

Paddle Sunday 28 March 2010, Sydney Harbour Blues Point to Clontarf

Presidents Message : Tony Hystek

Hello Paddlers,

Sometimes it seems like we are chasing our tails here at Paddle HQ, trying to keep up with all the disparate functions required of a state sports organisation. One minute, we're putting finishing touches on a forthcoming event, the next, we're organising training courses for new coaches and instructors, and then we have grant applications to complete and submit. Did I mention processing memberships, fielding enquiries from members and keeping up-to-date with current legislation and regulations governing our sport? And in the meantime, keeping a close watch on our financial position, developing policy and guidelines for an ever increasing range of paddlesports. The list goes on...

One thing that has become evident is that we must ensure the organisation is in the best condition when it comes time for change of committee personnel. The way to ensure that an organisation such as PaddleNSW can survive into the future is to have a succession plan in place. Systems need to be developed to ensure that any activity conducted by the organisation does not depend on the performance on any one person, but is developed as a standard procedure any incoming person can carry forward. This is just as relevant for staff as it is for volunteers.

Consequently, we are now going through the time-consuming but necessary process of documenting all our procedures and processes for running every aspect of the association into the future.

You might have gathered by now, that some of the committee are looking at the future and are concerned by the capacity of the organisation to function in their absence. New ideas, personalities and experience are invaluable in order to keep the organisation fresh and invigorated. We must plan for this eventuality now.

There are many aspects of the organisation that will benefit from your contributions. Whether it be direct involvement in the Management Committee, or

ATTENTION all PADDLERS!

How would you like to win next year's membership to PaddleNSW? Members who register for the LIFESTART KAYAK FOR KIDS race online at www.kayakforkids.com.au will go in for the draw... and, if your Club puts in a combined effort of most paddlers and funds raised by a PaddleNSW Club the CLUB CHALLENGE CHARITY CUP can be yours. Please refer to the last Newsletter for details.

www.everydayhero.com.au/event/kayak_for_kids_2010



participation in a paddlesport or education committee, assisting with the publication of the newsletter, contributing as a qualified official at events, there are a myriad of tasks which you can take on and develop as your contribution to the sport.

Currently there are some clubs providing a great deal of assistance to PaddleNSW by way of volunteers, and some who are not so forthcoming. So here's a request...

If your club is involved in a paddlesport (eg: sprint, marathon, open water racing etc), please examine your contribution to the PNSW organisation, and especially to the paddlesport technical (another word for organising) committees. We are in desperate need of interested volunteers to assist in the implementation of all things paddlesport related, and your contribution will be much appreciated. Don't be shy...

Having touched on our many functions earlier on, one is to provide an information and advice service for paddlers. It has been brought to our attention that NSW Waterways has become concerned by the number of small craft using Sydney Harbour, especially the main shipping channels. In order to protect our access to this wonderful stretch of water, we have been requested to ask paddlers to avoid venturing into the main shipping channel unless with the specific intent to cross to the other side. When crossing, please do so by going straight across, not diagonally, and only after larger

vessels have passed. A paddler is difficult enough to see as it is; an upturned boat with a swimmer is even more so. Large vessels cannot and will not stop for small craft in difficulty; it takes several kilometres for them to stop so avoiding you is not an option.

Now, on to other matters...

Some news just to hand revolves round our efforts to get **boat insurance** up and running. We have just been informed that ASIC has issued some new guidelines for insurers relating to 'bulk' insurance schemes such as those we were considering. Our insurers are examining the new guidelines and will produce a revised summary of their proposed package for us shortly. Hopefully we will still be able to have boat insurance in place by the time memberships are due for renewal. We apologise for the delay in providing information for you.

No sooner do we get one event put to bed, then another looms! The **10,000m flatwater championships** will be held shortly at SIRC Penrith on 17th April, with event details and registrations open within the next week. Once again, PaddleNSW requests the assistance of volunteers to run this event.

Education

Professional Development: Lynn Parker

Calling all paddling instructors, once were, current and or very experience recreational paddlers who are interested in helping others to enjoy paddling in protected, white and ocean waters. PaddleNSW will be holding a **Professional Development on the 29th and 30th May**. The very latest in techniques, equipment, adventure trips, junior development, rescue and safety techniques will be some of the topics presented by leaders in the industry.

You will be able to compare your skills and qualifications to the current Australian Canoeing Award Scheme and if you can't convert to the latest Award there and then, you will leave with an efficient plan to become a qualified instructor or guide in your Club. PaddleNSW and Australian Canoeing will provide financial support to those who take this next step.

Flat-water Guide Award: Lynn Parker

A training course is planned for May 1st and 2nd. We hope to keep the course costs below \$200 per person with negotiations for accommodation still underway. Please log your interest for attendance or more information to admin@paddlensw.org.au.

Level 1 Flat-water coaching : Bill Graham

As you will all know, PaddleNSW and Manly Warringah Kayak Club conducted level 1 flat-water coaching course recently, the first being on 30th - 31st January 2010. As Paddle NSW Education Coordinator I was a participant in the first of these courses. We now have over 20 new trainee coaches back at their clubs completing

Please contact liz@paddleNSW.org.au with offers of assistance.

You may have noticed the new look **PaddleNSW website**. We apologise for some information not being available on the new site yet...updating it has been a mammoth task, and there are still many uploads to go to get it fully operational. Please be patient as we tidy it up. If you have any suggestions for improvements, please contact webmaster@paddleNSW.org.au

While many paddlers were competing in the recent Bridge to Beach harbour race, a few paddlers ventured up to North Lake Macquarie to take part in '**Paddlefest**', a fabulous day of racing and festivity involving Marathon, Dragon Boats, Outriggers and Canoe Polo. Special thanks go to the Canoe Polo contingent, galvanised by Trevor Williamson, who put on a great display of polo for the onlookers. A jetty right alongside the field gave spectators a first class view of the proceedings, and improvements for next year may include a commentary for those new to the game, explaining the rules and tactics used. Put Sunday 6th March in your diary now, and join PaddleNSW in a great day on the lake.

their training before being assessed and accredited as coaches.

Don Andrews was the course coordinator and did a fine job of presenter selection and general organising of course necessities. The admin side was very well organised by Lawrie and Karen Kenyon. We thank the Manly Warringah Kayak Club for the use of their fine facilities.

The next coaching course is planned for the 10 and 11th APRIL Sydney. Contact admin@paddlensw.org.au

Whitewater Rescue Course:

Last weekend, twelve paddlers from the River Canoe Club set about improving their rescue and safety techniques at the STEPS on the Barrington River. Chris James a qualified Swift Water Technician used the very best practical skills to cross rivers, retrieve trapped swimmers and boats, as well as introducing people to the principles of the rescue as you would learn the principles of first aid.

RESCUE SELF, RESCUE YOUR PARTY, RESCUE OTHER PEOPLE AND THEN RETRIEVE EQUIPMENT. And the phases of a rescue: LOCATE, REACH, STABILISE, EXTRICATE and EVACUATE brings home how serious a paddling incident can get when you may be out enjoying a wonderful day on the river. "Practice your knots till you can do them in your sleep, as a failed rescue because you couldn't remember your tagline or Z drag, would be unforgiveable" was a statement of one of the advanced white water paddlers.

Let us know if you would like to do one of these courses in the near future.

see whitewater resue photos on next page...



Whitewater Rescue Course:



First Aid Training:

PaddleNSW organises training in Senior First Aid. The NEXT course/s will be **May 15** for new certification and **May 17** for recertification at a cost of \$88 for either..

WHERE: Sports House, 6 Figtree Drive, Sydney Olympic Park, (free parking)

HOW: email admin@paddlensw.org.au

Assessor Training:

For details of enrolment please go to the NSW Department of Sport and Recreation website. The program is a joint initiative of the Australian Sports Commission and Sport and Recreation.

Bookings close 3 May, 2010. If this course is taken in conjunction with the Presenter training course (available Mondays 10 and 17 May, 2010) there is a discount.

How to enrol

- Dates: Wednesday 12 and 19 May, 2010 how to enrol
- Time: 6.30pm - 9.30pm. Registration is at 6pm
- Venue: Centenary Room, Level 2, 6B Figtree Drive, Sydney Olympic Park
- Cost: \$60 (incl. GST). \$50 if taken in conjunction with Presenter training course. Includes supper, texts, marking assessments and certificate on successful completion of the course.
- Program number: 0046837

Competition

Sprint, Marathon and Wildwater Racing: Liz Wilson

SPRINT: The classic test of speed and

In Flatwater Racing events, paddlers race on a straight course, each boat in a separate lane, over three different distances 200m, 500m and 1000m. There are kayak events, for men and women, in single (K1), double (K2) and four boats (K4), and canoe events, only for men, in single (C1), double (C2) and four boats (C4).



This form of racing became an Olympic discipline in 1936 and its programme includes events over 200m, 500m and 1000m.

This year has already started with the GP2/Oceania Open Canoe Sprint being held at SIRC this February. It again proved to be well attended with many of our new NTID kids participating and having fun in their respective age groups.

Our National Sprint Titles are being held at SIRC this year and will be hotly contested by this country's finest an event not to be missed.

Coming up on April 17 we are hosting at SIRC the NSW 10,000m Sprints again another event well worth entering with some strong competition expected. Keep a look out on our Web page for all the information required to enter.



As if there isn't enough to look forward to on our ever growing calendar, on June 19 Paddle NSW will be assisting our clubs in hosting the NSW Sprint Series. With four events to look out for, you are sure to get some great experience in the 2011 sprint season.

I look forward to building up the awareness of Sprint this year and hope that the clubs of NSW will come on board to make it all happen.

MARATHON, Long distance endurance and strategy

While in Flatwater Racing events, paddlers race on a straight course, Marathon Racing involves paddling sleek racing craft over long distances, on either the flatwater of lakes, and dams, or the flowing water of a river. Traditional Marathon Racing competitions, like ICF World Cup and World Championships, involve a fixed flatwater course with regular portages, where the paddler must carry the canoe or kayak. Each race lasts approximately 3 hours.



Here in NSW we make use of our waterways all around Sydney and outer regions. Our Marathon 10 series is proving ever so popular with many from interstate keeping a close eye on our format. With the season about to commence, the first race being held in Canberra on March 27 it would be worth your while to attend and see what it is all about.



Our recent State Marathon Champs were well attended and hosted by the Manly Warringah Kayak Club. With 70 paddlers attending both days the competition came out of the woodwork and gave us plenty to see with some neck and neck racing particularly in the TK2 age groups. As usual Manly put on a great show with the course set out being very clearly marked and safety boats well positioned.

Paddle NSW would like to wish those who are attending the National Marathon in April the very best of luck with there paddling.

Don't forget to visit our 'new look' website and access the Marathon pages to obtain up to date information for this years calendar of racing.

WILDWATER

In Wildwater Racing events, the paddlers have to race their rudderless craft down a river, in the fastest time possible. Competition involves Classic races, which can be up to half an hour in duration, and the spectator-friendly Sprint, which is usually 400m to 800 m in length, where each run lasts just a few exciting minutes. There are single kayak (K1) events for men and women, and canoe events, only for men, in single (C1) and double boats (C2) There are also team events.



on the beautiful rivers such as the Mersey. This year we are proudly hosting the National Wildwater Champs right here in NSW on Goolang Creek. Many of us older paddlers have fond memories of this river and are keen to encourage juniors and alike back into the sport.

Many of our wildwater paddlers are in the throes of preparing to depart our shores for the 2010 World Wildwater Champs and the 2010 World Cup being held in Sorte Spain mid year. This is meant to be one of the most gruelling courses and requires dedication in its purest form. Many are travelling with two boats and plan to train on the course for up to 8 weeks prior to the events. We wish them all well.

Keep a look out on our website for information regarding wildwater racing and check out the results of our Senior Team members once racing starts in Spain. We are expected to do exceptionally well with just a handful of dedicated paddlers.



The wildwater time trial is the purest of whitewater racing forms - the athlete, the river, the clock. A racing performance is the result of physical conditioning, skill and harmony with the water - and is the only sport where social paddling is necessary to achieve a peak performance. Beautiful water, scenery and companionship make the Wild Water Racing experience compelling. The competitor is free to take whichever route on the river they desire, a freedom of racing unsurpassed in the whitewater world.

With the sport struggling to keep afloat due to the drought in many regions, most of our racing has been in Tasmania where the cream of the crop live and train

Harbour Racing Series : Tim Hookins

The Bing Lee/LG/Epic Kayaks Harbour Series has been designed for paddlers who may never be in the elite class but want to enjoy competitive paddling on a ski, sea kayak or outrigger canoe on the beautiful waterways around Sydney.

It is also good for that large group of paddlers who are itching to get out on the ocean but don't yet quite have that confidence to enter an ocean race. Just do a few of the Harbour Series races and you may well be ready to take the next step.

The first race was held at Balmoral on Sydney Harbour early Saturday 23rd Jan in a fairly stiff breeze on what turned out to be a baking hot morning. The mass start got everyone jostling for position with the usual quick starters getting out ahead and the beginners in the usual panic at the back! The course took you into the wind to Fairlight Beach and then came the downwind dash towards Bradleys head. Those less focussed on the competition could take in the beautiful views of the cliffs of the harbour foreshore and the beachside suburbs of Vaucluse and Mosman.

There were plenty going for a swim, mainly around Middle Head, but the Lifesavers from Long Reef Surf Lifesaving Club were there in their inflatable rescue boats and everyone was able to get back on and either

Harbour Series: 3rd Event will be at Northbridge this Sunday 14 March



Awesome Scenery! Sydney Harbour Series

finish or else think about how they would finish the next race, which was at Cronulla Bay on 13th Feb. Cronulla was also a great event held in cloudy and rainy conditions, but everyone seemed to have a good time.

The series is run by Harbour Racing Incorporated which is an initiative of a group of surfski paddlers operating under the umbrella of PaddleNSW. It is a ground breaker in that all the paddlers entering the events are insured under the AC insurance scheme. Before this, the organisers of surfski events have been insured but not the paddlers.

These events are good for a wide range of paddlers, beginners, young and old, women and men. Just grab a ski, outrigger canoe or sea kayak and see how you go! Find all the details at www.harbourracing.org.au

Recreational paddling

PNSW Recreational Paddle Programme: Tony Carr

Put your name down now for any of the paddles below. Partners and friends are welcome.

Trips are free to Paddle NSW members **BUT YOU MUST REGISTER** (don't just turn up on the day).

Phone our Paddle Co-ordinator Tony Carr on 0417 502 056 or email tonycarr@ozemail.com.au.

BYO or hire doubles available at \$55 per person. Non-member mandatory single day insurance cover \$20.

Check out our website - www.paddlensw.org.au

From Penrith to Castlereagh on the Nepean - Sunday March 21

Paul Bourne and the Windsor Canoe Club invite you to enjoy the excitement of numerous low-grade rapids, the mystery of a channel maze and to see Sea Eagles, Black Swans and other wonders of nature on Sydney's secret waterway. Starting at the Nepean Rowing Club. You'll be on the water for 4 to 5 hours, with a break. Best done in an old kayak or canoe that can take a few scrapes - or a plastic. If you need to rent/borrow, talk to us. Group will divide into three to suit paddler experience levels.

Paddle for Life: Lismore to Ballina Charity Paddle - April 17/19

Far North Coast Canoe Club runs this 3-day charity paddle every year in support of two local community groups. Over 3 days you'll paddle from Lismore to Coraki, Coraki to Broadwater and Broadwater to Ballina. Overnight at local camping grounds. Total distance is about 100kms. Very social and a great way to see the northern part of our State. Full details at www.paddleforlife.com

Return to the Central Coast - Saturday May 15

In July last year, **Ted Carpenter and the Central Coast Canoe Club** led a memorable paddle around Brisbane Waters. Now we're returning, with Ted leading us to a different area. We'll start at Woy Woy, paddle through Paddy's Channel to Brisbane Waters, past Point Frederick to Gosford, with a stop there for coffee. Back via Saratoga Island Reserve to Ted's home on St Hubert's Island, for a sanga barbecue and a look at the island devoted entirely to pelicans and egrets. Start 9.30am, finish round 3.

Contributions to the newsletter are gratefully received. Please send to admin@paddleNSW.org.au