

# NEWS LETT ER

VOLUME 2  
ISSUE 3  
WINTER 2012

The success of this newsletter relies on contributions from **YOU!** If you've been on a trip, in a race, or just have an opinion or some news you want to share, please send it to [newsletter@maidstonecanoeclub.net](mailto:newsletter@maidstonecanoeclub.net). Articles should be short (between 100 and 250 words) and can be accompanied by a picture. The deadline for submissions for the next issue is 10th February, 2013.



Mark Corti, Editor  
[newsletter@maidstonecanoeclub.net](mailto:newsletter@maidstonecanoeclub.net)

**The Maidstone Canoe Club Shop is now open for business!**



Just in time for Christmas, a wide range of Club t-shirts, hoodies, flasks, lighters and other gifts are now available to purchase. Personalised, branded with the MCC logo or paddling-related designs, this is a great way to show your support for the Club.

[shop.maidstonecanoeclub.net](http://shop.maidstonecanoeclub.net)

Profits go to the Club.

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## From the Chair

**T**his has been a very busy period for your Chair, Paul Newman.



Nothing new then! There is always something needing attention. I have decided that a quick breakdown of how I get involved in paddlesport might give paddlers in the club an idea of what I get up to ...

### September:

11th South East Region Cttee Meeting as Hon Secretary  
12th Maidstone CC Cttee Meeting  
16th Medway Marathon and club BBQ at Carolines

18th Medway Paddlers Meeting  
21st Corporate adult group paddling from MCC

23rd FSRT Tonbridge CC

### October:

2nd River Medway Alliance Meeting  
6th FSRT Royal CC Teddington  
8th Racing course information for parents at MCC  
9th Medway River Users Association Meeting  
16th Maidstone Council and EA contacted re the sunken speedboat next to landing stage at MCC  
21/22nd Rivers Exe and Barle with club members. 3\* whitewater – successful club candidates and coaches.  
25th Foundation Module "Coaching the Mind"

*cont'd on page 2 ...*

## Whale Watching in British Columbia



*The fishing fraternity in Vancouver have their work cut out.*

**A**fter visiting some friends in Vancouver Island, we booked ourselves on a 3 night guided sea kayaking / whale watching trip, with Spirit of the West.

Starting at Quadra Island, way up the east coast of Vancouver Island, we had a 3 hour fast motor boat ride north (even managed to see some killer whales on the way), to the campsite on West Cracroft Island, on the Johnstone Strait. This is officially in the middle of nowhere, it's an uninhabited wilderness island about 20 miles long, no roads, no utilities, but plenty of bears, the nearest civilisation is back across the Johnstone Strait to Vancouver Island, about 20 miles west to the nearest road, and another 10 to the nearest small town.

What a setup – this is a permanent camp, as the ground is rocky the tents are on wooden platforms, and they have a heavy tarp over the top for extra protection. There's a cooking/eating area, made from the huge amount of logging driftwood on all the beaches, and a driftwood shower stall with a sea view, and HOT running water – they've got a cold water feed from a stream,

*cont'd on page 2 ...*

## Meet a paddler

*We caught up with Ian Bonsels, in between wild camping trips on UK riverbanks and farther afield, to talk about Proper Canoeing.*

**Mark:** So how long have you been paddling?

**Ian:** About 7 or 8 years.

**Mark:** And where did you start?

**Ian:** Here, at Maidstone Canoe Club.

**Mark:** What kind of paddling do you mainly do?

**Ian:** Mainly proper canoes! Not open boats – canoes!

**Mark:** Do you have a favourite bit of

*cont'd on page 3 ...*



## Wednesday Paddles

Wednesday night paddles are running as usual this winter. The Medway is lovely by moonlight, and a quick blast up to Tovil or down to the Malta is just the thing for keeping the paddling muscles moving (and shifting the Christmas spread ...)! Beginners are welcome, but please contact [mark@maidstonecanoeclub.net](mailto:mark@maidstonecanoeclub.net) in advance to ensure coaches are on hand. If the weather is truly vile then we might do an ergo session in the warm & dry instead!

## From the Chair

... cont'd from page 1

27th 3\* Touring kayak assessment

Tonbridge CC

28th FSRT for Maidstone CC.

30th Cutting steel for canoe rack  
alongside racing store

31st Fire regulation stuff being fitted at  
Maidstone CC.

In addition I have spent a (good) day at an auction in Bedgebury, managing to buy a great canoe for the club to augment our equipment and enable 2\* training and assessment as well as some canoe touring.

A letter has been received from LA Fitness, concerning car parking, a perennial. It is likely the barrier to the site will be reinstated. Keep checking the club website and the noticeboards for more information when available. In the meantime please park close to the club.

Two paddlers who have recently joined the club are of note. Aneta, who trains at 0500hrs daily, and another Lithuanian paddler who paddles high kneeling C1. Worth watching when he is on the water.

This winter I am planning some evening activities to keep paddlers involved and informed. Possibilities include archaeology on the Medway. Did you know there are Roman stones in the wall above Maidstone Bridge, or that opposite the club was a Roman villa? Geoff Hunter, one of our two Honorary Life Members has been asked to give a presentation on his two "firsts", around England in 1969, and around Iceland with Nigel Foster. Others are being considered.

Although the nights are darker, and the weather colder, we do not stop paddling. Just take more care! Hope to see you on the water during the winter.

Paul Newman, Chairman  
[chairman@maidstonecanoeclub.net](mailto:chairman@maidstonecanoeclub.net)



You'll look sweet, upon the seat, of a sea-kayak made for two. Steve & Ann in the stunning Johnstone Strait, B.C..

## Whale Watching in British Columbia

... cont'd from page 1

plumbed into an on demand calor gas powered water heater!

First time on the water that evening, with a mixed ability group of paddlers from Canada, USA, Holland, and Australia. Off we went in the provided sea kayaks, quality boats, but a mix of singles & doubles, so you had to rotate boats. Even complete novice paddlers coped really well, the paddling wasn't too intensive but it was open water, and we had NO swims. One interesting point, they use zero feather paddles, the beginners in the group just picked these up and off they went, paddling in a straight line, no problems from getting used to the 90 degree feather & going round in circles like we see at the club.

Saw some killer whales spouting across the strait, plus some enormous sea lions.

Next morning, we set off across the strait towards Robson Bight, and saw a pod of killer whales going across our bows about 200 yards ahead. The guide got us to raft up, as one of the whales detached itself from the pod and came over to check us

out, getting to within about 50 yards. Close enough, but totally unforgettable. These are big animals.

This pretty much set the scene for the rest of the trip, seeing more killer whales, humpback whales (at a distance), dolphins, sea lions, seals, and huge starfish, picnics on the beach sat on driftwood tree trunks, and superb food back at camp.

All too soon the 3 nights were over, but there was still more to come on the boat ride back.

Passing through Race Narrows (it's a tide race, but you wouldn't want to paddle it!), the tide was swirling round, and there must have been 20 killer whales feeding, not bothered by our boat. A fantastic sight up close, plus there were probably 200 dolphins that just seemed to be playing in the tide, surfing, jumping, chasing the boat.

Beautiful.

There are a few photos in the gallery.

By Steve & Ann Lee  
[steve@maidstonecanoeclub.net](mailto:steve@maidstonecanoeclub.net)



## Bowling Social Evening 30th November

We're going bowling! As a break from the river, and an opportunity to have a few beverages, Jane has organised a night out at Maidstone's AMF Bowling Alley, on King Street. It should be a good

night for the whole Club, so please come along if you can. Cost will be £4.50 for under-16s and £5.50 for adults. Please contact Jane on 01795 478847 or [secretary@maidstonecanoeclub.net](mailto:secretary@maidstonecanoeclub.net)





Ian Bonsells looks back on the final portage of his Boundary Waters "proper canoe" trip this year.

## Meet a Paddler

... cont'd from page 1

paddling kit you wouldn't be without?

**Ian:** Probably my Grey Owl Guide paddle. Not too thin, not too thick – just right. Just a nice touring paddle.

**Mark:** So what's been your favourite day on the water in the last 7 or 8 years?

**Ian:** 7 or 8 years? Probably the trip I've just recently done in Canada & the USA. On the main lakes, in Minnesota, Boundary Waters. Which is probably one of the best ones other than paddling in Norway.

**Mark:** You've got around a bit, then!

**Ian:** Yeah.

**Mark:** So what were you doing in Boundary Waters?

**Ian:** Boundary Waters was a 5 day trip. We started off in America, drove up to a place called Ely, went up to clear Canadian customs, then got into an old 1960s single-propellor Twin-Otter floatplane. Got flung out in the inter-Canada waters, literally in the middle of nowhere, just saw the lakes one after another after another. You're thinking 'OK, I wanted wilderness, but this is a bit more wild than what we thought!' Yeah, really good – didn't see anybody for the first 3 days. There was a group 4 of us, which I paddle with and take my lessons with. We got a group of us together. Top trip!

**Mark:** Finally, where do you see yourself in 5 years, paddling-wise?

**Ian:** Probably doing as much as I am now, just finding different places to paddle. Different countries, different places. After doing a trip like that you realise how much more is out there. I think Algonquin park [Canada] is the next one, in a few years time to save up for it. Germany, quite a lot in Germany I quite fancy doing, that might be the year after next.

By Mark Corti and Ian Bonsells  
[mark@maidstonecanoeclub.net](mailto:mark@maidstonecanoeclub.net)



## Coaching and skills upgrade

Bill & Niki Norman will be running a series of coaching & training sessions this season, covering such things as:

- Capsize & Rescue Drills (2\* and 3\* standard)
- Rolling technique, beginners, improvers and advanced
- Introduction to moving water
- Introduction to white water
- River confidence courses
- 1\*, 2\* and 3\* training & assessments
- 4\* pre-course training

Please contact Bill & Niki direct to express your interest and for dates and times, and keep an eye on the calendar on the website. A small charge may be made for some of these sessions to cover expenses.

[cdg@maidstonecanoeclub.net](mailto:cdg@maidstonecanoeclub.net)  
[niki@maidstonecanoeclub.net](mailto:niki@maidstonecanoeclub.net)



Leanne coming into the final portage well ahead of the field in the Elmbridge Hasler Marathon for the win

committee

## Meet a paddler

Leanne is the Racing Bo'sun at the Club as well as the Racing Team Manager. We spoke to her before one of her regular training sessions at the Club.

**Mark:** So how long have you been paddling?

**Leanne:** Fifteen years.

**Mark:** How old were you when you started, then?

**Leanne:** Eight.

**Mark:** And what kind of paddling do you most enjoy?

**Leanne:** Flat water racing. Sprint.

**Mark:** Over what kind of distance?

**Leanne:** 500 metres. 200 metres.

**Mark:** What's your ideal day on the water?

**Leanne:** Competing at tournament 500 metres – I like doing that

**Mark:** And what's been your best day on the water so far, your most memorable?

**Leanne:** When I went to the World Championships in Szeged in Hungary, in 2005 as a junior. I raced the K1 500m and came 23rd in the World.

**Mark:** Finally, what roles & responsibilities have you got at the Club?

**Leanne:** I'm the boat person! I sort the boats out in the racing shed, check which ones are in there. I'm on the committee, I do the racing entries and bits & bobs for that. I clean up the Club, put my little bit in! And I like to be a role model to the youngsters, cause hopefully they'll get to international level and they'll actually see that someone else has done it in the Club and they can see it's actually possible.

By Mark Corti & Leanne Brown  
[mark@maidstonecanoeclub.net](mailto:mark@maidstonecanoeclub.net)  
[marathon@maidstonecanoeclub.net](mailto:marathon@maidstonecanoeclub.net)



# My First Whitewater Trip

**This was my first trip with the club and also my first white water in quite a few years.**

After spending hours, weeks and months searching for winter gear it was finally time to go. I was picked up and whisked down to Exmoor by Paul T on the Thursday night, arriving at about 11:45pm on a sodden pitch. After spending about 40 minutes pitching my '2 minute quick pitch bivvy' it was off to bed at sometime after midnight. Sleeping in the wild there was lots of strange noises from the Woods, the River and especially Geoff and Normans tent...!!

On the Friday after getting into all my gear and driving to the River, I regrettably had to stand down as the river level was high and flowing quite fast and leave the others to recce the river. I got changed and went into Tiverton and sampled some of the Iced buns from Morrison's until the others were ready to be picked up, so it wasn't all bad.

By Friday evening lots of other members had arrived at the campsite and were pitching their tents, some better than others (Lee)...! I was welcomed into the Club Chief Executives caravan for Tea and cookies, before we all went off to the pub. Thank you Brian, Naomi, Zak and Jay for your hospitality.

On the Saturday morning we all went to the River briefing and were split into groups. I was with Geoff, Norman, Lee, Suzie, Katherine and the other two 'newbies', Mark and Damian. It was

decided that we all did the Barle on the Saturday and the and after the car runs and setting up our gear we set off from Marsh bridge. We were straight onto the water and the flow was a lot quicker than the Medway and it certainly took me longer than expected to find somewhere to break out..! Soon after we set off it was straight into some weirs and we all really enjoyed it. I think it would be fair to say that out of the three off us, Damian was the 'wobbliest', but it was Mark who was the first to swim, which was more of Mark walking with his hands along the river bed whilst his kayak was upside down....!!

All too soon we stopped for lunch just above the Salmon steps and these were running very fast and high. Geoff and Norman were not too impressed with the state of it and said they didn't need to do it, they'll be back next year. Lee was sizing it up and was going to go for it. I could not decide I really wanted to do it and was conscious that I was there at that time with the gear, but was not confident I would be able to make my Kayak do what it needed to do. Geoff, asked me if I was going for it and I explained this to him. Geoff just gave me a look, that said, "here we go again another numpty with half a day's paddling under his belt and now he thinks he can do it all....!!" So, that was it, I shall be back to do that another day. Lee did go for it and made it look very easy.

*cont'd on page 6 ...*



## Committee News

**There's just been one committee meeting since the last newsletter, but a couple of points worth sharing arose from it.**

Firstly, you'll notice some shiny new fire extinguishers have arrived in the Club. These additions were part of a suite of recommendations by the fire officer, and are part of our ongoing plan to become Clubmark-accredited, which will open new sources of funding to the Club. Thanks due to Geoff Orford for his ongoing efforts with Clubmark, as well as Jane Addy, Paul Newman and others involved.

Secondly, we have been notified by the BCU that our insurance for "Come and Try" paddlers on a Sunday and Wednesday only covers the first four sessions for each paddler - after that, they must become a Club Member. If you're involved in signing people in at these sessions, please remember to point this out and ask them how many times they've been down before and encourage them to become members; it's actually proving to be a useful recruiting tool, with a number of regular-paddlers-but-not-actually-members signing up, which all helps the finances!

Finally, we are going to moor the Bell Boat on the water permanently, chained up for security. This will make it easier to get it out and actually paddle it on Sundays & Wednesdays, and hopefully mean it gets more use. Paul Newman is liaising with the relevant authorities to organise a mooring space.

As always, please mail [suggestions@maidstonecanoeclub.net](mailto:suggestions@maidstonecanoeclub.net) with any comments or suggestions and they'll be looked at during the next meeting.

*By Mark Corti*

[newsletter@maidstonecanoeclub.net](mailto:newsletter@maidstonecanoeclub.net)



*Richard Nicholson styling it over the weir, apparently in someone's back garden.*





*The inaugural Martin Howes Memorial Trophy was, fittingly, won by a Maidstone team at the Medway Marathon. Congratulations to Duncan Moon and Adam Patient.*

## Maidstone Racing Team Results

### Tonbridge Hasler Marathon.

On Sunday 19th August, 8 Maidstone paddlers took part in the last Hasler race of the 2012 season held at Tonbridge Canoe Club. The results were as follows: Aaron Jordan came 4th in Division 1, Leanne Brown & Duncan Moon came 2nd in the Division 4/5 combined K2 with Mick Wibrew & Brian Williams 3rd, Adrian Roffe & Alan Roffe came 5th in Division 6 K2 and Paul Newman came 12th in Division 8. Duncan Moon got promoted from Division 7 to 4.

### Marathon Nationals Norwich

This year the marathon nationals were held at Norwich Canoe Club. Leanne Brown & Aaron Jordan both competed in K2 and Aaron also did K1. Aaron came 3rd in the U23 Men's K1 class and 3rd in the U23 Men's K2 class with William Hardiman (TON). Leanne Brown came 4th in the Senior Women's K2 class with Maggie Dilai (RUN).

### September Nottingham Nationals

On Saturday 1st September and Sunday 2nd September the Sprint Age and Class National Championships were held at Holme Pierrepont Nottingham. A small team of Maidstone paddlers competed.

Aaron Jordan raced in the Men's B class K1 1000m and came 14th and

Men's B K1 500m and came 16th. Leanne Brown raced in the Women's B class K1 200m and came 4th, Women's B K2 200m and came 2nd, Women's B K1 500m and came 2nd and Women's B K2 500m and came 3rd. Sam Burdett raced in the Boys U16 K1 200m and came 8th, Boys U16 K1 500m and came 7th, Boys U16 K1 1000m and came 9th and Boys U16 K2 500m and came 3rd.

### Medway Marathon

The Medway Marathon was held on Sunday 16th September. Nine Maidstone paddlers took part. Leanne Brown & Aaron Jordan won the Class A K2, Sam Burdett & Peter Bannister (WEY) came 5th in the same class, Brian Williams came 3rd in the B Class K1, Duncan Moon & Adam Patient won Class C K2 also being presented with the Martin Howes Memorial Trophy donated by Maidstone Canoe Club for

*cont'd on page 6 ..*



*Tonbridge Hasler Marathon. Mick Wibrew, Brian Williams, Leanne Brown and Duncan Moon.*



# My First Whitewater Trip

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We carried out down the River to The Anchor, messed around there for a bit and then got out for a beer and back to the campsite for a chat, wash, food and beer and bed. No Swims on Saturday for Me.

The next day was the River Exe and I found this more challenging as there were more weirs and also there is definite slope to the River as it is running down hill and I had not expected to notice this. There were some great features with the River bouncing and bubbling down slopes and round bends and this was really good with a good sense of hanging onto the Kayak as it bounced and tumbled down the River.

We had done quite a few weirs and came up to quite a big one that dropped down into some quite tight rapids between some trees, which we all made. As we were meandering down the River I had been talking to Mark and Suzie, saying how that one we had just done was Bolham Weir and that someone had died there and we had all done it, so now we were ok..! Sure enough the next weir we came to was Bolham Weir and it looked massive. There was a tree stuck across part of the middle and then a weir dropping into a pool and then a drop into what to me, looked like what I had seen on the Olympics. Geoff and Norman went down and Lee and then it was me. I lined myself up dropped down into the stopper, big paddle to get out of it and then promptly turned sideways and then rolled over. This was no place to try and

do my first roll, so I ejected and slid down the other drop into the rapids. I remembered what I had been told and lifted my feet and arms up out of the way and then went down head first and got flushed out, what seemed like miles downstream. When It all became calm, Norman came over and asked me if I was ok and I must have had the most crazy ridiculous look on my face as it was such a rush, coming down that way and I am worried that when I go back and do it properly it will not be nearly as exhilarating.

All the other guys made it down in one piece and the elation on everybody's face as they came out of it was great to see. Special mention must go to Suzie who did an overhead back support stoke half way down and made it look so easy.

After a few more rapids and another weir we meandered down to Morrison's and it was all over.

Thanks to Geoff, Norman and Lee for looking out for us all. Well done to Damian, he was rookie of the trip (although he took a chunk out of his paddle, so he must have had big moment, that he never said anything about) as me and Mark both swam.

I had an amazing weekend and met some really great people and am looking forward to many more trips and fun, in and on the water.

*By Richard Nicholson*

*aged 39 and a half*

## Maidstone Racing



*Aaron Jordan, Leanne Brown and Sam Burdett. on a portage at the Medway Marathon*

... cont'd from page 5

the fastest Class C K2, Dean Jordan & Caroline Jackson also came 2nd in this class and David Harris came 4th in Class C K1.

### Elmbridge Hasler Marathon

On Sunday 7th October the first Hasler race of the 2013 season was held at Elmbridge Canoe Club. Maidstone had a fairly big team racing and the club



*Aaron runs a portage at the Elmbridge Hasler*

finished 6th overall only 16 points off 5th place. The individual results were as follows: Aaron Jordan came 5th in Division 1, Leanne Brown came 1st in Division 4 and was promoted to Division 3, Duncan Moon came 1st in Division 6 and got promoted to Division 5, Adam Patient came 6th in Division 7 and got promoted to Division 6, Tom Collins came 12th in Division 8, Aneta Drag came 8th in Division 9 even taking a

cont'd on page 7 ..



*Duncan Moon at the Elmbridge Hasler; minus boat!*



# 90% of this game is half mental

**S**o Yogi Berra famously if inarticulately said of baseball.

But he could equally have been talking about paddle sport. Whether poised at the starting line of a big race, glancing at the disconcertingly fit-looking opposition in their sleek new boats, or inspecting a roaring, foaming drop on a new river in spate, the dry mouth and sinking feeling are familiar to us all. And we've all seen someone - someone else, obviously, not us! - choke under that pressure and lose the race or swim the rapid. Our sport is a head game as much as a physical one.

So how often does the psychology of kayaking get talked about, on the river or in our coaching? Speaking personally, the answer is "hardly ever". I spend the majority of my time as a student or a coach working on the mechanics of paddling - improving stroke technique, reading the river flow, and so on - and very little time thinking about the thinking.

The interesting thing is that if our heads are not in the right place, no amount of skill or tactical river reading will let us succeed. But there are techniques we can learn which will help. These techniques are useful whatever our level of ability, from the first time we get on the water right through our paddling careers - and they improve with practice. Books have been written on this, but I'll just touch on two of the most important techniques we can use every time we paddle.

The first is to be aware of our excitement levels. If you think of a scale running from "not paying much

attention", through "sloppy", "concentrating hard", "in the zone", and finishing with "over-excited / paralysed with fear", you can see that our performance improves as we go up the scale - right until the end, where it plummets into disaster. This is known as the catastrophe curve.

More importantly, we can control our excitement levels, using techniques such as deep breathing to calm ourselves when we're over-excited and close to catastrophe, or physical exertion to bring ourselves up "into the zone" after the post-lunch slump. Both awareness of, and conscious alteration of our excitement levels are skills which need honing.

The second technique is that of visualisation. This can be used to consolidate learning and reinforce good behaviours; to accurately plan a race or line through a rapid and improve our chances of success; or to influence excitement levels. The important thing is that visualisation, if done well, performs most of the same cognitive functions as actual physical practice. Try accurately picturing (for instance) an excellent performance you have made, for example a flawless run down a slalom course. Try to include every sensory aspect of it in real time: the feel of the paddle biting into the water at each stroke; the balance of the boat carving through a turn; the sound of the crowd; the colour of the water; our own mental state, whether you were excited, calm, or whatever. By accurately re-creating a positive past experience, we can replay and rehearse the elements which made it good, consolidating the lesson. By re-

living a relaxing or stimulating memory, we can alter our current levels of excitement. And with practice, we will be able to accurately envision every paddle stroke down a new rapid in our head, so when we do attempt it for real we will have already 'practiced' it a number of times.

Best of all, you can practice it on the sofa!

*By Mark Corti, based on a talk by Paul Newman*

[mark@maidstonecanoeclub.net](mailto:mark@maidstonecanoeclub.net)

## Maidstone Racing Team Results

*... cont'd from page 6*

swim and Felix Collins came 3rd in the U12 Lightning.

## Bishops Stortford Essex Winter Series

Sunday 4th November was the first Essex Winter Series race of the year held at Bishop Stortford Canoe Club. Maidstone racing team had 7 paddlers competing - Aaron Jordan, Dean Jordan, Leanne Brown, Aneta Drag, Duncan Moon, Tom Collins and Felix Collins. Apart from the weather being rubbish and the river flowing the team had a very good day apart from Aneta and Duncan taking a swim. Big shout out to Felix Collins smashing the U12 race beating 2nd place by 5 minutes!!! And a big thanks to Tom for stopping in his race to help Duncan - great team work!

*By Leanne Brown*

[marathon@maidstonecanoeclub.net](mailto:marathon@maidstonecanoeclub.net)



## Maidstone Coaching Symposium Saturday 5th January, 2013



We'll be running a symposium for all Club coaches from 10am - 5pm on Saturday, 5th January, 2013. This is a fantastic opportunity to exchange ideas, best practice, and latest information away from the formal environment of a Coaching Module. The day will be structured around a couple of informal talks, with plenty of hands-on and time to swap ideas. See the website for details, and please contact Bill, [cdg@maidstonecanoeclub.net](mailto:cdg@maidstonecanoeclub.net) to register. All coaches at the Club are strongly encouraged to come along.

The provisional program for the day is as follows:

10.00am - 11.00am: presentation on coaching techniques, by Bill Norman.  
11.00am: Coffee  
11.15am - 12.15pm: Coaching better forward paddling, by Paul Newman (provisional).  
12.15pm - 1.00pm: Lunch, and change for the water activities.  
1.00pm - 2.00pm: Coaching Techniques in Action, by Bill & Niki Norman.  
2.00pm - 4.00pm: Hands on / interactive activities  
4.00pm - 4.30pm: Shower and Change  
4.30pm - 5.00pm Coffee and Closure



## Featured Upcoming Events

Just a flavour of what's ahead in the next few months. Please see the website for full details of these and other upcoming events, trips, tours & training.

### **Friday, November 30th, 8pm: Bowling Social Event**

A trip to AMF Bowling in King Street, Maidstone for a few frames and a few beverages! Please contact Jane Addy, [secretary@maidstonecanoecub.net](mailto:secretary@maidstonecanoecub.net) or 01795 478847 to book your space. Cost will be £4.50 for under-16s and £5.50 for adults.

### **Every Wednesday: Regular Paddle**

This year, paddling continues through the winter on Wednesday evenings. Come and paddle the Medway in the moonlight (or possibly the ergos if the weather is vile!)

### **Saturday, December 8th, 8pm - 9:30pm: Pool Session**

It's always nicer to fall out in the pool, particularly during the winter! Come and brush up on support strokes, rolls, capsizes and more. Plenty of coaching available. Please remember to clean your boats beforehand!

### **Saturday, December 22nd, 8:45am - 5pm: Aquatic First Aid**

An 8-hour First Aid course run by Lee Horton. Always a good idea to brush up regularly on your first aid training, particularly with new CPR protocols being introduced regularly. Please contact [lee@maidstonecanoecub.net](mailto:lee@maidstonecanoecub.net) for details.

### **Saturday, December 28th, 8:45am - 5pm: River Stour Trip**

Burn off the mince pies with Norman's annual post-Christmas Stour Paddle! Meet at the Club and head down to Canterbury in convoy. Bring cold-weather gear! Please contact Norman, [normanwbrooks@yahoo.co.uk](mailto:normanwbrooks@yahoo.co.uk) or 01634 241350. More details on the website.

### **Saturday, January 5th, 10:00am - 4pm: Coaching Symposium**

Keeping our coaching fresh, motivated and motivational can sometimes be a challenge, but sharing tips and ideas with coaches from a variety of backgrounds is a fantastic way to do just that. The day will be based around a couple of presentations on aspects of coaching, but there will be plenty of time to share ideas and lots of hands-on practical stuff! See the website or contact Bill Norman, [cdg@maidstonecanoecub.net](mailto:cdg@maidstonecanoecub.net), for details.

### **Various Tuesdays & Thursdays: Winter Lecture Series**

Paul Newman is organising a number of talks of interest to Club paddlers and the wider public over the winter months. Dates are still to be finalised, but will be on Tuesdays or Thursdays to avoid clashes with training sessions. The speakers lined up so far include: a local archaeologist, talking about Roman remains on the Medway; Ian Bourne, with a photographic history of Maidstone Canoe Club; and Geoff Hunter talking about his expeditions, which include the first solo paddle around Britain and the first circumnavigation of Iceland. Keep an eye on the website!

## Club Contacts & Committee

**Paul Newman** (Chairman)

[chairman@maidstonecanoecub.net](mailto:chairman@maidstonecanoecub.net)

**Brian Marston** (Vice Chairman)

[vice-chair@maidstonecanoecub.net](mailto:vice-chair@maidstonecanoecub.net)

**Jane Addy** (Secretary)

[secretary@maidstonecanoecub.net](mailto:secretary@maidstonecanoecub.net)

**Geoff Orford** (Treasurer, Membership Secretary)

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**Catherine Dacey, Dean Jordan**  
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[web@maidstonecanoecub.net](mailto:web@maidstonecanoecub.net)

**Other Committee Members:**

**Andrea Head**

**Mick Wibrew**

**Norman Brooks**

Suggestions for the committee can also be made at [suggestions@maidstonecanoecub.net](mailto:suggestions@maidstonecanoecub.net) and will be discussed at the next committee meeting.



# Cut-Out-And-Keep Calendar - December

MONTHLY VIEW							
December 2012							
	◀ November		December 2012			January ▶	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
48	26	27	28	29	30	1	2
							09:30 Regular Paddle
							09:30 Race Training
49	3	4	5	6	7	8	9
	18:30 Race training		17:30 Regular Paddle		18:30 Race Training	20:00 Pool Session	09:30 Regular Paddle
			18:30 Race training				09:30 Race Training
50	10	11	12	13	14	15	16
	18:30 Race training		17:30 Regular Paddle		18:30 Race Training		09:30 Regular Paddle
			18:30 Race training				09:30 Race Training
51	17	18	19	20	21	22	23
	18:30 Race training		17:30 Regular Paddle		18:30 Race Training	08:45 B.C.U. Aquatic First Aid Level 1	09:30 Regular Paddle
			18:30 Race training				09:30 Race Training
52	24	25	26	27	28	29	30
	18:30 Race training		17:30 Regular Paddle		08:45 Stour Trip		09:30 Regular Paddle
			18:30 Race training		18:30 Race Training		09:30 Race Training
1	31	1	2	3	4	5	6
	18:30 Race training						

■ Pool Sessions
 ■ Regular Paddle Sessions
 ■ Race Training
 ■ Coaching & Star Awards
 ■ Trips & Tours
 ■ Social Events
 ■ Fun Sessions
 ■ Races
 ■ All Categories ...

# Cut-Out-And-Keep Calendar - January

MONTHLY VIEW							
January 2013							
	◀ December		January 2013			February ▶	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	31	1	2 17:30 Regular Paddle 18:30 Race training	3	4 18:30 Race Training	5 10:00 Coaching Symposium	6 09:30 Regular Paddle 09:30 Race Training
2	7 18:30 Race training	8	9 17:30 Regular Paddle 18:30 Race training	10	11 18:30 Race Training	12	13 09:30 Regular Paddle 09:30 Race Training
3	14 18:30 Race training	15	16 17:30 Regular Paddle 18:30 Race training	17	18 18:30 Race Training	19	20 09:30 Regular Paddle 09:30 Race Training
4	21 18:30 Race training	22	23 17:30 Regular Paddle 18:30 Race training	24	25 18:30 Race Training	26	27 09:30 Regular Paddle 09:30 Race Training
5	28 18:30 Race training	29	30 17:30 Regular Paddle 18:30 Race training	31	1	2	3
<div> <div>Pool Sessions</div> <div>Regular Paddle Sessions</div> <div>Race Training</div> <div>Coaching &amp; Star Awards</div> <div>Trips &amp; Tours</div> <div>Social Events</div> <div>Fun Sessions</div> <div>Races</div> <div>All Categories ...</div> </div>							



# Cut-Out-And-Keep Calendar - February

MONTHLY VIEW							
February 2013							
	◀ January		February 2013			March ▶	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5	28	29	30	31	1 18:30 Race Training	2	3 09:30 Regular Paddle 09:30 Race Training
6	4 18:30 Race training	5	6 17:30 Regular Paddle 18:30 Race training	7	8 18:30 Race Training	9	10 09:30 Regular Paddle 09:30 Race Training
7	11 18:30 Race training	12	13 17:30 Regular Paddle 18:30 Race training	14	15 18:30 Race Training	16	17 09:30 Regular Paddle 09:30 Race Training
8	18 18:30 Race training	19	20 17:30 Regular Paddle 18:30 Race training	21	22 18:30 Race Training	23	24 09:30 Regular Paddle 09:30 Race Training
9	25 18:30 Race training	26	27 17:30 Regular Paddle 18:30 Race training	28	1	2	3

Pool Sessions
Regular Paddle Sessions
Race Training
Coaching & Star Awards
Trips & Tours
Social Events
  
Fun Sessions
Races
All Categories ...