

paddle news

www.paddlensw.org.au ~ Issue No.7

Please submit your articles to Tim Hookins ~ tim@paddlensw.org.au

WELCOME...

JULY MESSAGE FROM THE PADDLENSW CHAIRMAN ~ Tony Hystek

Hello Fellow Paddlers

Welcome to all our new members who have signed on with PaddleNSW for the first time this year. We hope you will become actively involved in our, read 'your' organisation, and help us take paddlesports to new strengths in the future.



PaddleNSW AGM

The PaddleNSW AGM is on 30th August, 2009, in the Ken Brown Room, lower ground floor at Sports House, 6a Figtree Drive, Homebush Bay at 10.00am. We hope you will make every effort to attend. There is ample free and secure parking at the rear of the building, with ticket validation for the exit gate. But you won't want to be leaving too soon as there are many things to discuss and learn on the day. You will shortly receive a formal notification of the meeting, together with nomination forms for both the PaddleNSW Management Committee, and the various Paddlesport Technical Committees. The Management Committee will comprise, (hopefully for the last year), of President, Vice-President, Secretary and Treasurer and 3 Ordinary members.

In this issue:

- PaddleNSW AGM
- Paddlesports
- Insurance for your boat
- AGM information

continued on page 3

WORLD MASTERS GAMES

Don't let the Games begin without you.
Register by 31 July!

Canoe/kayak at the Sydney 2009 World Masters Games is open to everyone over the age of 30.

Why not encourage your crew members to get involved in the canoe/kayak competition of a lifetime?

Competition will take place over nine days at world-class venues in Penrith.

Don't miss your opportunity to be part of this unique event.

Not just about sport, the Games are a chance to participate in spectacular Opening and Closing Ceremonies and enjoy a range of social activities with new friends from all over the world.



Call +612 8116 2045 now if you need assistance with your registration.

Games information available at www.2009worldmasters.com or info@2009worldmasters.com

A BRONZED AUSSIE - SARAH'S SUCCESS

Congratulations to Windsor club member Sarah O'Connell Brechin and her partner Peta. They won the bronze medal at the World Cup meet in Denmark. This is an amazing result for Sarah who had a dreadful lead up to the race in Sweden with difficulty sleeping and suffering severe flu symptoms.

For those who don't know of Sarah – she has been an inspiration to many of us with her hard work in training and also fundraising. Sarah is 39 & the mother of two young children, she has put in countless hours training while juggling a family & work, and has been rewarded by being selected on the Australian Team for the World Cup in Denmark & World Championships in Portugal which is coming up in September. Even more amazingly, Sarah has only been paddling a few years and is taking on women half her age at these international events!



A Letter From Sarah

Hi to All at PNSW,

I apologise for not writing sooner, but my weary body has not coped terribly well with the trip and influenza. Perhaps racing at Windsor was a little silly after 36 hours in transit, but I had a fun race with the mob that day!

We stayed 5 days in Sweden with Malmo Canoe Club, which had impressive facilities and boat sheds. The canals were fun to explore and train on, while the architecture was wonderfully distracting. I saw so many geese with their goslings which were enchanting. I didn't get out very much as I was pretty sick and on the last night went to a hotel to die. The next morning I thankfully woke up still breathing and left the Team for Denmark.

I stayed in Denmark with wonderful friends who lived only a few miles from Lake Bagsveard. I was very lucky to stay so close to the course and to be in a home environment. The weather was unusually cold, wet and windy for that time of year. On the Friday before the race they had the highest rainfall recorded in over 121 years and we were out paddling the course in it!

The Women's K1 race was pretty exciting with lots of ups and downs. Kate and Sophie were caught up at the start in a clash of boats, while Peta managed to avoid the confusion. It was a tough race for them all. The women finished out of the places.

The lads all had a bit of bad luck but did their best.

I was so proud of the juniors, especially Marlana and Kat for attaining bronze in the U18. Marlana had to undergo midyear exams in a hotel room only a couple of nights before the race, so hats off to her. Kat was recovering from the flu so their effort on the day was phenomenal.

Peta and I had a good start in the K2 event. We stayed upright and went hard. The Danish and Polish teams were neck and neck until the first turn while we sat behind the Spanish team. The waves were half a metre high and the wind was behind us down the course, so the turn was very tricky for all. The driving wind up the course made it difficult but we enjoyed the rough conditions.

On the first lap, the Polish favourites fell in, to their rage and our relief! We overtook the Spanish before the first portage, however they were more skilled on the land and again we chased them down and caught up quite easily on the water. On the second portage we came out with them again, same as before. At the third portage we started to fall apart, with the Polish team gaining ground but we didn't give up! When we were trying to get into our boat, the wind blew my paddle out my hand while we were trying to get Peta's drink in with her as she was taking off! We were much happier on water again and made a mental note to practice our portages and change our drinking devices for the future. On the fourth portage, Peta made it out first and picked up the boat while I was still in it, I swam and leapt over the boat and landed like a fish on the pontoon. After emptying the boat, Carsten threw Peta's fresh water in the boat but she dropped it! I couldn't do anything but laugh, very messy and highly embarrassing. On the fifth lap, the Spanish had bolted, the Poles had given up and we just kept pushing ourselves. Immediately after the race I was interviewed and then drug tested! Not what I had expected.

Final results: Danish- Gold, Spanish- Silver, Australia-Bronze.

It was a wonderful experience and I have realized there is still so much room for improvement. Peta and I do learn quickly and will get together several times before the World Championships. We could not do it without the help of my coach, Mark Coulter at this end, Margie Buck and Rob Russell at Peta's end in Victoria, and Matt Coulter in the middle in Albury. I thank you all for your effort and support. I also appreciate the support given to me by Margie, Neil, Carsten Ahrens (Marlana's Dad) and Rob Russell while I was away.

I am really appreciative of the sponsorship of \$1000 from PNSW to help me get me to these events. I learnt so much from competing and observing the other competitors.

See you at the next race.

Regards,
Sarah



PHOTO COMPETITION REMINDER...

Remember to send in your paddling and water ways pictures to:

admin@paddlensw.org.au



Continued from page 1... Chairman's Message

We say 'last year' because the structure of associations is going through a process of modernisation. The existing model rules of association (1984) have been updated into a more business oriented format, and PaddleNSW intends to adopt them at the next AGM in 2010. (They are still in the last stages of review, so we can't adopt them yet). We will present a summary of the new Club Constitution framework at the Strategic Forum to be held after the AGM lunch break, to make it easier for clubs to understand and work toward the changes. The changes are going to be introduced by NSW Dept of Fair Trading as a matter of course, so it is best for clubs to address the ramifications well in advance.

There are other interesting things on the agenda too. Many clubs have adopted the on-line membership registration process with excellent results, freeing up membership secretaries from the drudgery of manually compiling membership data. Automatic deposit of membership fees into club accounts avoids the necessity for treasurers to handle large sums of money, and provides a more secure and transparent transaction process. A session on managing on-line club registration setup will be conducted at the forum.

Meetings on the various paddlesports will also be held, with an opportunity to for you to contribute to their development. This is especially relevant for SurfSki Racing, a rapidly growing sector of Paddlesports.

A new 'introduction to paddling' initiative is being drafted which will seek input from all interested parties. It is possibly one of the most important initiatives to be introduced in the near future, and in consultation with Australian Canoeing, will involve many different stakeholders in the paddling community in an attempt to provide basic instruction and assistance to first-time paddlers. This will also be outlined at the forum.

Paddlesports

You may have noticed from the PaddleNSW website that there is hardly a weekend where there is not a major paddling event. Whether it is an Ocean Race, one of the many Recreational Series paddles (take my advice...book early!), the new Sprint Series regattas at Penrith SIRC, or the ever successful Quantum Kayaks Marathon 10 series, there is always something to do or plan for.

Some events coming up need no introduction. I expect hordes of us will be taking advantage of the **World Masters Games** being held in our own backyard, and will enter as many events as possible. There is no additional cost...you can enter one Canoe/Kayak event or ten (if you can fit them all in!). No need to get too serious...just get out there and have some fun. Remember, entries **CLOSE 31st JULY. Do it NOW !!** Click the link on the home page of the PaddleNSW website and it will take you straight there.

The new **Spring Canoe Polo Season** is starting up in a few weeks. Those competing at the WMG will use the competition to hone their skills, the rest of us just to have a great time in the pool. Enter on-line by going to the Canoe Polo page of the website.

The **2009 Sprint Series** has had an excellent start, with fine weather for both Regatta 1 and 2. The racing is close, the atmosphere relaxed, and the experience of racing others of your own skill level is invaluable. Make your way out to Penrith on September 5th to be part of the action at Regatta 3.

The **Quantum Kayaks Marathon 10** series is having its most successful year ever, with bumper starts in all divisions making for great racing. Even the unbelievable bad luck with the weather hasn't dampened the spirits of paddlers, as the sun generally pokes through by the end of the event. Wyong marathon has been granted a rain exemption, so sunshine is guaranteed.

Recreational Paddling has really taken the front seat at PaddleNSW, with huge interest from a wide range of paddlers for the many interesting 'guided tours' organised by local experts. See things you usually paddle past without noticing, learn some of the history of the locality, and enjoy the great company of new acquaintances. Many clubs have taken advantage of leading paddlers into 'their patch', with new club memberships often the result.

Continue on Next Page...

MEMBERSHIP REMINDER...



Have you renewed your PaddleNSW membership yet?
If not, you can renew online at

<http://www.paddlensw.org.au/membership.html>

It is quick and easy, and the secure payment gateway is provided by "Register-Now"

Continued from Page 3... Chairman's Message

Ocean Racing is forging ahead in leaps and bounds, with a plethora of events listed on the Ocean Racing Page of the website. Some major initiatives will be happening shortly which will open up an entirely new era for the sport. We can't wait to get them finalised!

And **Slalom / Wildwater** is receiving attention with more introductory sessions out at the Whitewater Stadium, together with training and competitions provided by the Slalom Clubs of NSW. Then there's the Wildwater World Cup and masters happening in Tasmania later this year. Check out the Wildwater page of the website.

The **Murray Marathon** has been rescued, and judging from the work already done by new managers YMCA Victoria, will prove to be another great era in the most demanding but also one of the most fun paddlesport events in Australia.

Insurance for your boat

PaddleNSW is currently negotiating a bulk property (boat) insurance package for members.

You will now be able to **insure your boat** for theft or damage **ANYWHERE**.

Because the policy is being organised through PNSW, the insurers are able to drastically reduce the cost of insurance.

This is how it will work:

- We need expressions of interest for at least 200 boat policies. Without this, we cannot proceed with this initiative. You will be asked to indicate your interest to PNSW via a special email to be sent to members by PNSW (not by the insurers).
- You will be offered an insurance option either on your membership application, or as a separate on-line registration.
- You will nominate the current value of each boat, and pay a premium according to that value, to the closest \$1000.00. Eg: A boat valued at \$3000.00 will cost around \$85.00 to insure for one year.
- PaddleNSW will assemble a minimum of 200 policies for the offer to be accepted by the insurance company
- The insurance is only available for private use; commercial use is not covered.
- Each policy is per boat, and you can insure more than one boat.
- You will need to supply details and a photo of the boat, and will most likely be given an identifying sticker by the insurance company.
- Your boat is insured at market value, but the most you will receive is the sum insured stated in the Policy Schedule.
- If you sell your boat and purchase an equivalent boat, that boat will be insured under the existing policy.
- Your boat is not insured if it is not kept in secured storage while on your property.
- Boats less than one year old will be replaced with a new equivalent boat where possible.
- You may be required to pay an excess of around \$100.00, which will be shown on your policy.

Details of the insurance policy will be emailed to those expressing interest in this insurance. An expression of interest does not oblige you to proceed with the insurance policy.

So there you have it...

I can't believe my good fortune being able to paddle in such times, with so much going on and so much to look forward to. Come and join us at the next event, and for lunch and a chat on August 30th.

Tony Hystek

Chairman
PaddleNSW Management Committee.



HAWKESBURY CLASSIC UPDATE...

Did you know the classic is only 13 weeks away?

Why not put October 24/25 in your diary – either as a paddler or landcrew? Or come along as a volunteer to help with registration, scrutineering and marshalling.

Only 3 of the 5 familiarisations are still to come!

Saturday August 29: Sackville - Wisemans 9.15 start

Saturday September 12: Windsor - Sackville 8.30 start

Saturday October 17: Windsor - Pitt Town - Windsor 7pm start

Please be sure to book your place by contacting Lyle Mead on 02 9626 3741 (hm) or 0403 932348 (mob) or emailing him at: lyle@winningwayskayakcoaching.com.au.



Yes, they have fun! Start of the Wisemans to Spencer familiarisation paddle!



Some young guns at the finish. Left to right: Derek Simmonds, Paul Myers, Tony Carr, Justin Paine.

COME AND TRY CANOE POLO!

The next seasons starts August 25th so come to a "try day" and see how much fun polo is!

Sydney Canoe Polo in collaboration with Penrith Valley Canoeing and Penrith Whitewater is trying to encourage participation in all canoe disciplines, and in particular Canoe polo.

Earlier in the year Penrith Valley Canoeing, Sydney Canoe Polo, Windsor Canoe Club, Rivers Canoe Club, Paddle NSW and Penrith Whitewater ran a come and try day at the Penrith for all canoeing disciplines. The Federal Minister for Sport attended on that day and we have been trying to build on that and the numbers in Canoeing at Penrith since.

There are now two permanent Canoe Polo fields located at Penrith Lakes adjacent to and maintained by Penrith Whitewater Stadium, one is permanently set up with goals in place. The Canoe Polo Facility will be used in October 2009 for the Oceania Championships followed by the World Masters Games. Whilst Canoe Polo has reasonable numbers in the junior ranks in other states that is not the case in NSW and we are seeking juniors for all disciplines as well as parents as it is a sport for all ages.

If any of those wishing to attend are new paddlers we are encouraging them to register to do a Penrith Whitewater Stadium paddling course so that they up to the stage where they can roll or self rescue.

As all of the equipment is being supplied by Penrith Whitewater new paddlers wishing to complete a course to get them up to that stage should contact Stuart McIntosh at Penrith Whitewater Stadium on Ph: 02 4730 4333

Continued on Next Page...

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Penrith Whitewater offers courses for Beginner Flatwater, Beginner Moving Water, Slalom, Freestyle, Parent Groups and will offer courses specific to Canoe Polo with sufficient numbers.

their courses are competitively priced run by qualified and experienced instructors with all equipment supplied.

Paddlers who have completed a PWS course or are able to roll and self rescue are welcome to come along Saturday mornings at 9:30am, and try. Those who are beginners and cannot self rescue can come along and ask questions and watch those more experienced to gauge whether they may want to learn.

All equipment is available free of charge on a come and try basis for the first two sessions after that a nominal fee may be charged to cover maintenance and wear & tear.

Paddlers using the facility will need to be a registered Canoe Club member, or a member of Paddle NSW or part of a Penrith Whitewater Stadium program to ensure they are covered by appropriate insurances.

Penrith Valley Canoeing will also be running come and try Slalom on the flat water, subject to numbers.

Any new participants intending to attend are encouraged to email me by Thursday each week for the Saturday morning sessions so that we can ensure availability of equipment, if they have their own PFD, spray deck, paddle or other equipment please bring it along.

Contact is Mark Brookfield – Email - brookymd@yahoo.com.au

Those wishing to enrol in a Course to learn the basics or do more with Penrith Whitewater should contact **Stuart McIntosh on 02 4730 4333.**

CALENDER OF EVENTS PaddleNSW Events calendar Aug/Sept 2009

Check out www.paddleNSW.org.au for a full calendar.

AUGUST

Sunday 2nd	Marathon 10 Wyong (race 7)
Sunday 9 th	Cross train with the city to surf!
Saturday 15 th	(sold out) Go natural multisport event (kayak run cycle)
Sunday 23 rd	Marathon 10 Pt Hacking (race 8)
Saturday 29 th	HCC famil 3
Sunday 30 th	PaddleNSW AGM at sports house

SEPTEMBER

Saturday 5th	SPRINT series round 3 SIRC
Saturday 12 th	NMS 5 HCC famil 4
Saturday 19 th	Marathon 10 Wagga Wagga (Race 9)
Saturday 26 th	Myall Classic Marathon Rec Canberra Ocean Race Longreef
	SLSA season commences

QUANTUM KAYAKS 2009 MARATHON 10 SERIES...

Race 6 (Sun 12th July) at Woronora River (Sutherland Shire Canoe Club)

Div 1	Darren Lee	1:32:15
Div 2	Robert Barry	1:35:56
Div 3	Grant Billen	1:40:56

A few paddlers have been moved up or down a division, so please check the results before entering your next event.

Remember to jump the queue – you can pre-register online for your event, then sign-on on the day and collect your number, which will already be allocated. No need to bring money or your membership card on the day.

Register for Wyong race 7 <https://www.registernow.com.au/secure/Register.aspx?ID=1969&M=AT&ST=NSW>
Click here for race info <http://www.paddlensw.org.au/Marathon%2010%20Series%20Race%207%20Wyong.pdf>

RECREATIONAL PADDLES

There are still two rec paddles coming up – be sure to book EARLY with Tony Carr if you would like to come along. These events are very popular and places do book out quickly.

Tony's contact details are:

tonycarr@ozemail.com.au or phone 0417 502 056

Spring Spectacular - Canberra from Water Level – Sat Sept 26

The Burley Griffin Canoe Club invites you to experience Canberra as you've never seen it before: from water level during Floriade. Starting at Yarralumla Bay, we'll do a circuit past iconic buildings like the High Court, the National Library, the Museum of Australia, under the Captain Cook Fountain – with BYO lunch on Aspen Island whilst listening to a Carillon recital! Then paddle into the wetlands – see Cormorants, Black Swans, the Clamorous Reed-Warbler. Unforgettable!

The Best of Myall Lakes Weekend Paddle – Sat/Sun Nov 14/15

Martin Shanny and the Port Macquarie/Hastings Canoe Club have a great weekend lined up for us – come for either day if you can't make it for the weekend. Overnight Friday accommodation available or do the 3-hour drive from Sydney early Saturday. Starting at Bulahdelah we'll paddle to Bombah Point (approx 20kms), then on Sunday from Mungo to Hawkes Nest (25kms). Cabin accommodation or camp at Bombah Saturday night. Stunning National Park scenery with swimming opportunities.

Kayak Technique Workshop – enrol now!

Want to brush up on your paddling skills? On Sunday Sept 6 at 1pm, top instructor Christine Heywood will cover stroke technique, correct posture and how to conserve energy and minimise muscle soreness on typical PNSW recreational day paddles. Self-rescue will also be demonstrated. Suitable for first time paddlers and those who have only been out a few times. Only \$65 including kayak hire. Venue Lake Narrabeen. Group and one-on-one tuition. Workshop repeated Sun Oct 11

