Choose an aspect of your technique or race performance that you'd like to improve. Simply imagine that you are in your boat, feel yourself holding your paddle and the movement of your boat on the water. Then in your imagination go through the sequence that you want to practice; seeing, feeling and hearing what you would do in real life. The more realistic your experience is, the better, and it seems that the most important aspect is to feel your movements, like your blade against the water. Try varying your visual perspective: use an internal perspective where you are 'in' your boat looking out, as well as being a 'third person' observer of yourself from the bank. Be as specific as possible, always focus on executing the skill successfully, and try to do the mental rehearsal in real time.



### 2. Evocative Imagery

*What is it and how does it help?*

Evocative imagery is similar to mental rehearsal in that you are using your imagination, but it's different in that you are freeing your creativity and the power of your mind to go beyond practicing a specific skill. Our sub-conscious minds respond powerfully to images and emotions, so evocative imagery is all about building up strong internal pictures of success that are accompanied by positive feelings. This increases your confidence and enhances your motivation to achieve your goals.

*How do I do it?*

After sitting quietly and relaxing for a couple of minutes, bring to mind a time when you performed really well and felt supremely confident. Allow yourself to remember this experience and how you felt at the time. In your imagination see yourself performing again the same way at a future event, and even better! Now is the time to dream of achieving your goals, of imagining what it would be like to be successful in the future. Make these images as vivid as possible and enjoy the feelings of confidence and success. Use evocative imagery to sustain your motivation when faced with a tough training session, or when there's a dip in your performance.

### 3. Mindfulness

*What is it and how does it help?*

Mindfulness is the skill of maintaining your focus on the task at hand. It enhances your ability to deal with distractions, concentrate and execute your skills under pressure. It is simple but not easy. Simple, because to practise requires no more than to sit quietly, close your eyes and bring your attention to your breathing. Not easy, because you will quickly realise that your mind is full of thoughts, both pleasant daydreams and worries that will take your attention away before you know it. But mindfulness is like going to the gym for your mind, making it easier to stay focused on the water.

*How do I do it?*

Find a quiet, comfortable sitting position. Notice the position of your feet, arms, and hands. Allow your eyes to close gently. Begin by noticing what you can hear around you, the temperature of the room, the sensations in your body. Gently bring your attention inwards to your breathing. Don't try to change your breathing or deliberately slow it down, just notice the air moving in and out of your lungs all by itself. As you sit quietly like this, you'll soon notice thoughts, emotions and physical feelings – perhaps you'll start thinking about your next training session or what you'll eat for lunch. Perhaps you'll be asking yourself how long you have to keep doing this for. Perhaps you'll find yourself wandering off on a pleasant daydream. This is normal. Don't get upset at yourself for losing concentration. Just patiently name the thought and gently bring your attention back to your breathing. Follow your breath, in and out. Just notice a distraction when it arises and bring your attention back to your breath. Start with short periods of 5 minutes and build up to 20 minutes.

'Look up 'athlete meditation' on Youtube. There's some good starter ones. Headspace also do an app with lots on there.'

## Promotions from June 17 Sprints:

WEY	M Lambert	Mens A
FOR	B Gallacher (J)	Mens A
WEY	G Bowen	Mens B
NOT	N Boreham	Mens C
SER	M Rowlands	Mens C
RIC	G Peters	Masters C
RDG	N Topham	Masters C
CLM	A McIntyre	Boys A
LEE	B Clayton-Harris	Boys B
NOR	J Murad	Boys B
FOX	C Morris	Boys C
RIC	T Strickland	Boys C
RDG	R Tietema	Boys C
WEY	H Young	Boys C
LKR	A Armstrong	Girls B
ELM	A Cox	Girls C
EAL	G Thomas	Ltng A

If you have anything you would like to see or share in the Paddler's Post (recipes / motivational or scientific articles / quizzes / reports):  
Email: [L.Clive@gaileyc.co.uk](mailto:L.Clive@gaileyc.co.uk)

British Canoeing has announced the appointment of Rene Olsen as the new senior technical lead coach for the Olympic canoe sprint programme.



Currently the lead coach of Canoe Racing New Zealand, Rene will be a strong addition to the programme which is led by canoe sprint performance manager Heather Williams. A former sprint and marathon canoeist who represented Denmark in World Cups, European and World Championships, Rene has been coaching in high performance environments for over 12 years.

Speaking of his appointment Rene Olsen said **"British Canoeing is one of the world's canoeing powerhouses with a long history and a great club-based community. So I am very honoured to be offered the opportunity to be involved in such a strong programme"**

Rene will start his new role at British Canoeing on 18th September.

#NottsRegatta

Thanks for donations from: <http://www.ukad.org.uk>  
British Canoeing website <http://my.puzzle-maker.com/>  
Jonathan Males / Performance 1 / [sportscene.tv](http://sportscene.tv)