



410 Pittwater Rd, North Manly NSW P: 0414 45 46 48 E: contact@oceanpaddler.com
 Open: Monday to Friday 9am - 5pm and Saturday 10am - 5pm

Welcome to the November issue of Paddle News

MESSAGE FROM THE CHAIRMAN

To the Paddlers and Paddle Clubs of NSW

The NSW Sprint Championships will happen next year, courtesy of PaddleNSW volunteers who have answered last edition's call to assist, and the experts from the National Sprint Technical Committee who will bring their race technology to our event.

Hopefully, we will train some new officials from amongst our volunteers, as we need expertise in NSW that is at present sadly lacking. Why not volunteer yourself? Contact sprint@paddlensw.org.au for information.

The issues facing sprint racing in NSW are firmly on the agenda of Australian Canoeing (AC), our national paddlers' organisation. AC is now becoming ever more responsible for the administration of the high performance programmes for that sport, (the transition from AIS administration being a gradual process over the next few years), so maintaining a broad interest in sprint at grass-roots level should be high on their agenda.

That's where I see my own participation in sprint. Grass-roots level.

When I got back into paddling I never dreamed I'd be able to paddle a K1, let alone race one.

But along with trying other forms of the sport, I found the challenge of 'skinny' boats irresistible, and gradually worked on balance and technique ... I've still got a long way to go.

I'm sure there are many who look at these racing boats in a similar way. There are always cheap K1's and 2's sitting around in clubs and under houses, just waiting for someone to dust them off and learn to paddle them. Of course, you'll go for the occasional swim, but once you get the hang of them, there's nothing quite like the responsiveness and speed of K boats. It brings a smile to my face every time I get in one.

For those trying them for the first time, there are some quite stable K1's and especially K2's available, and a healthy market for trade-in boats as paddlers move toward the 'pointy end' of K boat technology. And of course, for the new converts to sprint boats, we have to provide more competition opportunities for those who can't resist.

With our new Sprint Technical Committee established, we have a rejuvenated sprint programme to consider.

Imagine ... Instead of the Winter Sprint Series out at SIRC, why don't we have a series of club races after the Marathon Season, late Spring and Summer, in club home waters; nothing too high-tech, just a simple timing system for results. And the races could be based on a divisional system, not the categories that divide paddlers into a myriad of small classes of one or two paddlers. There would be six or so divisions based on a paddler's time over 500m. Improve by 10 seconds and you move up a division. Doesn't matter what boat you paddle, what gender or age you are, whether you are in a single or double. **Just get out there and have some fun!** It will teach you a lot about yourself, about how you can manage your energy and aerobic fitness, and your technique. And you will be racing against those of your own speed. You can be as slow as you like!

Back to reality ... **We need your support at the NSW Sprint Championships on 14 and 15 January**, at our own world-class sprint venue in Penrith. There are new automated start gates installed, so come on out and try something new.

Entries will open shortly for the two-day regatta, with 1000m and 500m events on Saturday, and 200m, 200m relays and 5000m events on the Sunday.

See you there!

Tony Hystek

COMING UP IN DECEMBER

- 3 & 4 Beginner Whitewater Experience (NOW FULL)
- 3 & 4 Whitewater Training and Assessment for Guides and Instructors
- 10 Coach Flatwater Level 1 Course (Day 2 of 2)
- 27 – 31 Murray Marathon

In this issue:

NEWS

- [Boat Insurance](#)
- [PFDs](#) - wear it!
- [Education](#) - improve skills, gain confidence
- [Athletes Assistance](#)

REGULARS

- [Recreational paddling](#) - broader programme for 2012
- [Trip Profile](#) - The Snowy River runs free
- [Paddlesport update](#) - Marathon
- [Paddlesport update](#) - Canoe Polo
- [Membership](#)
- [Useful Links](#)

Entries are now open for the Australian Slalom, Wildwater and Schools Championships.

The on-line entry form can be accessed from the event website at <http://canoe2012.canoe.org.au>

[Click here](#) for the full PaddleNSW calendar:

NEWS

Boat Insurance Scheme

Unfortunately, Insurics are no-longer offering boat insurance to PaddleNSW members.

In a letter to PaddleNSW Insurics states:

"I am sorry to advise you that the insurer for PaddleNSW, Associated Marine, has withdrawn from private pleasurecraft insurance. Consequently we will not be able to invite renewal of policies after 31 October 2011. We will contact all existing policyholders and advise them. Associated Marine will of course honour all current insurance contracts until expiry of cover"

PaddleNSW is in the process of negotiating insurance with another provider. We will advise members when we have arrangements in place. Please be assured that all current financial members who have boat insurance will continue to be covered by Insurics until their policy expires.

[Back to top](#)



PFDs (Lifejackets)

Maritime regulations enforced from 1 November 2011 !

See the regulations at: http://www.maritime.nsw.gov.au/sbh/safety_equipment/lifejackets.html

[Back to top](#)

EDUCATION



Wanted: Experienced Trip Leaders, Qualified Guides and Club Leaders

URGENT DEADLINE for whitewater guide/instructor training and assessment. If you are already an experienced Club Trip Leader, then demonstrate your experience, skill and knowledge at the course planned for December 3 & 4 on the Barrington River. Express your interest TODAY by email to education@paddlensw.org.au

The PaddleNSW policy is that all PaddleNSW recreational trips are lead by qualified leaders, and to this end PaddleNSW will support members who volunteer to lead PaddleNSW trips.



Calling Qualified Guides and Club Leaders

Work in the Industry and PaddleNSW.

Use your qualifications to promote paddling to the Community for paid or volunteer work in leading trips for the industry or PaddleNSW Recreational paddles.

You will be put in contact with either the company, host organisation or Club requiring guides/trip leaders for various trips or events, or

Design and lead your own recreational trips for PaddleNSW recreation. These trips will be advertised on the Website and organised for you by PaddleNSW. All you have to do is ensure a quality experience for the participants.

Be employed to deliver training and assessment courses for PaddleNSW.

[Back to top](#)

Athletes' Assistance

Please note that PaddleNSW will assist with travel of its young country athletes to attend state based competitions for training or race experience. Full details are on the website under Resources – keep your expense receipts for this year ready to submit by the end of year deadline - December 30.

[Back to top](#)

REGULAR FEATURES

RECREATION

Recreational paddling is getting an overhaul!

The Recreational Programme of PNSW is a series of supported paddling adventures for members, and is set to continue its expansion into the future. Based on the very successful format put in place by long-standing committee Chairman Tony Carr and the Rec Committee, there are now even more opportunities to participate in and even organise your own recreational paddle trip and have it included in the PNSW calendar of events.

Whether you choose to paddle inland estuaries or rivers, whitewater or sea kayaking, PaddleNSW recreational adventures provide an opportunity to paddle in the company of experienced guides and knowledgeable locals who add additional value your trip.



What better way to introduce your friends or colleagues to the joys of paddling, and to discover waterways you have never paddled before.

Start your journey now by discovering some lakes, rivers and inlets in NSW by clicking [here](#) to purchase a copy of the Guide to NSW Canoeing.

And if you have a favourite stretch of water, and know a little about the local history or geography, why not contact recreation@paddleNSW.org.au, and find out more about becoming involved in the PaddleNSW recreational series.

If you have your Flatwater Guide or Instructor qualifications, we'd like to hear from you. Our Recreational programme is expanding quickly and we invite you to help lead some of our paddles.

[Back to top](#)

TRIP REPORT

The Snowy River Runs Free



from the Rivers Canoe Club of NSW joined experienced
 malist to paddle the Snowy River from Maclaughlin R junction to

of the Maclaughlin River to "Half-Way" flat on the Barry way at
<http://www.youtube.com/watch?v=183EHXmjA1Y>

native animals, debris, Corrowong Falls and Snowy Falls.

The 2012 Australian Marathon Canoe Championships will be held at the Sydney International Regatta Centre (SIRC) on the 7th & 8th April 2012.

Hosted in NSW this year, this is a great opportunity for club members to participate in Junior, Open and Masters single and double events with K, TK, Ski and Spec boats. Get a team together and start training now!!

PaddleNSW is hosting the event and is seeking a commitment from every NSW club to provide a minimum of 2 members to volunteer to assist in running the event. Volunteers can assist on one or more days.

In preparation for the event, a Marathon Officials course will be held on the 4th February at MWKC (Narrabeen) - this is required to be completed by anyone who will be officiating at National events.

PaddleNSW is also seeking a number of volunteers to undertake this ONE DAY and FREE course (subsidised by PaddleNSW Education). Once qualified as an Official you can officiate at State, National and International events.

Of course an event of this size needs lots of volunteers and the more the merrier – so please distribute this and publicise to your club members ASAP!

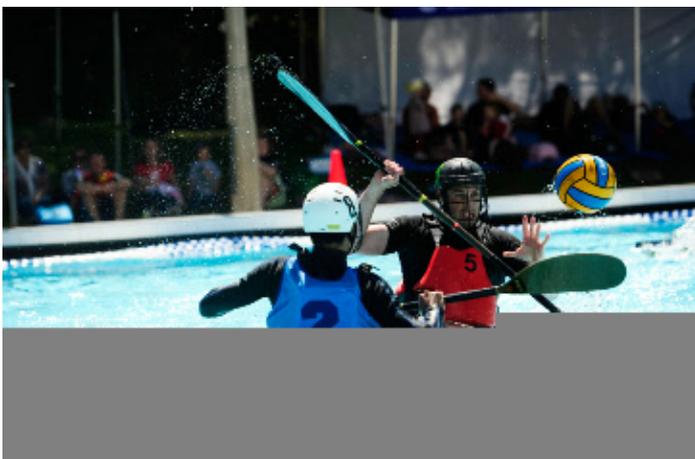
If you can't make the Nationals, the State Marathon is on the 7th & 8th July and PaddleNSW is now inviting clubs to host or co-host this event. WCC & PVC did an excellent job last year and made some nice \$\$ for their clubs in the process.

If your Club has members who are prepared to assist as Volunteers or Officials at the Nationals, or if your club has an interest in hosting or co-hosting the State Marathon, please send through all details to marathon@paddlensw.org.au and be the first to be part of these fantastic events.

Any other enquiries please phone Geoff Horsnell 0409404366 or Tom Balaam 0400 977 026

[Back to top](#)

CANOE POLO



[Salim Aljunied (NSW) tackling Anton Holmes (SA)]

On the last weekend of October the Burley Griffin Canoe Club (BGCC) hosted the 2nd event of the 2011-2012 Summer Series in Canberra. Sydney had a strong attendance with the NSW Lakers and several other individual players making the short trip

down.

The weekend saw the Lakers triumph through some hard matches to finally secure their maiden win in this series. Bob Sims played an outstanding final, scoring all three of the teams goals and leading the team to victory.

With great weather and a friendly environment across all levels of canoe polo, all players had a great weekend on and off the water and are looking forward to the next event of the Summer Series in Adelaide.

Read the article reported in the Canberra Times.

<http://www.canberratimes.com.au/multimedia/30610/374065/the-australian-canoe-polo-selection-trials.aspx>

[Back to top](#)

MEMBERSHIP

New Online System

All existing members should have received login details for access to the website. Logging in to the website will allow members to update their personal details and comment on articles. We ask that all members use the 'Profile' pages to keep their details up-to-date. In future there will be items that will only be available to members.

If you haven't received login details yet, you can create your own. Click [here](#) to go to the account registration page. Make sure you enter your membership number in the field under the 'My Paddlesports' heading.

Online Store

Members are now able to purchase white or navy PaddleNSW branded caps and the very popular reference book, Canoeing Guide to New South Wales via the Online Store by clicking [here](#)

[Back to top](#)

Useful Links

You Tube technique video on http://www.youtube.com/watch?v=hCqvnfB0kt8&feature=player_embedded#!

[Back to top](#)