

CANOE FOCUS

**British Canoeing
launch a new
Challenge Route**

Read more on page 12

**Volunteer and
Recognition
Awards 2018**

Read more on page 6

**New Awarding
Body Website
Launched**

Read more on page 14

Late Spring 2018

15% off

**In-store and online
for all British Canoeing Members**

You can also use your discount with:

**SNOW
ROCK**

runnersneed
the running specialists



CycleSurgery

snowandrock.com | runnersneed.com | cyclesurgery.com

Full T&Cs apply. Not to be used in conjunction with any other offer or discount. Selected lines are exempt. 10% discount only on bikes. Only valid upon production of your British Canoeing membership identification in-store or use of valid discount code online. Offer expires 31.12.18.

In partnership with



Trusted by our partners since 1974
Stores nationwide | cotswoldoutdoor.com

COTSWOLD
outdoor

Contents

Welcome

Foreword

4



News

News

5



Awards

Volunteer and Recognition Awards

6



Upcoming Events

What's on?

8

Paddle in the Park

9

Membership

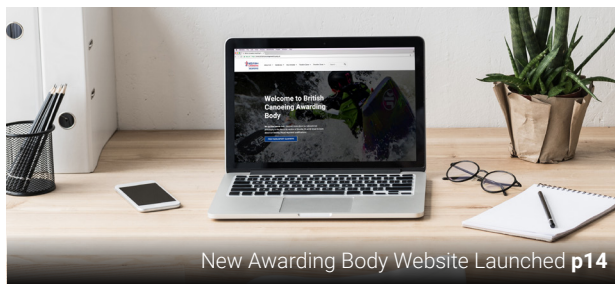
Reasons to join British Canoeing

10

National Go Canoeing Week

British Canoeing launch a new Challenge Route

12



Coaching and Leadership

New Awarding Body Website Launched

14



Promotion

Your next Adventure awaits

16

Introducing Palm

18

Drybag

21



Paddlesport

Women in Paddlesport - Justine and Sienna Jenkins

22

Welcome

Welcome to the Late Spring edition of Canoe Focus, once again in conjunction with The Paddler. The response to this partnership has been really positive and it's great to see the magazine back in print. Clubs will receive two copies of the six issues a year and there are already a few hundred members who have subscribed and are now receiving their own printed copies of The Paddler.

A few weeks ago at the AGM, we marked the first anniversary of the launch of Stronger Together, our strategic plan to 2021. I am pleased with the progress we have made through working together and this is clearly presented within our **Annual Review of 2017**.

We have reported progress against the 20 key indicators and 67 targets within the plan. Highlights include making some significant changes to our coaching and leadership qualifications, a growth in membership, the launch of 50 new trails, medal success in European and World championships in all disciplines, winning bids to host four international events in the next three years, making positive improvements around athlete welfare and becoming fully compliant with the UK Code of Sports Governance.

I am also sensing a growing optimism throughout British Canoeing. Of course not everything runs perfectly and we still need to do much better in some areas, but there appears to be a growing recognition that we are all now moving more strongly together in a better and clearer direction. This came through strongly during the recent consultation meetings (around Club Associate Membership and the Access Charter) in 12 locations throughout England, and was reinforced with some really positive feedback at the coaching conference in February and then again at the club conference in March.

We have now launched our new membership categories and will be working with clubs over the next 18 months to engage another 30000 club members into Club Associate membership so that we can open up direct communications with these members and add value to their club membership. **(page 10)**

We have also migrated all of our membership data to a new membership management system. This will open up all kinds of improvements for the future that were not possible with the previous system and these changes will impact positively on coaches, members, clubs and event organisers over the next 12 months.

Our key new drive in the next 12 months will be around the Access Charter and Access Campaign. This will be featured in the next issue of Focus but our renewed intent around access is outlined in a **Joint Statement** we issued in February.

The National Water Sports Survey provided encouraging news that the number of people paddling went up again last year. As the numbers on the water increase, the need to emphasise safety guidance becomes even more important. I hope as members, that you can help to promote our **safety guidance and resources** and encourage the **reporting of incidents** through our report form.

The 2018 paddling season is well underway. I have enjoyed seeing so many talented athletes competing in the various events I have attended; Hurley Classic, Slalom and Sprint trials, Canoe Polo National Championships and I want to say big thanks to the incredible organisers who make these all happen and run so smoothly. Our athletes and teams are all gearing up for their domestic and international competitions. The results of the last two years have been impressive and let's hope for an equally successful year in 2018.

We are also on the countdown to National Go Canoeing Week (26 May-03 June) and I hope that we will see even more people involved this year. **(Page 9)** There is also exciting news about a new and accessible Challenge Route being launched within the Olympic Park in April, just in time for Go Canoeing Week **(page 12.)**

It has been a long, cold and wet winter. The summer is almost here and it's full of promise. I hope you enjoy some long, warm and sunny days on the water.

David Joy
Chief Executive



NEWS

For the latest news visit www.britishcanoeing.org.uk/news or sign up to our free digital sign up membership category to receive regular e-news updates www.britishcanoeing.org.uk/membership/membership-relaunch


AGM, National Conference and Awards Dinner

Our AGM, Stronger Clubs Conference and Volunteer and Recognition Awards all took place on Saturday 24th March 2018 at Eastwood Hall in Nottinghamshire.

Our Stronger Clubs Conference was new for 2018 and brought together Club Officers, Coaches and key volunteers and gave attendees the opportunity to hear the latest insights from across canoeing, as well as attend workshops and networking events.

Head to **page 6** to read more about our awards ceremonies and see photos from the night!



 **Click here** to see Presentations from the weekend

 **Click here** to read more

BBC Presenters complete kayaking challenges

Three BBC presenters, who pledged to kayak around 30 miles to raise money for Sport Relief, have successfully completed their missions thanks to the brilliant support of our members.



Wildlife and Countryside



British Canoeing Joins Key Environmental Network

British Canoeing has joined the Wildlife and Countryside Link, a unique coalition of more than 48 organisations concerned with the conversation and protection of wildlife in the countryside.

Link's 48 members include The National Trust, The Rivers Trust and British Mountaineering Council. Each stakeholder plays a key role in the practice and advocate environmentally sensitive land.

British Canoeing will join Link's steering groups which focus on waterways, Land Use planning, Invasive Non-Native Species as well as Environmental Link's UK Brexit Nature Coalition.

Slalom Teams Confirmed After Competitive Selection Weekend

Britain's top slalom racers were at Lee Valley White Water Centre in April looking to secure their places on the Senior, Under 23 and Junior Great Britain teams for the upcoming season.

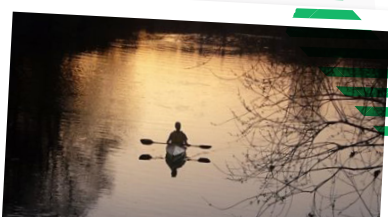
Reigning Olympic Champion Joe Clarke (Stafford & Stone) retained his place on the K1M team with strong performances across the weekend.

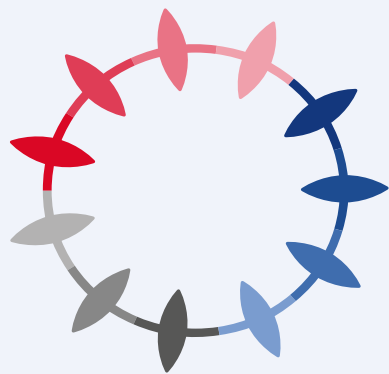
Three-time Olympic medallist David Florence (Lloyds Register) made his 18th senior team and World Champion Mallory Franklin (Windsor & District) will defend her C1W title as well as contesting the K1W.



 **Click here** to recap all the action

A success story from the weekend was our cover star 16 year old Bethan Forrow (Lee Valley) who secured a spot on the C1 women's senior team!






British Canoeing Awards

Every year British Canoeing celebrates the fantastic work and achievements of coaches, leaders, volunteers and clubs who help make the sport what it is today.

Congratulations to all of this year's winners who were presented with their awards at ceremonies as part of the Coaching and Leadership Conference in February and Volunteer Recognition Awards in March.

Follow the links to read more about all of our awardees and see full photo galleries from the night.


Coaching and Leadership awards

 [Click here for a full roundup of the evening](#)

Coaching and Leadership Awardees:

- > **Chris Brain** - Impact on Coaching Award
- > **Daniel Colby** - Junior Coach of the Year
- > **Dave Edwards** - Performance Coach of the Year
- > **Pat Williams** - Community Coach of the Year
- > **Dave Rossetter** - Geoff Good Award
- > **Doug and Lara Cooper** - Outstanding Service Award

Volunteer and Recognition awards

 [Click here for a full roundup of the evening](#)

Volunteer and Recognition Awardees:

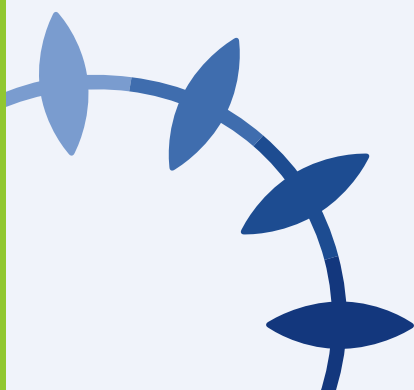
- > **Young Volunteer of the Year Award** sponsored by **Silverbirch Canoes**: Jessica Magson
- > **Volunteer of the Year Award** sponsored by **Cotswold Outdoor**: Tim Mather
- > **Impact on Equality and Diversity Award** sponsored by **Palm Equipment**: Birmingham Canoe Club
- > **Club of the Year award** sponsored by **Cotswold Outdoor**: Leighton Buzzard Canoe Club
- > **John MacGregor Outstanding Challenge Award** Sponsored by **Peak UK**: Colin Skeath and Davis Gould-Duff

Award of Honour recipients

- > Peter Bland
- > Colin Broadway
- > Tibor Herbent
- > Richard Lee
- > Dave Royle
- > Steve Watts

Outstanding Contribution recipients

- > Rob Bates
- > Teresa Bland
- > Ann Hoile
- > Tim Houghton
- > Mike Male
- > Tim Mather
- > Irene Osbourne





What's On?

MAY
13

River Medway Silly Hats Tour

Tonbridge to Yalding or
Hartlake to Yalding

Sun 13th May 2018

Prize for the best Silly Hat sponsored by Kent Canoes. Event Entry Fee £2.00 per person.

For more info and booking email:

 jeremys.canoe@gmail.com

JUN
2

Paddle in the Park

Holme Pierrepont Country Park

**Sat 2nd & Sun 3rd
June 2018**

See the next page for more information.

JUN
9

Aztec Adventure Paddlefest

Aztec Adventure, Upton Warren,
Bromsgrove.

**Sat 16th & Sun
17th June 2018**

A weekend of canoe / kayak related workshops, skills updates and coaching. This event is open to all paddlers within the West Midlands region whether you are a coach or not and no matter what your level of experience may be.

JUN
23

Worcester Ring Challenge

Worcester and Birmingham
Canal

Saturday 14th July 2018

Dare you take on the challenge, see

 www.worcester-ring.org

MAY
20

Potteries Paddlers Regional Paddle

Harecastle Tunnel/Stoke on
Trent Heritage Trail

Sun 20th May 2018

The first ever official paddling event to be allowed to go through the 1.66 mile long Harecastle Tunnel - get your space soon as only 30 boats are allowed through! Open canoes only.

For more information contact Mike Fennell on:

 mike_fennell@btinternet.com

JUN
9

Paddle to the Heart

Brindley Place, Birmingham

Sat 9th June 2018

Choose from one of the many canal networks leading into Birmingham city centre at Brindley Place and join them in a day of paddling their regional waterways, coming together at Brindley Place to play games and showcase Canoeing to the city centre.

 clare.dallaway@britishcanoeing.org.uk

JUN
23

Windermere Summer Solstice

Holme Pierrepont Country Park

**Sat 23rd & Sun
24th June 2018**

The Windermere Summer Solstice Lake Race is an exciting event held on England's longest lake, at the heart of the beautiful Lake District National Park.

For more information visit:

 www.windermerecanoeing.com

JUL
22

Doggy Paddle

River Leam and River Avon

Sunday 22nd July 2018

For more information see:

 rlscc.com/page/doggy-paddle



PADDLE IN THE PARK

2nd & 3rd June 2018

Paddle in the Park is a weekend full of paddling activities for everyone. There will be plenty to keep you entertained, with workshops for different levels of paddlers to try new things and progress their skills.

The weekend promises thrills and spills to suit all ages and abilities.

- > Freestyle clinics
- > Women's specific sessions
- > Intro and improver white water workshops
- > Slalom C1, K1 and flat water skills sessions
- > OC1 white water workshops
- > White water course day pass
- > Flat water 'have a go' activities
- > Lazy river tubing
- > Flat water raft racing
- > Opportunities to try demo boats from top manufacturers
- > Trade stands
- > BoaterX Competition
- > SUPX Competition



Workshops are only **£15.00** with a White Water or Lagoon Pass only **£5.00.**

A great weekend out with your friends or family.



Click here for full schedule and more information

15% discount for BC members



Become
a Member

Reasons to Join British Canoeing

It's a great time to get membership with British Canoeing, offering a great membership service and connecting people through paddling.

We are here to help, support and advise you at every stage of your membership, whether you just getting started or are already involved in this exciting and varied sport!

Membership is vital in ensuring British Canoeing can continue to help and support you as a valued member and positively contribute to the growth of paddlesports.



Join online at:
www.britishcanoeing.org.uk/membership



There are lots of reasons to join and benefit from membership, but here's our top list!

1. You are part of a vibrant and active community of over 35,000 paddlers
2. Helping to support the canoeing community in advocating good environmental practices through the Check, Clean, Dry campaign and promoting clean-up activities
3. Keep up to date with member-only e-newsletters with inspirational articles, Information on coaching, updates on competition results, event listings and the latest on member benefits and services
4. Membership includes a Waterways licence giving you a licence to paddle on over 5,000km of inland waterways and it's cheaper to have membership than buy a licence direct. Plus you'll be supporting the work of the Waterways Authorities to maintain and improve waterways including portages
5. Your Public Liability Insurance - providing you with £10 million in cover and peace of mind in case of a 3rd party claim for damage or injury including member to member claims
6. Boat Insurance - access to canoe and kayak insurance from Towergate covering canoes, kayaks, SUPs, paddles and equipment all at a competitive price. Cover includes competition and recreational paddling and all types of water
7. Free digital copies of the Paddler magazine, including Canoe Focus, and the opportunity to purchase a subscription for 6 magazines per year at a discounted rate
8. Competitions: As a member you can take part in the Discipline competition events and the recreational events
9. Access to the courses and qualifications to become a coach or develop your skills. You also have the insurance cover for all your coaching activities
10. Get involved with Discipline committees, Regional Development Teams or volunteer with the Access campaigns
11. Finally, offset the cost of your individual membership fee through the Member Discounts with Cotswold Outdoor, Snow & Rock, Cycle Surgery, Runner's Need, The Dry Bag and discounts on Personal Performance Awards and Safety Training.






BRITISH CANOEING LAUNCH

A NEW CHALLENGE ROUTE

for National Go Canoeing Week

Be a winner this National Go Canoeing Week


There will be some great spot prizes up for grabs throughout the week as well as ones for top club and individual mileage.






Don't forget to **upload your best pictures** when you register your miles too - there will be a prize for the best photo too!

CHANNEL THE SPIRIT OF CHAMPIONS ON A CHALLENGE ROUTE TO THE HEART OF OLYMPIC GLORY.




 **National Go Canoeing Week** takes place from the 26th May to 3rd June. The week is all about people going on adventures and taking on new challenges. For some people that might be getting in a boat for the first time and for others it is pushing themselves to try something new.


This year British Canoeing are launching their newest  **Challenge Route** to coincide with the week. The London Legacy Loop takes paddlers on a six and a half mile route, from Limehouse Basin, along the Limehouse Cut canal and around the iconic  **Queen Elizabeth Olympic Park**.

The route travels along the oldest canal in London, from Victorian to modern history, celebrating victories of engineering and sporting glory. With no locks and at a fairly short distance this route should be suitable for most people. There is also the option to hire boats at the start from  **Moo Canoes**, who are based in Limehouse Basin.

To celebrate each paddlers victory, everyone who takes on the challenge can register their time and get their name on the leaderboard.

Fancy fantastic views of famous sporting venues and a chance to paddle close to the centre of the capital city?  **Find out more about the London Legacy Loop here.**

Choose another challenge

Like the sound of the London Legacy Loop but want a different challenge? We have five other  **challenge routes** you can choose from. With beautiful but tough lakes and lochs, an endurance challenge in Worcester and a loop from the home of British Canoeing in Nottingham, there are routes for all fitness and abilities.



If you would prefer to think up an independent adventure for National Go Canoeing Week that's great too! We have set a target of 45,000 miles to be paddled throughout the week, so every mile you register really will count. Choose from one of the hundreds of activities listed on the  **Canoe Near You** map on the British Canoeing website or just go out for a paddle. Whatever you do make sure you  **register your miles** for the week!



Image credits: Gordon Joly, Alvin Leong, Nimalo

NEW AWARDING BODY WEBSITE LAUNCHED

British Canoeing Awarding Body are pleased to launch the new British Canoeing Awarding Body (BCAB) website.

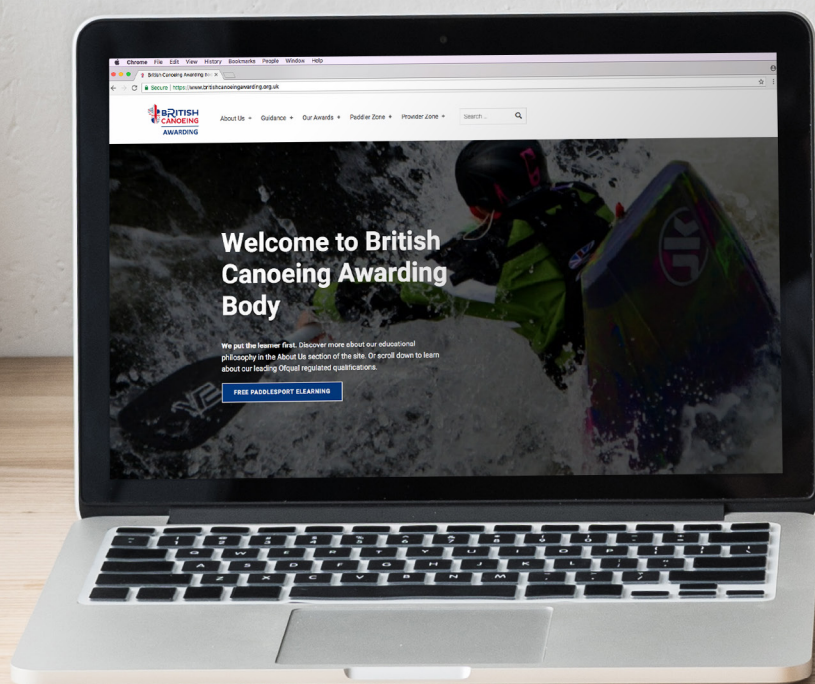
We are pleased to introduce you to the new website which is packed full of information and eLearning activities to inform and support you through your paddlesport journey. There's something for everyone with information about the Awarding Body, our Regulated and Non-regulated Awards, a Paddler Zone and a Provider Zone. There's also a dedicated area for each of our individual Delivery Centres.

“ This is the **first of many changes** we have planned for the next 18 months. The new Awarding Body website is an **exciting development** to kick it all off. ”

**Barry Wade, Head of Digital,
British Canoeing**

“ The BCAB website is a really positive step in being able to **better support Learners, Providers and Delivery Centres**. This ‘one stop shop’ showcases the educational arm of the organisation, **providing resources, syllabuses, academic research and delivery guidance**. On a regular basis, resources will be added with the inclusion of interactive packages that can be accessed to support and **develop paddlers, leaders, coaches and providers**. ”

**Lee Pooley, British Canoeing
Awarding Body Responsible Officer**




Click Here
to view the
Awarding
Body Website

The BCAB website contains all of the up to date documents so is your one stop shop to find all the up to date resources and documents.





eLEARNING

In order to support our paddlers, coaches and leaders, British Canoeing are pleased to provide a range of eLearning resources to go alongside our qualifications and awards to support, engage and provide extra information for those who wish to supplement their learning. These are all free and available to anyone interested in developing their knowledge in the range of subject areas, from coaches to leaders and athletes to recreational paddlers.

We currently have the following eLearning packages available

- > The  **Paddlesport Instructor eLearning** is designed to support coaches and aspirant coaches through varying topics of coaching knowledge and skills. There are 9 topics to choose from, along with a Knowledge Audit which will help you understand areas you may need to develop further. The activities are great for those looking to attend their Paddlesport Instructor course or those looking for a refresher. The eLearning can also be used to support those going direct entry to the Coach Award, to check their prior knowledge.
- > The  **Developing your Coaching Craft eLearning** activities enable coaches to better assess their current performance and develop their coaching practices. This activity requires you to carry out practical exercises, including Observing Coaching Sessions, Planning Coaching Sessions, Delivering/Reviewing Sessions and Action Planning.
- > The  **Leadership eLearning** will take you through some of the key principles behind the British Canoeing Model of Leadership, ensuring Leaders have a basic knowledge of the principles. This activity is great for any Leader.
- > This  **Buoyage eLearning** activity gives lots of

information on buoyage by taking you through many different types of buoys. Once you've got all the information, it's time to test your knowledge with one of our quizzes, either timed or not. Compare your results with your friends and try to beat their score!

- > The  **Introduction to Disability eLearning** aim is to aid your learning and get you thinking about disability.
- > The  **Nutrition and Hydration eLearning** will give information surrounding the nutrition and hydration of paddlers, helping paddlers to develop their understanding.
- > The  **Introduction to First Aid eLearning** gives an overview of the First Aid relevant to Paddlesport including a summary of what's in a First Aid Kit, typical injuries and getting too hot or too cold! There's even a short clip from Dr Tim Brabants MBE.
- > The  **Coach Award eLearning** is open to those who have registered for the Coach Award and supports those working towards their Coach Award assessment.

Keep your eyes peeled on the British Canoeing Awarding Body website for the next eLearning activities.





YOUR NEXT *Adventure* AWAITS

Kit yourself out this season with the best brands and products perfect for when you're on and off the water. Wherever your next adventure takes you, explore the great outdoors in style with Cotswold Outdoor. Here are a few top picks from our experts to help you explore more.

We've picked out some of the best kit to make sure you can handle whatever this changeable season sends your way.



Packs, luggage and travel accessories buyer for Outdoor & Cycle Concepts, Will Parkhouse:

"A fantastic multi-use day pack that's comfortable, light and well-featured. This should be in everyone's gear arsenal."



Women's & Men's Scarpa Terra GTX Walking Boots

Great adventures start from the ground up. Waterproof, breathable and with superior grip, it's no wonder the Scarpa Terra GTX is one of our most popular boots for any activity. A cushioned sole and extra ankle support means these boots feel great from the first use, so you can get out there sooner.



Osprey Talon 33 Rucksack

Explore new places with everything you need on your back. Perfect for fast day raids or lightweight weekend adventures, the Talon 33 Rucksack offers everything you'd expect from Osprey's range of innovative packs. Available in three colours and with breathable ventilation at the heart of its design, this pack has been created with your summer adventures in mind.



COTSWOLD
outdoor

Explore more this season with our **15% discount for all British Canoeing members**. Just use your British Canoeing membership card in-store or online at **cotswoldoutdoor.com** using the code on the reverse of your British Canoeing membership card.

Need help preparing for your next adventure? Pop into your local store and one of our experts will help you to discover your great outdoors with kit from the very best brands.

Women's & Men's Rab Kinetic Plus Waterproof Jacket

Make a splash this season with the new waterproof range from Rab. A super lightweight and breathable jacket, with a YKK Aquaguard zip and pockets that keep the water out, so you can keep exploring. Its ProFlex fabric gives you more freedom of movement, making it comfortable, versatile and ready for any adventure.



INTRODUCING PALM



We visited Palm Equipment an official British Canoeing Trade Partner, to chat to founder Andy Knight and head of marketing Paul Robertson.

Andy, explains how he began making kayaks and gear before he had even left school; it's fair to say that he is no stranger to the water and a that he has deep interest in developing our sport. 'From the age of thirteen I was involved in kayaking. Our local youth group got hold of some canvas canoes, and we were told if we could repair them we could use them.

'My school then acquired a kayak mould, we were given the materials and told to have a go – we had no idea what we were doing and I got showered in fibreglass.'

Although his first attempts in the manufacturing process didn't quite go according to plan, and his newly molded boat filled with water on its first outing, Andy was hooked.

This lead him to join his local canoe club and from there through misadventure and endeavour in a multitude of disciplines Andy earned the British Surf Kayak Championship title in 1984.

With Palm now in it's 39th year, the technology may have moved on and trends may be constantly changing, but for founder Andy, technical director Bob Slee (who built much of the factory machinery from scratch), and the rest of the team at Palm, the mantra is still very much the same:

'Our mission statement is "gear for paddlers", and that means anything to do with paddlesport and providing the best equipment available.' says Andy.

Palm is one of several companies working directly with British Canoeing through the trade partnership – an initiative to encourage increased participation in paddlesports.

Palm see the outdoor recreation industry as one of the key drivers, as two time former freestyle C1 world champion Paul Robertson explains, 'Over the last ten years we have focused on the wider outdoor industry.

'Many people take part in multiple outdoor pursuits and there has been rapid change in equipment available. People want the same performance out of paddling equipment as they get from other outdoor products such as bikes and hiking equipment.

'One of the key things for us was to make paddlesport attractive to grow the breadth of participation, particularly in gender and age.'

A drive bourne out by Palm's continued development of female and kids specific gear, as well as a range of accessories which make paddling accessible, comfortable and as a result more enjoyable. This is something that Andy see's as a real strength for Palm;



Palm is proud to be represented by ambassadors for paddlesport like the women's GB rafting team.



by Sam Seeley

Environmental activism holiday anyone? Paddle Pickup, organised by Erin Bastian and Bex Band.



Cardiff Kid's Academy is a long term youth project supported by Palm.



Palm have been working with Fathoms Free to produce the first ever kayak made from mixed plastic marine waste.



Product testing the new Shuck helmet and Dagger Phantom on Palm's stomping grounds of the Brecon Beacons.

'We make gear that is attractive and colourful. We want to bring attention to the sport, for people to take notice and have a go.'

'Female participation is something we've focused on in product development, with help from our inspiring team of ambassadors including the GB ladies rafting team; sea kayak adventurer Erin Bastian; paddleboarder and campaigners Cal Major and Shilpika Gautam; whitewater athletes Martina Wegman and Lowri Davies; and more.'

'Following the trend in the outdoor industry – it wasn't groundbreaking as such, but new to paddlesports – rather than saying here's a jacket that fits all, everything we make is scaled correctly to target specific groups in order to help people get more comfortable getting into the sport.'

Beyond participation, Palm is also helping to drive changing attitudes towards the environment, and how this can have an impact on paddlesports for the better.

From signing up to industry initiative Operation Clean Sweep in their factory, where 90% of all waste is recycled, to partnering with local and national initiatives which take custodianship of their local environment, Paul explains how Palm is helping to lead the way in terms of producing sustainable products with a purpose.

'As paddlers we've been lucky enough to go outdoors and enjoy it, but we need to demonstrate responsibility and care for the environment.'

'Materials become available that significantly reduce water and chemical use or opportunities arise to repurposed waste material we are quick to adopt them in our manufacturing.'

'We've recently moulded the first kayaks ever made from plastic marine waste. We didn't think it was possible, but we now hope to bring some products to market in the future.'

'We've been making kayaks using recycled material from our own manufacturing for some years now and they are in great demand, which is great to see.'

Trade partnership and working with other manufacturers and retailers all have a part to play in working together to increase participation and carrying a positive message.

'We're very keen on seeing people out on the water enjoying themselves, and everyone is fitter and healthier for that.' – said Paul

'By working with a national body and in partnership with other trades and retailers it helps to spread the message that paddling is for everyone widely to the general public.'



Customising gear at Palm's UK factory.



Paddleboarding events shared with industry partner Red Paddle Co.

**BRITISH
CANOEING**
OFFICIAL TRADE PARTNER

JAMIN

SPORTS



British Canoeing has launched a new partnership with JAMIN Sports to provide travel packages for supporters attending international events.

**BRITISH
CANOEING**
SUPPORTERS CLUB



The first Supporters Club event is in July 2018 at the ICF Junior and U23 Canoe Sprint World Championships in Bulgaria

The tour will include flights to Bulgaria*, airport transfers, hotel accommodation and a shuttle service to the regatta lake in Plovdiv.

**THE FRIENDLY WAY TO TRAVEL
FULLY INSURED FOR YOUR PROTECTION**

*as no flights are held, prices are subject to change at time of booking

info@Jaminsports.co.uk

0800 840 1116

www.jaminsports.co.uk

How do you store your paddling gear?

Getting out on the water to explore often involves some road time to visit your favourite venues, travelling mixes it up a bit and ensures you keep improving by paddling in different conditions. So with unavoidable road time how do you store your paddling gear and deal with the irritating routine of packing up your wet gear afterwards? **Enter stage right – The Dry Bag, perfectly designed to store, protect and collect water from your paddling gear.**

So how does it work

Simply hang your wet gear over the heavy-duty hanger which is enclosed in The Dry Bag (and can take a nifty 25kg in drop weight) and let any water drip into the water collection area at the bottom. Your wet gear will start to drip dry on the way home and you can sling all your gear and the kitchen sink in The Dry Bag – your spray deck, buoyancy aid and wet over clothes.

Gone are the days of stuffing your gear into a small and tatty carrier bag.

And as an added perk, when you're not out on the water you can leave your gear hanging in The Dry Bag to avoid the dreaded slug slime, spider infestation or l'odour neoprene that seems to cling to everything else in the cupboard. The Dry Bag Pro has been recommended by those



in the know for paddlers thanks to its showerproof material front and back meaning you can hang it outside in all weathers and the gear inside will continue to dry. It will also collect water and dirt to protect your vehicle when you're travelling to a venue.

As a bonus, the sturdy hanger is made from 100% recycled materials as is the box the product arrives in. And with a 30 day no quibble returns policy if you're not convinced by this clever yet simple product The Dry Bag will happily refund your order for you.





 /thedrybag
thedrybag.co.uk



Justine and Sienna Jenkins

To celebrate International Women's Day on March 8th we spoke to Justine Jenkins about how she and her daughter Sienna got into paddlesport. Their stories highlight the fantastic diversity of the sport and the pathways it can open up.

Sienna's Story

In August 2015 my daughter Sienna aged 13 came back from a school trip with PGL in the Ardeche raving about kayaking and said she wanted to do more. Sienna has Developmental Coordination Disorder (DCD)* and I couldn't believe she actually wanted to do a sport.

We went to a session at a local canoe club on a Saturday morning but Sienna felt it was too much like school and not what she wanted to do. The next day we headed to Nottingham Kayak Club, they have a recreational session at 11.00 am and we both loved it. It was game based fun on the water with a mixture of children and beginners The coaches were friendly and informal and we had a great time bonding together and learning how to paddle.

Three weeks later we were members and this became our regular Sunday morning time together. By the end of October I got nervous as the river got higher and faster, so we decided to take a break but came back at Easter.



Sienna has never enjoyed PE or any sports before because of how difficult it has been for her due to coordination and balance difficulties. She also had low self confidence with any physical activities.

Justine

As the weather got warmer the coaches got us trying different boats and in June our coach David Phillips put us in a Trimmer, which is a stability 9-10. Every week we just had fun! We fell in, learnt to get out safely, laughed a lot, got wet a lot, explored the river and canals, got a bit fitter and faster and made new friends. It felt like going on holiday every weekend. There were GB team athletes, high division elite athletes, and experienced paddlers, of all age ranges, all just paddling for fun. It's a very relaxed environment with quite a bit of silliness and comedy, plus lots of cake and biscuits, which are mandatory post paddle.

In July 2016 Sienna was discharged from Occupational Therapy at King's Mill Hospital. At her yearly assessment they said she had made such drastic improvements in her core stability and coordination that she was now within the range of the average population. I could see an increase in her confidence and fitness levels but had no idea that Sienna could improve so much. Her ability to balance, throw and catch a ball had improved by 100%.

Sienna has continued to paddle twice a week all through winter this year. She hasn't wanted to race before but has asked to try a K2 race this summer, after her GCSEs have finished. I really believe she would have got into racing if there was a female coach or a woman who could have taken her under her wing as she is quite shy. For now she just enjoys the freedom and the environment at Nottingham Kayak Club.

Sienna now paddles separately from me with her 'squad'. We still spend time together between paddles and we are much closer for it.



Justine's Story

I have always loved sport and retrained 6 years ago as a personal trainer, which I do part time around my family. I love Crossfit which breaks me every week but I'm much stronger now and it is brilliant cross training for kayaking. However I am not an athlete. In June 2016 I was 48 years old and didn't know what a K2 was. However I agreed to partner one of the Division 5 women in at Ironbridge Hasler race. We had one practice, I was very nervous and wobbly but we raced Division 7, which is 4 miles, and won. Not easily; we were nearly beaten by two men in their 30's. I have to admit to getting a thrill at beating two men younger than me. Hope that doesn't make me a bad person!

It was the best day out, with lots of our club members (including dogs and children) cheering us on. I was so impressed with how inclusive the sport was. Everyone was down to earth and friendly, plus I got a mug! After this I thought I would have a go on my own at the Hasler at Trentham. I was thrilled to win easily but was told to slow down or I'd get promoted. What

“

My friends think I'm mad but they enjoy listening to my adventures, well, most of the time.

Justine

a sport when an older lady can win! I went up from Division 9 to Division 7 and got another mug! Now I'm a true addict and paddle at least 4 times a week. I entered Ironbridge and took on the long paddle down the rapids. A good paddle at the Nationals bought me in at 4th place and I was promoted to Division 5. Although I found the river pretty scary at the Nationals it was a fantastic weekend, so much fun and a really good atmosphere. The best fun was racing mixed K2 against all the top athletes, a brilliant atmosphere and I was proud to be in the same race as the GB team.

The coaches at Nottingham Kayak Club are very supportive and many of them have competed in the Euro's, World's and Olympics. It's an incredible resource. Where else could you train and be able to tap into this kind of expertise? Lani Belcher coached myself and Sienna last summer, just before she won Gold. This was such an inspiration for my daughter and me - I still pretend to be Lani when I'm racing! I've had to get really organised to be able to paddle. It helps to have the support of your partner and family and a slow cooker, but the club offers a range of opportunities to fit in with everyone's lifestyle. With early morning, afternoon and evening paddles there really is something for everyone.

I feel this is a sport I can do through my whole life. Every paddle feels like an adventure; it's always a challenge and a pleasure. The water, wind, weather and nature are different everyday and new skills

>>

>>

bring a sense of achievement. As a paddler, I'm better than some and not so good as others but I'm always improving. However it's not about that because at Nottingham Kayak Club there is a place for everyone. They make me and my family feel part of the club team.

Many people have inspired me on my journey into paddlesport including Polish champion Angelika Malanowska, who gives me great motivation and Sarah Millest and Peter Illet who are helping me to prepare for my next adventure, the Waterside Series winter marathons.

“

My daughter and I are both a lot happier since we started paddling. All stresses fade away when on the water. Living in the moment helps my daughter deal with the exam pressure and stress that comes with being a teenager.

Justine

My advice to anyone thinking of trying kayaking is to get yourself onto the British Canoeing website and find a club close to you. It is better to start after Easter when it's warmer and the clocks have changed. The club will supply everything you just need a change of clothes and a simple waterproof. Take your children, friends, family with you. This is a family sport and a sport for all.



**Developmental Coordination Disorder (DCD)- Recognised developmental milestones may be affected with a pattern of late achievement in skills such as rolling, sitting, standing and walking. Later more complex movements such as running hopping, jumping or kicking and catching a ball may not be at peer level. Movements can be slow and hesitant and are not picked up instinctively, and there may be lack of confidence to tackle new skills. PE and games may be avoided. Balance and stability are often affected and the child may fall or trip over nothing. The control of fine motor skills such as writing and art work are usually more difficult.*