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 Open: Monday to Friday 9am - 5pm and Saturday 10am - 5pm

## Welcome to the October issue of Paddle News

### MESSAGE FROM THE CHAIRMAN

To the Paddlers and Paddle Clubs of NSW

#### Sprint Canoeing needs your help!

Sprint Racing was once the standard-bearer for paddlesports. It has been part of Olympic Sports since 1936, and so has a long heritage as the premier paddlesport of canoeing.

Unfortunately, though it remains on our Olympic calendar, participation in this paddlesport at grass roots level has been diminishing. Several clubs have recently ceased their junior sprint programmes for various reasons, but partly because of a lack of interest from club members to continue their coaching programmes in the face of diminishing interest from junior paddlers.

With the prospect of future selection from normal club coaching squads unlikely, there is little incentive for them to stay in club ranks. These days, early selection to elite development squads maps out a future for these juniors without the need for club involvement. Those in the Elite Development Squads are performing well thanks to the dedication of their coaches, however it seems that while the goals of the Australian Sports Commission to win Olympic medals have largely been met through the spectacular efforts of a few individuals, there has not really been the expected flow-on to increased interest in Canoe Sprint in the wider paddling community.

Several other paddlesports such as Ocean Racing and Marathon are far better supported in NSW for obvious reasons. Marathon suits the older demographic, while Ocean Racing is very attractive to all ages, though most younger paddlers are introduced to this paddlesport through Surf Life Saving.

In recent years, there has been insufficient interest from members to constitute a workable Sprint Technical Committee capable of administering Sprint Competition for PaddleNSW. It has been held together by a few dedicated individuals, who cannot continue to run these events almost single-handedly. Unless we can constitute this committee within one month, PaddleNSW will have to cancel the 2012 State Sprint Championships.

Here now is the final call for Sprint supporters to volunteer to create a workable committee capable of organising and conducting the 2012 State Sprint championships and Sprint Series. It's up to you now.

Please contact [sprint@paddlensw.org.au](mailto:sprint@paddlensw.org.au) with your expression of interest.

Tony Hystek

### Coming up in November

- 05-Nov [Vadja Marathon 9 Series - Race 9 - Wagga](#)
- 05-06 Nov [NSW State Slalom Championships](#)
- 05-06 Nov [Flatwater Guide/Instructor Training and /or Assesment](#)
- 06 Nov [Rec Paddle - Clarence River and the Kunguriabar Broadwater](#)
- 12 Nov [Tuross Lake Paddle Classic](#)
- 12-13 Nov [Rec Paddle - South Coast Lakes and Inlets](#)
- 19 Nov [BGCC 24 hour Challenge](#)
- 19-20 Nov [Whitewater Instructor assessment – Kangaroo Valley](#)
- 19-20 Nov [Macleay Valley Down River Race](#)
- 26 Nov [Canoe Polo Mudcake Challenge](#)

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

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## News

### PFDs (Lifejackets)

#### Maritime rules change from 1 November!

No more ambiguity. The main points are:

- All paddlers **must wear** a lifejacket on enclosed waters when more than 100m from the bank.
- All paddlers on kayaks and skis **must wear** a lifejacket when paddling on open water (ocean, bay or estuary)
- They must be **'approved'** (ie meet Australian or relevant other standards) and be either type 1, 2 or 3.
- They must be the **correct size** for the wearer.

See the new rules at: <http://www.maritime.nsw.gov.au/campaigns/lifejacket.html>

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### Education, 3,2,1!

#### 3. Flatwater Guide/Instructor Training & Assessment

When: November 5 & 6

Where: Cooks River

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

#### 2. Whitewater Instructor Assessment

When: November 19 & 20

Where: Kangaroo Valley

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

#### 1. Flatwater/Openwater Coach Course - Day 1

When: 27 November

Where: MWKC Narrabeen

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

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### Wanted: Experienced Trip Leaders, Qualified Guides and Club Leaders

**URGENT DEADLINE** for Flatwater Guide/Instructor training and assessment. If you are already a very experienced Club Trip Leader, demonstrate your experience, skill and knowledge at the course planned for **November 5 & 6** in Sydney. You **MUST**, however, express interest TODAY by email to [education@paddlensw.org.au](mailto:education@paddlensw.org.au). The PaddleNSW policy is that all PaddleNSW recreational trips are lead by qualified leaders, and to this end we will reimburse PaddleNSW members who volunteer to lead PaddleNSW trips.

**Calling Qualified Guides and Club Leaders** to express interest for paid or volunteer work in leading trips for PaddleNSW or the industry. As opportunities arise, you will be put in contact with either the company, host organisation or Club requiring guides/trip leaders for various trips or events.

**Level 1 Coach Course for Flatwater or Open Water Racing** BEFORE the end of this year. For the first time PaddleNSW would like to present Day 1 information relevant to both disciplines and Day 2 specific to either flatwater or open water.

PLEASE express interest TODAY to [education@paddlensw.org.au](mailto:education@paddlensw.org.au) if you are ready to attend Day 1 on November 27 and Day 2 on either December 4 for Flatwater or December 10 for Ocean Racing (OR a good argument for an alternate date.)

If you are already a qualified flatwater coach and wish to become qualified for Open Water racing, you should apply to complete only the Day 2 Open Water training. PaddleNSW is developing the Open Water Racing Course for accreditation; and when it's complete will be in a position to recognise this training during your final assessment on water as you demonstrate your ability to coach effectively.

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### Love the River - Volunteers Needed

Love the River is a community-based litter reduction and river awareness campaign that targets recreational boat users on the Hawkesbury River. Its key messages are "keep it clean" and "watch your wash".

'Love the River' partners invite you to join the campaign over the summer holidays 2011/12. Volunteers are needed at busy boat ramps to raise awareness of the iconic Hawkesbury River.

For details click [here](#).

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## Regulars

### **Free PNSW Recreational Paddles – which will you choose?**

Our popular Spring/Summer recreational paddle programme is in full swing, so join us on the water now as we've got some great locations coming up! Recently, we have been to Lake Macquarie, Middle Harbour and Cooks River. All PaddleNSW paddles are led by locals who know their stuff. You'll get some good exercise, enjoy spectacular scenery and get to know other members.

Register now for ...

#### **Clarence River and the Kunguriabar Broadwater Sun November 6**

Colin Cussel and the team from Far North Coast Canoe Club have a great day planned on this unusual natural dam. The plan is to paddle 12kms downstream along the beautiful waterway, stop for lunch and then paddle back to the starting point at Yates Crossing. Give Colin a ring on 0428 213 243, let him know you're coming and register online.

#### **South Coast Lakes & Inlets 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 magic Spring day for our paddlers on the Cooks River – Sept 17*

A full day's paddle on Saturday across Burrill Lake to Burrill Inlet. Sunday's paddle is to Termeil or Tabourie Lake to an uninhabited beach. See wild ocean beaches where dolphins often outnumber humans. We'll be based at the Big 4 Bungalow Park at Burrill Lake. Just under 4 hours from Sydney. Easy/Medium.

*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 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. We do all the administration – you just turn up on the day and assist the trip leader. It's all very satisfying and great fun.

For more information contact Tony Carr, PNSW Recreational Paddle Co-ordinator at [tonycarr@ozemail.com.au](mailto:tonycarr@ozemail.com.au)

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### **Trip Profile**

If you have been on a paddle recently that you would like to share, email it to [recreation@paddlesw.org.au](mailto:recreation@paddlesw.org.au) to be included in an upcoming newsletter.

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### **Marathon Update**



#### **Vajda Marathon 9 Series Wagga Wagga - November 5 at 1pm Online entries close at 3pm on Thursday, 3 November!**

This is the last race in the series for this year and we have some close results that may go down to the wire, remembering that it is double points for this event.

For those who have attended more than five events through the series we have a Vajda Australia kayak voucher for a K1 Accellero to the value of \$3,290 as the main prize to give away at the presentation night, which will be held at the William Farrer Hotel. As this is the last event for the year why not stay the night and socialise with the paddlers you have competed against all year? I know many paddlers look forward to Wagga and the presentation night come social event.

Wagga, like Sydney, has received above average rainfall so the river is at a decent 3.16 mts - there should be some great paddling!

### **Expressions of Interest**

#### *Be a Member of the Committee*

If you have enjoyed the Marathon Series, please consider putting something back – join the Committee and contribute to an even better series next year. Contact [marathon@paddlensw.org.au](mailto:marathon@paddlensw.org.au)

#### *Be involved in the National Marathon Canoe Championships*

We are seeking expressions of interest from persons who would be available for the National Marathon Canoe Championships during Easter 2012 for one, two or all three days to assist in running this event. We need both qualified and unqualified officials for all positions - water safety, starting, number distribution, scrutineering, boat weighing, etc. If you are interested please email [marathon@paddlensw.org.au](mailto:marathon@paddlensw.org.au).

The Marathon committee will also be running an officials course later this year, if you would like to do this course also email [marathon@paddlensw.org.au](mailto:marathon@paddlensw.org.au) and we will send you details of dates and times when available. This course will be no charge.

*Tom Balaam*

*Chair PNSW Marathon Technical Committee*

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### **Athletes' Assistance**

Calling young Country Athletes! Please note that PaddleNSW will assist with travel 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.

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### **Memberships**

#### **Member details**

Members are reminded to send [memberships@paddlensw.org.au](mailto:memberships@paddlensw.org.au) an email should any of their personal details change.

#### **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](#)

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### **Useful Links**

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

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