



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 June issue of Paddle News

FROM THE PRESIDENT: Tony Hystek

President Focus

I think back to the time when I started paddling around 35 years ago. I was introduced to a kayak at Yarramundi. Fibreglass was pretty new then, and when offered the choice between a 'modern' whitewater 'glass boat, or a plywood tub that we had knocked up ourselves in class the week before, I chose the former.

My lesson consisted of being handed a paddle.

The difference in performance was remarkable. The 'glass boats were slow and cumbersome, while my friends raced off ahead in their homegrown ply boats, which looking back, had a much better hull shape for the conditions. I tried one myself just to make sure it wasn't me!

So ended the first lesson, and a rough and ready apprenticeship followed.

The rivers were up, so every weekend we were off to find adventure. The Macquarie was a regular favorite. More often than not, we'd have to wait for the river level to drop before we could paddle, and many a 'glass boat was smashed on the rocks before Kevlar was invented. We tried the first plastic boats, but their poor design meant they'd fold around rocks trapping the paddler by the legs. That was me!

Then the rain stopped.

There were very few alternatives for the recreational paddler than whitewater boats back then, and sea kayaks were in their infancy. However the sea was the only place where water was guaranteed, so off we went. Sea Skills? We learned them on the way. We taught ourselves how to roll by reading a book, and practicing above the weir in Lane Cove National Park (I can't believe we did that!) and Botany Bay.

We made it through those early days by luck and bravado rather than good management.

These days, new paddlers have a much better and safer experience ahead of them. There's an array of new and exciting or relaxing ways to enjoy the paddling; there are more clubs, more trained people who can pass on their skills and knowledge. There is an insurance scheme that offers protection to clubs, and there are better methods of communicating with other paddlers. Ocean Racing Skis and Outrigger Canoes, Stand-up Paddleboards, Freestyle Playboats, Fishing Kayaks, they're all developments in recent years that have captured the imagination of paddlers and extended the range of opportunities for people to get onto the water. PaddleNSW is here helping it happen.

But with the increase in paddling participation and diversity, we still have more work to do to improve access to the water. We ought to be able to paddle to the city, Barangaroo perhaps, and pull up next to a pontoon that's just the right height, pop our boat into a secure locker for the day, have a quick shower in the amenities block and walk to work. Such things we take for granted as impossible dreams; but should we? The facilities are there for the huge gas guzzler motorboats, as they seem to have more rights and access to wharves than a paddler in a kayak or canoe. Surely we should be making more effort to demand access to facilities that would extend our capability to paddle to work, or enjoy a weekend trip to the city? We can.

The Barangaroo development is still in the planning stages, and your request for facilities on this public development must be taken into account in the final design of the site. PNSW will collate and forward any ideas you have to the development committee for consideration. It's up to us; sit on your hands and nothing will get done. Speak in a united voice and we can punch well above our collective weight.

And if you live in an area you think could benefit from better facilities, now is the time to act. Does your club need a pontoon upgrade, some infrastructure, or do you have another project in mind?

There are NSW Maritime grants on offer to associations and statutory authorities to improve and develop these facilities. Assess the number of access points to the water, and propose the additions and improvements you'd like to see. Survey the local paddlers and see if they are satisfied with the current facilities. Then go to http://www.maritime.nsw.gov.au/mpd/infra_grants.html and get your club to support these developments.

In this issue:

NEWS

- [Education 3.2.1](#) - improve skills, gain confidence
- [Coming Soon](#) - Reel Paddling film festival
- [Blue Earth is closing down](#) - all stock must go
- [GST](#) - PaddleNSW is now registered for GST
- [Upcoming recreation paddles](#) - never the same place twice
- [Government Grants](#) - Its easy, \$\$\$ for your club!

REGULARS

- [Trip Profile](#) -
- [Athlete Assistance](#) - Addison McCormack
- [Tech Tips](#) - Hull Speed
- [Memberships](#) - Renew now for discounted membership
- [General Positions](#)

Tony Hystek
President
PaddleNSW Management Committee

Coming Up in July

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

02-Jul [NSW State Marathon Championships](#) [Enter](#)

09-Jul Senior First Aid - Sydney Olympic Park

09-Jul [Mid North Coast Ocean Series Race #3](#)

10-Jul [Rec Paddle - A Taste of Sea Kayaking: in search of humpbacks](#)

10-Jul HR Iceberg Series - Botany Bay

10-Jul Northern Marathon Series - Race 4 Wallamba Challenge

16-Jul PNSW Sprint Series - Race 2

16-Jul Open Water Surf Ski Coaching L1

23-Jul [Marathon 9 Series Race #6](#) [Enter](#)

30-Jul [Rec Paddle - Hawkesbury Magic!](#)

News

Education, 3,2,1!

3. Senior First Aid Certificate

When: July 9

Where: Sydney Olympic Park

Go to [website](#) under Education/current PaddleNSW courses for all details.

2. Open Water Surf Ski Coaching Level 1

When: July 16 & 17

Where: Sydney

Go to [website](#) under Education/current PaddleNSW courses for all details.

1. Whitewater Guide/Instructor training

When: August 13 & 14

Where: Barrington River

Go to [website](#) under Education/current PaddleNSW courses for all details.

[Back to top](#)

Coming Soon - Reel Paddling Film Festival

Come along for an evening of "the best paddling films of the year". See a selection of films from a range covering canoeing, sea kayaking, whitewater, fishing and sup. [Click here](#) for more information.

[Back to top](#)

Blue Earth is closing down

Unfortunately after 8 years Blue Earth is closing it's doors. All stock must go. [Click here](#) for more information.

[Back to top](#)

GST

PaddleNSW is now registered for GST as it is expected that in the 2010/11 financial all sources of income will take us over the \$150,000 threshold.

The Management Committee have determined to hold all memberships fees at the current cost for the remainder of the 2010/11 financial year.

Should you have any queries concerning this matter could you please email David Lunn at david@paddlensw.org.au

[Back to top](#)

Upcoming Recreation Paddles - add spice to winter kayaking

2 fantastic weekends on the water - which will you choose?

Exotic locations, great paddling and fun company - PNSW's weekend long Recreational Paddles are just the ticket! They start Friday night, finish Sunday afternoon and are easy to get to from Sydney. There's a range of accommodation available, a barbecue on Saturday night and free hosted paddles on Saturday and Sunday.

Forster Frolics on the mid North Coast – August 6/7

Join **Elizabeth Van Reece** and the Just Paddlers team for a great weekend on the pristine, clear waters of the Wallis Lake and Wallambah River areas. Sandy beaches, great wildlife viewing including hopefully some dolphins - and a tour of a working oyster farm. Group barbecue Saturday night. Contact Great Lakes Caravan Park to book accommodation. Easy/Medium.



Some happy paddlers on Smiths Creek, Ku-Ring-Gai Chase National Park on our Wesward Ho paddle on June 25

Treasures of the South Coast – Sat/Sun November 12/13

Experience the bush, bird life (sea eagles, black

swans, azure kingfishers) and the pristine inlets, creeks and wetlands of two beautiful south coast lakes, hosted by **Helen Moody**. A full day paddle Saturday across Burrill Lake into stony Creek. Sunday paddle to Termeil or Tabourie Lake to an uninhabited beach. See wild ocean beaches where dolphins often outnumber humans. We'll be based at the Beach Haven Holiday Resort at Ulladulla. Just under 4 hours from Sydney. Easy/Medium.

Single Day Paddle Programme:

A Taste of Sea Kayaking: in search of humpbacks - Sun July 10

Taking in some spectacular shoreline on exposed parts of Sydney Harbour, paddlers are likely to experience the fun of chop and swell, rebound from cliffs, probable beach landings and breakouts through small surf. Level 2 Sea Kayak instructor **Adrian Clayton** will lead the charge over 20kms in search of humpbacks heading north – and more. Genuine sea kayaks only - spray skirts essential. Numbers limited. Medium-hard.

Hawkesbury Magic: follow the route of the Classic – Sat July 30

Tim Dodd from Lane Cove River Kayakers, leads a recreational paddle from **Wisemans Ferry to Gunderman**, about 20kms. We'll stop for breaks and make it cruisey (it's not a race, a familiarisation or even a training paddle)! If you've never thought of entering the famous Hawkesbury Canoe Classic, you may want to once you've experienced this magnificent waterway. Car shuffle - the paddle is one way, with the tide. Medium.

THIS PADDLE ORIGINALLY SCHEDULED FOR MAY 1

Lake Macquarie (incl Pulbah Island) – Sat August 27

Experience Australia's largest coastal lake with **Marg and Rob Cook** from Lane Cove River Kayakers. They live there and know the area well. Starting at Cam's Wharf we'll cross the lake to Point Wollostoncraft, Dora Creek, Wangi Wangi and Pulbah Island. Route subject to conditions. Suitable only for sea kayaks – leave the narrow racer at home. Easy to get to on the F3. Medium.

Cooks River Surprise - Saturday September 17

We'll travel upstream with **Stephen Catlin** from the River Canoe Club with commentary from Nell Graham who is very familiar with the river and river rehabilitation. We will return to the club for an optional barbecue lunch. Long thought to be a polluted wasteland, this 23km waterway near the airport is undergoing restoration and revegetation to increase biodiversity and habitat for native species. Much good work has already been done. A tour of Wolli Creek will be available after lunch. Easy.

To register for any of these paddles go to the PNSW website, click on Recreational Paddles and follow the prompts. You must register – don't just turn up on the day.

If you have your Flat Water Guide or Instructor qualifications, we'd like to hear from you.

Our Rec programme is expanding quickly and we invite you to help lead some of our paddles. It's all very satisfying and great fun.

For more information contact Tony Carr, PNSW Recreational Paddle Co-ordinator at tonycarr@ozemail.com.au

[Back to top](#)

Its easy, \$\$\$ for your club!

The Better Boating Program (BBP) is a State Government grants program aimed at providing recreational boating infrastructure for the benefit of the boating community on New South Wales waterways.

The BBP provides individual grant contributions to proponents such as Local Government, State agencies, boating organisations and community groups for the development of public boating infrastructure.

PaddleNSW is working in conjunction with NSW Maritime to assist clubs in navigating through the red tape and getting grant applications approved.

Let us know at recreation@paddlesw.org.au if your club has any projects that may be eligible for a NSW Maritime grant.

[Back to top](#)

Regulars

Trip Profile -

Unfortunately, There is no trip report this month.

If you have been on a paddle recently that you'd like to share, email it to recreation@paddlesw.org.au to be included in an upcoming newsletter

[Back to top](#)

Athlete Assistance - Addison McCormack

Hi my name is Addison McCormack. I first began paddling in 2009 after watching my brother Blake compete. I was 13 years old. My first ever competition was at NSW CHS State competition. At the time I attended Trinity Catholic College in Lismore. I had to convince the school to allow me to go as canoeing was not offered at this school. To my knowledge I was the first student at that school to ever compete at a Slalom/Flatwater/Wildwater Canoeing event. I got a third place. I was very proud of this for my first ever competition. After that I started at Bonalbo Central School. I missed out on Nationals that year because of the costs involved in getting to Victoria and competing. Since then I have competed in all the North Coast Regional and NSW CHS State competitions, as well as the Nationals held at Nymboida this year. In 2010 my good friend Daniel Ryan and I tried out for selection as a NSW State team member in C2. We did really well and were chosen. We competed at Nationals

this year and placed third. Our second race was called off because of flooding. I just competed at the North Coast Regional event were I placed in MC2, MK1, MCI teams, Mixed K1 teams and C2 teams. At



Addison in the State Competition

(Addison McCormak)

[Back to top](#)

Hull Speed

What is hull speed?

Hull speed is the maximum practical speed of a displacement (non-planing) hull. Since a wave's length is proportional to the square of its speed, the wave created by a moving hull will at some speed become longer than the hull's waterline. At this speed the stern of the craft will no longer be supported by any of the following wave crests. You will feel the stern squat into the trough following the bow wave. You will also notice that far greater paddling effort yields little increase in speed because to go faster you must now, in addition to the other forms of resistance, also work against gravity to climb out of the trough.

How is hull speed calculated? (or is it measured?)

The formula for the speed of a water wave, 1.34 times the square root of the wavelength (in feet) equals the speed (in knots), is often used, by substituting the craft's waterline length for wave length, to calculate theoretical "hull speed". In reality many other factors including weight, slenderness, and the fullness of the bow and stern are also involved.

Since longer kayaks are potentially faster should I buy a longer kayak so I can paddle faster?

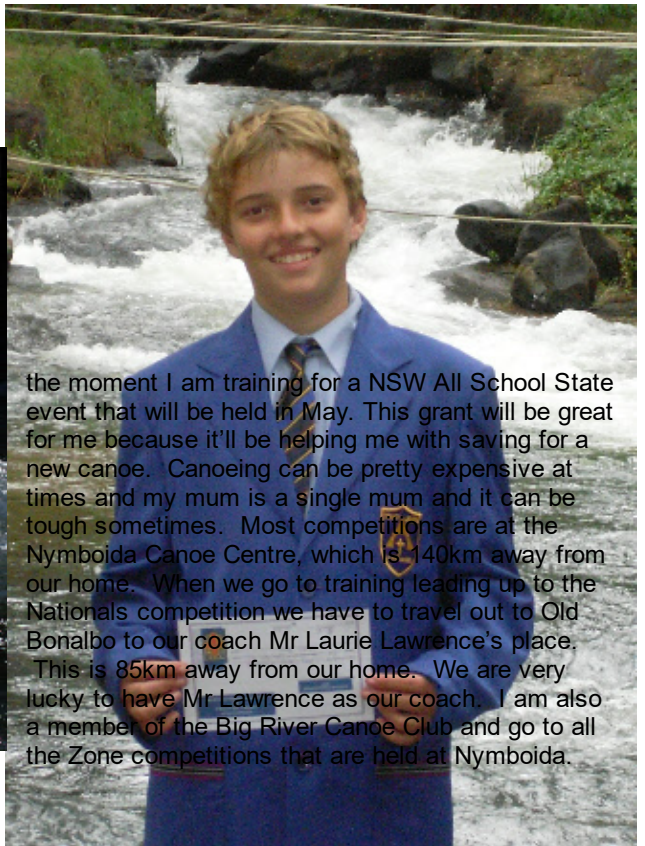
The concept of hull speed often leads to the oversimplification "longer is faster". This has caused many paddlers and several designers to buy or build kayaks that are extremely long in order to be faster. However, because longer, like wider, also means more wetted surface, there will be a length where all the available power will be absorbed by the increased friction, before hull speed can be reached. Longer then becomes slower. Unfortunately, the longer kayak will also require more effort at all lower speeds because friction is present at all speeds. The speed advantage of a long waterline is only apparent at top speed. Extremes of length (and then only up to a point) benefit a racing kayaker and few others. *If you can't reach hull speed (squat the stern) when paddling hard that kayak is probably too long and/or too wide for you.*

The above discussion only points out one of the disadvantages of buying a longer kayak, more work. There are several other disadvantages (other things being equal). It will weigh more and be more awkward to carry. It will require more storage room. But most importantly, in strong winds a longer kayak will be more difficult to handle (especially when not gear laden). This is due to the increased windage, the longer lever-arm offered the wind, and generally the slower turning speed of a longer kayak. Not being able to control your kayak in a strong wind could have disastrous consequences.

Source; <http://www.marinerkayaks.com/> >

(Garry Roberts)

[Back to top](#)



the moment I am training for a NSW All School State event that will be held in May. This grant will be great for me because it'll be helping me with saving for a new canoe. Canoeing can be pretty expensive at times and my mum is a single mum and it can be tough sometimes. Most competitions are at the Nymboida Canoe Centre, which is 140km away from our home. When we go to training leading up to the Nationals competition we have to travel out to Old Bonalbo to our coach Mr Laurie Lawrence's place. This is 85km away from our home. We are very lucky to have Mr Lawrence as our coach. I am also a member of the Big River Canoe Club and go to all the Zone competitions that are held at Nymboida.

Memberships

If you are not sure what your membership number is, go to <http://www.paddlensw.org.au> and click on MEMBERSHIP and you will find the membership list for 2010/2011. Let admin know if you change your details and let your paddling friends know if their name is missing.

Please note all memberships are up for renewal from June 30th 2011. Membership renewals for 2011-12 are now open, so please renew online at [register now](#). Register before the end of June to go in a draw to win some great prizes which include tow ropes, zoo passes, free PaddleNSW membership and more.

For more details, checkout <http://www.paddlensw.org.au> or call PaddleNSW on 02 8116 9730.

[Back to top](#)

Position Vacant

Currently an organisation in the Kangaroo Valley has a need for a Guide to work for 3 days from the 29th June to 1st July. It will be a Duke of Ed Group and the pay is very good.

Thanks to all of our volunteers and their tremendous efforts over the season.

Please contact us at PaddleNSW if you can help with either of these tasks.

[Back to top](#)

Useful Links

You Tube on the water action on <http://www.youtube.com/user/AustralianCanoeing>

[Back to top](#)