

**Issue 10.2 The February 2010 Edition****PRESIDENTS MESSAGE**

Hello Paddlers

The New Year brings new challenges and more great initiatives for members.

**PNSW Sprint Championships**

Getting through the recent NSW Sprint Championships was a challenge in itself. A massive programme of 80 events, and 150 paddlers, highlighted the depth of talent in NSW sprint racing, and also the ability of PaddleNSW to provide the required level of expertise and organisational capability. Yes, the regatta fulfilled its promise of 80 events in 3 distances, and SIRC were outstanding in their level of assistance and flexibility. However the PNSW Management Committee were left to organise the event in the absence of an effective Sprint Technical Committee, and many of the roles were handled by volunteers, wonderful hard-working people but largely inexperienced. We managed, just. The future of Sprint, along with Marathon, relies on having an effective Technical Committee to oversee the conduct of these events, and to enable paddlers to use them as a stepping stone to progress to National and International competition. In addition, these Technical Committees have the opportunity to further develop the Sprint Series and Marathon Series events throughout the year. For those who have benefitted from access to competition in the past, now is the time to consider putting something back into the sport. The PNSW Management committee can only be spread so thin! Please contact admin@paddleNSW.org.au if you are interested in standing for nomination to a Paddlesport Technical (Organising) Committee.

**NSW Marathon Championships**

Fortunately for PaddleNSW, Manly Warringah Kayak Club has stepped up to host the upcoming State Championships at the end of the month. Plans are well under way, with registrations open, details posted on the website and fine weather booked. Entries close on the 21<sup>st</sup> Feb, so enter now before you forget!

## First Aid Training

PaddleNSW now offers certified training in Senior First Aid. It will be provided by ABLAZE Total Solutions [www.ablazesolutions.com.au](http://www.ablazesolutions.com.au).



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

### **FULL COURSE:**

Saturday 13 March 2010. 9.00 – 5.00 pm (Bring your lunch) -**\$88**

### **RECERTIFICATION:**

Yes – an intensive 4 hour course for those who need to renew their certificate.

Monday 15 March 2010. 6.00 – 10.00 pm (Bring your dinner)- **\$88**

**HOW:** email [admin@paddlensw.org.au](mailto:admin@paddlensw.org.au) to book – first come first serve basis. Pay by February 28 to confirm your booking and receive further details about course notes and pre-study!

## Boat Insurance

The big news is that further negotiations have taken place with our Personal Property Insurance brokers resulting in a great, simple to access deal for members. As part of the Membership Renewal process, an option will exist for members to include insurance for their boats. A summary of the insurance package will be available shortly, but in essence, your boat is insured at any time, including competition, unless left unsecured and unattended (ie: subject to easy theft)

There will be 3 levels of boat insurance value offered, most probably up the \$3000, \$3000 – \$5000, and \$5000 - \$7000 or thereabouts. It will be available as a payment option with your membership renewal, and you can insure as many boats as you like, though there will not be any bulk discounts. You will be issued with a sticker similar to your membership card, which will identify the boat you have insured. PaddleNSW will provide the broker with your details so they can send you the policy documents, and they will deal directly with any claims you may make. An excess of \$100 is envisaged for each claim. A snapshot of the boat may be required to verify the boat insured.

At the moment, this insurance is available with a new / renewal membership, but an additional facility will be provided for members to insure new purchases or change their boats at any time throughout the year. All policies will be renewed at 1<sup>st</sup> July, so insurance up till that time will be available on a pro-rata basis.

More details will become available as we approach the new membership year...stay tuned!

## New Clubs

Welcome Wondomnom Paddle Club, out on the Macquarie River. Taking inspiration from the recent Macquarie Blue festival, they are committing themselves to regular paddles of the Macquarie River from Wellington, through Dubbo and on to Narromine.

## Single Event Memberships

Some of you may by now have seen the new single event membership pads sent out to all clubs and event managers. We are hoping this will streamline the single event process, provide a financial incentive to clubs to process these memberships, and most importantly, provide paddlers with the protection they deserve when participating in organised club or association activities. There has been confusion in some minds as to when a new paddler is attending a 'come and try' experience, and when they are participating in an event that requires membership. It can be simply explained as follows:

A 'come and try' experience is designed to introduce the new paddler to what a club has to offer, and often to their first paddling experience. They must be in the close company of a club representative, who will take on the duty of care for the safety of that paddler, while providing them with a rewarding experience that may convince them to join the club. Where a structured activity is undertaken, such as a recreational trip with a defined route and destination, or a competitive event, then the paddler is required to be a member of PaddleNSW, simply achieved by taking out a Single Event membership.

## First Sydney Harbour Series Event Attracts Almost 100 Paddlers

The 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 water ways around Sydney.

It is also good for that large group of paddlers who are itching to get out into 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 23<sup>rd</sup> 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 Bradley's 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 finish or else think about how they would finish the next race, which is at Cronulla Bay on 13<sup>th</sup> Feb.

Harbour Racing Incorporated is an initiative of a group of surfski paddlers operating under the umbrella of PaddleNSW. It is a groundbreaker 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, beginner's young and old, women and men. Just grab a ski, OC or sea kayak and see how you go! Find all the details at [www.harbourracing.org.au](http://www.harbourracing.org.au)

### Marathon 10 Series- Dates for 2010

- Race 1 Sat 27th March: Molonglo River, Canberra (BGCC)
- Race 2 Sat 24th April: Narrabeen Lake (MWKC)
- Race 3 Sun 23rd May: Berry (ICC)
- Race 4 Sat 12th June: Hawkesbury (WCC)
- Race 5 Weekend of 10th & 11th July
- Race 6 Sun 1st August: Tacoma (CCCC)
- Race 7 Weekend of 21st & 22nd August
- Race 8 19th September: Lane Cove (LCRK)
- Race 9 16th October: Wagga Wagga (WBCC)
- Race 10 Weekend of 13th & 14th November.

### State Sprint Championships

The NSW State Sprint Championships were held at SIRC on Saturday 30<sup>th</sup> January. The inclusion of 200m events as well as the traditional 1000m and 500m events challenged the officials and volunteers, not to talk about the paddlers. After 80 odd races, and 150 competitors the event was completed by 6.00pm. What a feat!

A huge thank you to the Volunteers and especially the scouts that helped with boat holding.

Congratulations to everyone who raced that day, there were some close finishes!



## NSW Paddle Sports Awards!



Yes – we have one more Sports Award to announce. PaddleNSW will be offering a perpetual Club Challenge Charity Cup to the club which is the most successful at assisting the charity events. It will work like this, the club can enter one or more charity paddle events and the numbers participating and the funds raised will be submitted to PaddleNSW Awards Committee for scrutiny and presentation at the AGM or special gala awards function when we get big enough will be made to the winner!

The Club can elect which Charities they wish to support – but why not start with....

## Lifestart Kayak for Kids

### Sunday 28<sup>th</sup> March 2010, Sydney Harbour Blues Point to Clontarf.

Kayak for Kids is a 17.5km paddle on Sydney Harbour open to all ages. This "City2Surf on water" as it's been dubbed can be completed by paddlers bringing their own boat (surf skis, outriggers, sea kayaks, stand-up paddle board, etc.) or by teams relaying the distance on 3-persons sit-on-tops, hire of which is included in the entry fee. Paddlers compete for the glory and also great prizes. Fundraising is highly recommended on Everyday Hero

[http://www.everydayhero.com.au/event/kayak\\_for\\_kids\\_2010](http://www.everydayhero.com.au/event/kayak_for_kids_2010).



The spectacular course offers iconic views of the Opera House, Harbour Bridge, Balmoral Pavilion and the multitude of hidden beaches and coves on the Harbour. Whether completing the whole course on their own boat or dividing into relay groups each travelling 4-5km, participants will be treated to some of the most amazing views of the City seen from the water.

To find out more – about the paddle and what the event hopes to achieve, and also how to register or donate, please visit the website [www.kayakforkids.com.au](http://www.kayakforkids.com.au).

## PNSW Recreational Paddle Programme

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](mailto: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](http://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](http://www.paddleforlife.com)

## Kayak Technique Workshop - Sunday March 21

New to kayaking? Want to brush up on your paddling skills? 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 be demonstrated. Suitable for first time paddlers and those who have only been out a few times. Group and one-on-one tuition. Only \$65 including kayak hire. Venue Lake Narrabeen.

**Contributions** to the newsletter are gratefully received. Please send to [admin@paddleNSW.org.au](mailto:admin@paddleNSW.org.au)

Paddle NSW Inc. | ABN **46 043 881 042** | PO Box 6971 Silverwater NSW 2128  
Ph.02 8116 9730 | Fax 02 8732 1610 | [admin@paddleNSW.org.au](mailto:admin@paddleNSW.org.au) | [www.paddlensw.org.au](http://www.paddlensw.org.au)