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ISSUE 10.6

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From the President – Tony Hystek

Its membership time

This is where you get to make the decision to renew your membership for the upcoming year, or just let it lapse and spend the money elsewhere. What a choice!

I thought about a sales pitch, saying what good value your membership is, but you already know some of the benefits. Instead, I'll just carry on with the things that matter.

Memberships and insurance

Renewals for the 2010 – 2011 membership year are now open. You need to do this **before the 31st July**. Leave it any longer and you will have to rejoin as a new member! Renewal fees remain unchanged for the new membership year.

New memberships are now \$60.00 or \$90.00 for the full year, with quarterly downward increments. With all on-line membership transactions, you have the option of taking **boat insurance**. Our survey last year indicated we had enough interest in this service to follow it up. A brief summary is outlined elsewhere in this newsletter, and the savings you will make through the PNSW bulk policy initiative are impressive.

A printed membership form will be available shortly, but will not have the option of boat insurance.

Education Update

The recent Professional Development weekend at Penrith was an eye-opener for many who attended. It rammed home the need for full safety procedures to be documented and in place at every event, and for these to be followed on the day. Examples cited were recent fatalities in Victoria and at the World Masters Games, where even though best practice was apparently followed, there still remain questions about the actual conduct of the event.

But it also reinigorated education in a big way, with many lapsed qualifications being renewed, others gaining theirs for the first time, and an impetus for further instructor and coaching courses being created. PaddleNSW thanks Ian Dewey, Australian Canoeing Education Officer, for making the trip across from South Australia for the conference. His presence contributed enormously to the successful outcomes. However, PNSW secretary Lynn Parker must take all the credit for the success of the weekend. Her vision for the original concept, persistence in sourcing presenters and facilities, and a belief that sufficient numbers would arrive to make the weekend worthwhile, are to be admired. A couple of weeks out, we had the decision upon us to cancel or continue. Fortunately, we followed her instincts, and the decision was well justified.

The formula for the weekend has great potential for taking to regional centres in a condensed format. Stay tuned for announcements of forthcoming Regional Professional Development weekends, where you too may gain those valuable qualifications to enable you to contribute to the development of paddlesports in your area. Canberra is next on the list for a coaching course in the next few weeks.

Club Education Update

Thanks to the many Clubs who have submitted the Club survey online. It's been of great assistance to review the need for training across NSW. Then some of the Clubs have submitted an Education Policy of how they might spend a small grant to increase the number of Instructors and Coaches in their Club.

To date: these are the outcomes to this PNSW Education Initiative.

At the Education Conference held at Penrith May 29 & 30: Burley Griffin, Illawarra, Shoalhaven, Lane Cove, Dubbo and the River Canoe Clubs were successful with new awards to coach, instructors, guide or a plan to the next steps to full accreditation for many experienced paddlers.

The Far North Coast Canoe Club will be provided with an Instructors Course in October and a refund for expenses for their new coach's course in Sydney. Burley Griffin will be provided with a Coach course by the end of July.

Is your Club participating and received an agreement with PaddleNSW to assist in the development of Coaches and Instructors? **IT'S NOT TOO LATE** - Go to the Education Page on the PaddleNSW website at <http://www.paddlensw.org.au/currentcourses.html> under CURRENT PaddleNSW Course and see how its done.

Paddlesports Report

Open Water Racing

The recently concluded Harbour Racing Series around Sydney proved the statistics correct; open water paddling (ocean racing, harbour racing, etc) is one of the fastest growing paddlesports in the country. The HR series concluded with a great event at Pittwater, organised by Manly Warringah Kayak Club, and featuring no less than 3 K4's battling it out up to Palm Beach and back. Unfortunately, rudder problems forced one of the K4's back amongst the fleet...the others were out front and having fun.

Paddler Safety

The recent move to improve paddler safety in Open Water events is a welcome change. Led by champion paddlers Dean Gardiner and Yanda Nossiter, and other event organisers, compulsory wearing of PFD's and the carrying of leg-ropes on skis and outriggers is now to be enforced at all their offshore events, including the upcoming Fishermans Beach series (once again run by MWKC). The recent availability of suitable PFDs that are very comfortable and snug fitting means there is no reason for competitors to avoid their obligations for personal safety. Current regulations permit paddlers within 400m of shore the option of not wearing a PFD, so most rounds of the Harbour Series did not make this compulsory, though they were required to be available at the race director's discretion.

The **Marathon 10** series has been going through some tough times recently. Problems with the race timing system have meant that results for the last two rounds have not been forthcoming in an acceptable time. A new web-based system is being trialed, and if successful will have many benefits for competitors.

Results will be instantly available once the final competitor has crossed the line, sorted into divisional winners and accumulated point scores. Additional features will be immediate access to results on the web, and a variety of different finish line systems, including transponder and wire and manual keypad entry. However, the biggest improvement in things Marathon is the appointment (read co-opting!) of a new Marathon Technical Committee. Geoff Horsnell, Jack Ward, Tom Simmat and Craig Dodd have between them a wealth of experience in this paddlesport, and will help the overworked PNSW committee take marathon forward into the future. I don't think they were aware of just how much there is to do, with organising future championship events, revising competition rules and training officials, but I do know they are up to the task. We thank them wholeheartedly for their assistance.

Sprint Series

The first event in the 2010 Sprint Series is happening in a few days time. It's cheap as chips (depending where you buy them), at \$20.00 for as many events as you can enter. And the best thing is you will be paddling against those your own speed, in any boat you want to. A formula for fun.

Paddlesports Industry Committee

Here's something for those more connected to the business side of paddling. The recent Professional Development conference highlighted the need for consistency in delivery of training and employment opportunities, and for a united body to represent and advocate on behalf of the paddling industry.

The paddling industry is very diverse, and currently does not have a united and representative voice where almost every other industry group does. Whether it comes to setting minimum standards for employee qualifications, working on uniform and relevant employee awards, marketing the sport, or political lobbying, a representative body supported by industry will have much more effect than individuals working on their own.

PaddleNSW is looking for interested persons to join a representative group to work on issues currently affecting the industry. If you work in the industry, we'd love to hear from you.

NEWS:

Coming up in July:

July Sun 4 - **Northern Marathon Series** Race 3 Grafton

July Sun 11 – **Marathon 10s** Race 5 at Shallow Rock Reserve

July 2-5 - **Recreational Paddles** - Kayaking the Whitsundays. Tents & Meals provided. Snorkeling, navigation & cooking over open fires.

July Sat 17 – **Recreational Paddles** - Sydney's Middle Harbour – Tunks Park to Roseville Bridge return - **free for members** - just email to register tonycarr@ozemail.com.au.

July Sat 17 – **NSW Sprint Series** 2 SIRC

July Sat 24 - **Hawkesbury familiarization** No 2 Windsor to Sackville. *Entries are now open – [click to enter or for info](#)*

BOAT INSURANCE SCHEME

To address the problem of most Home & Contents Insurances not properly covering boats while on the water, you can now insure your boat under the Paddle NSW policy, at excellent rates.

The insurance covers accidental loss, or damage to your boat, theft, malicious damage and latent defects.

Your boat is even covered during competitive events - anywhere on land or water in the geographical limits of Australia.

For a boat up to \$4000 in value, the annual premium is \$85. For a boat \$4000-\$5000, the premium is \$106. For a boat \$5000-\$6000, the premium is \$127. Underwritten by reputable Insurer Zurich Australian Insurance Limited, Associated Marine will either pay out if your boat is a total loss, or replace it.

Repairs are also covered up to the sum insured. For more info: <http://www.sgp.com.au/>

GRANT MONEY UP FOR GRABS

Clubs can apply for a \$500 - \$10 000 grant, from the Department of Communities. The Sport & Recreation Participation Grant aims to encourage more people to do sport and provide training and accreditation. Closing date for applications is 5pm, 6 July 2010.

For more info <http://www.dsr.nsw.gov.au/grants/srpp.asp> or phone 13 13 02.

ATHLETES ASSISTANCE SCHEME:

This scheme will provide travel and/or accommodation for young athletes and their coaches to attend competitions and coaching in State based camps. If you need to travel further than 120 km and provide a small statement as to how the funding will assist you, name one camp already held or planned for this year, and demonstrate some efficiencies in travel, PaddleNSW will do their best to fund all of the young athletes.

Because funds are limited PaddleNSW will request a CLOSING DATE of August 1 2010 for submissions. Decisions will be announced by August 21 2010.

KEEN TO COACH? - EMPLOYMENT OPPORTUNITIES:

PaddleNSW will need a bank of qualified instructors and coaches NOW to run courses throughout NSW. Please consider assisting PNSW to raise the level of paddling skill and safety across the State.

Appropriate remuneration and expenses will be provided to those conducting courses.

Send a one page CV of your qualifications and experience to deliver training AND your availability. Weekday ONLY, weekend ONLY, or ANYTIME to be negotiated.

PELICAN RESCUE MISSION

On a Paddle NSW Recreational Paddle to the Central Coast in May, Patricia Thomson reports on how her Purple Mirage 580 became a Pelicambulance:

We found Percy near the Island colony of Pelicans. Rather than fly off with the others when we approached, he just floated, wings droopy, clearly cold, wet & weak. We realised he needed help and without much more than a wingflap, he quietly let us put him on the front of my kayak. A bit panicky and smelly, Percy & I were towed back to Woy Woy. Here we contacted W.I.R.E.S. and then Pelican Rescue. I drove Percy in the front seat of my trusty Nissan Ute to Ourimbah to meet the Pelican Rescue ladies. I turned on the heater on in the ute and wrapped Percy up in my good jacket. He soon felt warm and decided to stretch his wings across the car, making it rather difficult to drive in a straight line. Once at Ourimbah, Percy managed to frighten a couple of Japanese Tourists who rushed up to the ute hoping for directions. He launched at them with his beak. They spoke no English, so left scared probably thinking everyone in Oz was mad. Percy was handed over to Pelican Rescue and he immediately regurgitated a belly full of worms on the back seat of the carer's car. I'm glad he showed me respect and waited till now to rid himself of his parasitic passengers.



Pelican Rescue explained that Pelicans - especially juvenile males like Percy - in areas like Brisbane Water, Tuggerah and Munmorah Lakes get Botulism (not transferrable to humans) by eating fish, which have eaten weeds affected with botulism. It is important to rescue the birds within 24 hours of being affected as birds become too weak to swim, and by the time they reach shore themselves, they are usually too far gone to be saved.

Percy was taken to the Pelican Rescue B&B, placed on a drip to rehydrate him, dewormed, given rest and plenty of fish smoothies to get his strength back for



when he gets released.

I would like to thank whoever towed me and my precious cargo, Percy Pelican home - it was a great effort and all the more fantastic, because we saved Percy's life!

REGULARS:

GREAT SHOT – PHOTO COMPETITION

Photo by Ian Fevre (Harbour Series photographer)



TECH TIP:

National Canoe Slalom Head Coach Mike Druce recently spoke at the PaddleNSW Education Conference. His advice on stroke technique:

- His 3 key words are posture, balance and power.
- Aim to sit tall in your boat, rotate your body, and open your shoulders, always lean on the boat - never lean on your body.
- Get power from working your big muscles first.
- You are the link between the paddle & the water, grip the water with the blade, get around it with momentum like you would around a post & transmit that force into the boat.
- Critical part is the beginning of each stroke – the paddle must be vertical for best effect.
- To improve just keep going back to basics.

BUY SELL:

For Sale:

Rocket Sea Kayak - \$980 Contact Don: W: 029807 7282 (9-5) H: 029484 5008

2 x near new single Prijon Sea Kayaks \$1800 Contact Lauren 0424 302 893

Wanted:

Rudder Mounting for Greenlander 2

Basic beginner training kayaks

For photos & details for all or above, go to **For Sale & Wanted** on our **Forum** <http://www.paddlensw.org.au/forum/>

Also in our **Forum**: meet a paddle partner; read about or post your own great spots to paddle; fellow paddlers tell their own stories of their highs & lows in recent races and would also love to hear yours.

If you have any paddle gear you'd like to buy or sell, please email info@paddlensw.org.au to place your classifieds here.