

FEEDBACK

NEWS AND VIEWS



In this issue:

The Science of Slalom — John Fazey

Competition Preparation — Alan Edge

Results Service: Hambledon — It actually happened

Year of the Novice — Peter King

FEEDBACK

FEEDBACK is the official journal of the Slalom Committee of the British Canoe Union and is edited by Richard Fox.

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FEEDBACK FOUR *****

Editor	Richard Fox
Business Manager	John Gosling
Distribution	David Morgan
Typing	Stephanie Mawdesley
Layup and Typesetting	Roger Annan
	Chris Nelson
Editor's Assistant	Roger Fox
Publicity	Jennifer Munro

MORE HELP IS NEEDED!

FEEDBACK ADVICE COLUMN

The Feedback Advice Column will reply to your personal as well as your training problems. We now have a resident Agony Aunt who is itching to tell you how to keep your marriage intact with clean smelling wet suit booties; and why you should go for a long paddle one evening with the girl who smiles at you in breakouts. For those of you who train seriously, why not ask Bushy Hedges or FAC for advice on your paddling problems. You might not become World Champion but you could beat that poser with the new boat. Think about it and write in.

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Photos: Tony Tickle

EDITORIAL

The start to the season is always an exciting time, many of us dream it will be our best ever - promotion, selection or World Champion perhaps. This season, however, has an important significance apart from the realisation of individual goals. There are two important issues which will determine the way forward for future years.

On the domestic front the campaign for Holme Pierrepont is nearing the final assault and the sponsored paddle on May Day is a vital test of commitment for British Slalom. If we succeed, which we shall, if you take part, the opportunities for recreation, training and competition in slalom will all improve. An artificial slalom course at Nottingham will increase the marketable value of our sport and encourage greater participation, additional sponsorship and coaching schemes and a furtherance of excellence in competition. Winning is all about commitment and Holme Pierrepont is one slalom we cannot afford to lose.

Internationally, the World Championships will once again be run under the rules of the ICF, but for how much longer? The sport has taken to the new buoyancy aid ruling with little outcry. Will we also just take to the proposed new rules for slalom? Surely there must come a time, and it must come soon, to stand up and shout. Why no 'Lifedecks'? Why change the rules? There has been inadequate justification for any change in the buoyancy aid ruling, and a considerable lack of thought about the nature of slalom has gone into the new rule proposals. It is time for a change of a different sort.

PADDLING NEWS

New Books - It looks like we are in for much more needed literature on slalom. Bill Endicott has been preparing a book on kayak technique, some of which is based on observation of Richard Fox during April 1982. Similarly Ken Langford hopes to release a catalogue of technical advice from his years of coaching experience. Australian coach Roy Farrance, meanwhile has produced a more general book - "This is Canoeing" - covering all aspects of the sport.

Gourmet Gosling - Our Feedback production manager, John Gosling, more famous in his capacity as a Pyranha Director, and Everest expedition member is, with his wife Maggie, to open a hotel in Llangollen. I am assured that only well mannered canoeists with clean smelling Helly Hansens will be admitted!



Superstar Hedges - Martyn Hedges demonstrated his canoeing versatility to perfection in a new event held at Crystal Palace this year. He won convincingly over Bob Campbell from White Water Racing, Grayson Bourne from Sprint and Robin Belcher from Marathon in a canoeing Superstars challenge. The four events contested were a short course slalom, a Grand Prix, Bat Marathon and a swim. How about an 'Ironman' competition in the real outdoors comprising of a sprint, white water racing, slalom and a sea paddle? Competitors could run, cycle or swim between venues!

Irish Experience - Mike Druce, Paul McConkey, Graham and Andy Gladwin braved the Irish sea in February for a pre-season event at Aghade, 1½ hrs south of Dublin. Having trained with Shane Kelly at his excellent training site the day before, they cleaned up the first four places in the event. Mike Druce gained top spot on a bitterly cold February day, when wind assisted penalties foiled many competitors. Shane, although paddling below form, lived up to his reputation as an excellent host and we look forward to seeing him compete in the UK events this season.



FOX BEATEN!!!

In his first outing on British water this season Richard Fox was beaten into second place in the final event of the Stone Mini Slalom series. The winner was Ian Duncan of Notts University, a novice C1 paddler. A 60 second handicap over a two minute course proved too much for Fox against a former Division 1 K1 paddler.



BCU Amateur Rule: The BCU has been asked to establish a procedure for dealing with sponsorship and advertising.



Northern Ireland paddlers have been incorporated in ranking lists. The Northern Irish slaloms, though, have still to be ranked.



The Slalom Committee has approved the purchase of a 3.5l, 9 seater left hand drive mini-bus for use by international teams.



The West Midlands Region has been approved a Development Loan of £300.

TELEVISION SPECIALS

PADDLES UP!

Negotiations are under way to stage a television special for slalom on BBC, based on the successful Kick Start programme. Filming will take place at the end of May subject to agreements with Welsh Water. The exact nature of the event is not yet clear, but it is likely to be on a shorter course than normal. Top paddlers from home and abroad will be invited to compete in a qualifying event on 31 May 1983 for the final on the following day.

RAPID RACES

Another proposition for more television canoe sport is underway. A series of straight races at such venues as Bala and Llangollen will be held in the Autumn over a short two minute course. Presently canoeing interests are being represented by the sprinters and white water racers, but it is hoped that top slalomists will be invited to compete.



SLALOM SITES

Windsor Canoe Club have been offered a grant of £100 and a loan of £100 from the Slalom Committee towards new facilities. Thames Water have agreed to provide course improvements at a cost of £800. Hopefully the site will see increased usage following the new development and should be available for other clubs.

Severn Valley - Tony Arrowsmith has presented a report to the Slalom Committee concerning proposals to re-establish navigation on the Upper Severn. The plans could mean the loss of the Ironbridge site but would create potential opportunities for a number of further slalom training and competition sites. It is hoped that the Water Authority will consider canoeing interests when constructing weirs and sluices if professional advice on suitable design characteristics is offered.

The Science of Slalom

THE PHYSIOLOGICAL BASES FOR SLALOM PADDLING

1. The Energy Transfer Systems.

Most paddlers who intend to spend many hours each week on training for slalom paddling want to know why coaches and champions advocate particular training regimes. The answers usually refer to the scientific bases of human performance and can be more confusing than illuminating. These articles are intended to clarify the more important physiological processes involved in paddling. To begin with I shall try to relate how we use energy and how it is supplied in a usable form.

To perform any physical work the body requires energy. Increasing the ability to supply, use, store and restore the energy source is the major aim of fitness training. The energy we use in a muscle contraction comes, via the food chain of animals and plants that we eat, from the sun (trapped in plants by photosynthesis). Energy for work in physiological terms is supplied to the final working mechanisms by a variable combination of two methods. These two methods :-

- (a) aerobic metabolism (i.e. with oxygen)
- and
- (b) anaerobically (without oxygen)

are so called as a result of identifying the chemistry involved in energy transfer to the working muscle.

Energy Transfer.

Figure One is a simplified presentation of what

goes on in and around a working muscle cell. Consider first however, what is required to make a muscle element contract. The contractile unit is called a myofibril. It is made up of protein filaments which, when provided with usable energy slide together. The usable energy is in the form of a complex molecule called "ATP" (adenosine-triphosphate). One of the two different sorts of protein filaments (actin) uses calcium (stored in a network of tubes around the myofibril), whilst the other (myosin) makes the ATP available. As the filaments become active the ATP is broken down to ADP (adenosine diphosphate) and a free phosphate (Pi). This break down relies on the availability of an enzyme component called "ATPase" and as ADP and Pi are released, energy is "freed" fuelling the relative movement of the actin and myosin. Since this activity is happening simultaneously in many cells which make up the muscle unit controlled by a single nerve (a motor unit), the result is a contraction of the motor unit and a limb movement.

If the essential ingredient for muscle contraction is available (ATP) the question is, "How does it get there?"

ATP-CP Stores.

There are, before any activity begins to deplete them, limited stores of ATP in the muscle. Perhaps enough to perform about 5 to 8 seconds work. Creatine Phosphate converts easily to ATP and is a substantial contributor to the supplies of "instantly" available energy. These supplies stored "on site" are used only anaerobically but even so their use has implications for the

aerobic systems. (Fig. 1 - rte 1). The use of these stores is the fastest route for energy transfer.

Glycolysis.

The second quickest route for the supply (Fig. 1 - rte 2) of ATP is via glycolysis i.e. the conversion of glucose in the blood or stored glycogen in the muscle tissue to ATP. This metabolic pathway is fast. It uses glycolytic enzymes to produce ATP and Pyruvic Acid. PA can be taken up by the aerobic system but if it is not it forms Lactic Acid which is thought by some to be a major inhibitor of muscle activity if it cannot be transported away from the work site. Glycolysis relies therefore on available glycogen or glucose and efficient "plumbing". However, it is important to recognise the interdependence of the systems. For, every time that a glycogen molecule is used to provide ATP for energy the by-product, PA, is taken up as an important source of raw material for the aerobic system from which many more ATP molecules can be produced. (Fig. 1 - rte 3).

Aerobic Transfer.

This third route involves the mitochondria. Here in conjunction with oxygen, aerobic enzymes transform the end products of sugar and fat metabolism in successive moves along the pathway. This metabolism is very complex and the long series of chemical exchanges which release carbon atoms to produce, when combined with O_2 , carbon dioxide (CO_2) is a repetitive cycle. The Krebs' Cycle (named after its discoverer) continues to do its work until all the carbon atoms have been oxidised. ATP, CO_2 and H_2O are "given off" by the mitochondria. The ATP is thus available for work or for replenishing the stores of energy in and around the muscle.

ATP for storing.

The only way that ATP stores can be replenished is via aerobic metabolism. Thus even the most trivial action, even though anaerobic in terms of the final route of the supply to the muscle must involve the aerobic system as it replaces what has been used. The rate at which any metabolism can occur is influenced by many factors. Many of these factors can be influenced by training.

Muscle Fibre type and Metabolism

Muscle fibres can be classified under the microscope if cross sections from live samples (usually very small) have been bathed in appropriate staining solutions. These stains react to the presence of particular enzymes in different ways. The most common technique results in fibres rich in oxidative enzymes (those which control aerobic metabolism) showing up as dark under a light microscope. Counting the number of fibres in a sample which are revealed as oxidative (sometimes called slow or red) fibres and the number which are glycolytic (white or fast) tells us the relative distribution of each type in the muscle. Clearly muscles with different proportions of fast to slow twitch fibres are structured for different purposes. The muscles for blinking the eyelids are almost totally fast twitch --- you seldom need to crush anything with your eyelids. On the other hand muscles which work slowly for long periods of time are generally red or slow twitch --- those holding up your spine are good examples.

Whilst it is still being debated whether there are intermediated types of fibres it is

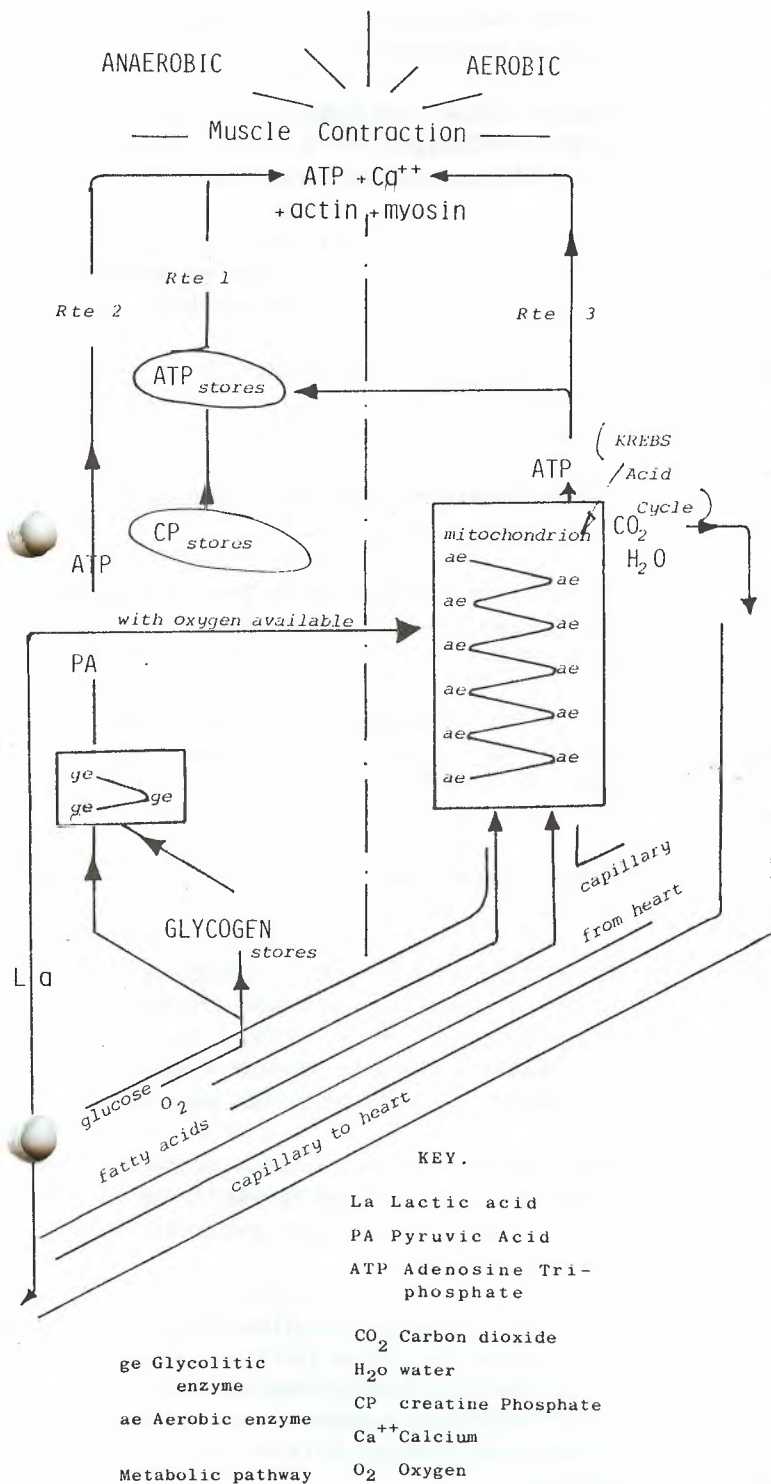


Fig 1 Metabolic pathways
in the muscle

clear that most muscles can be made more aerobic or glycolitic through specific forms of training. The changes that take place do not necessarily reflect a change in the

proportions of fibre types but are much more related to the relative state of development of the fibres. Steve Baker's progress report underlines this as it shows tremendous changes in the cross-sectional area of the glycoltic fibres following intensive anaerobic training.

Having tried to explain the meaning of "aerobic" and "anaerobic" metabolism in terms of the transfer of energy within the muscle we need to now consider the energy transport systems of the body. It will then be possible to catalogue what is currently known about the effects (both long and short term) of training on both the processes of energy transfer and transport. On the basis of this knowledge it will be possible to then see why certain training programmes are preferred over others.

John Fazey

**BRITISH SLALOM TRAVEL
WORLD CHAMPIONSHIP 1983
MERANO - ITALY**

Special arrangements have been made for reduced price tours for British supporters to see this year's World Championship in Merano, Northern Italy. Full package tours are available, or, for the more independant air flights, car hire, hotels, car ferries and camp sites can be arranged for very competitive rates. Full details from (send sae):

Brian James,
British Slaom Travel,
7 Knowle Gardens,
West Byfleet,
Surrey.

SPECIAL DEALS ON SALLY LINE
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THE PUSHERS

"I wish somebody would carry MY boat. Can't he carry it himself?"

How often over a number of years have I heard such remarks - usually in friendly jest - occasionally with a hint of sarcasm. In a way such remarks helped me personally to keep my feet on the ground and not become the subject matter of this topic.

Both my son and daughter are canoeists and both have tackled the sport in their own way, seeking their waterbourne pleasure at their own desired levels.

How much have I 'pushed' them, I was recently asked by a well wishing 'dad' who explained he wanted his son to follow an established successful pattern (his words). Perhaps it was this that prompted me to write this article.

Quite categorically, I have never 'pushed' either of my offspring into anything - but I have given masses of encouragement. (There is a vast difference.) For example, I have no doubt that my daughter, who has a vigorous and somewhat aggressive approach to all her sports could be very successful in slalom but she doesn't rate canoe competition as her number one priority. It's her choice. I respect it.

My observations over a number of years lead me to the conclusion that youngsters who are pressured into sport rarely reach the heights and a few who do suffer strained, sometimes disastrous relationships with their parents.

What do I mean by 'pushing'? In my dictionary there are many forms which, in varying degrees, place an intolerable strain on young paddlers. In a word - pressure.

A few examples from the past season's slalom circuit:

Large father to very small son (10 yrs old): "Christ ... if you hadn't got that 50 you could have won."

The father who left the slalom site to get it out of his system because he was angry at his son's 50.

"I'm not spending hundreds of pounds on new boats if you can't do better than that." - heard at finish line.

"I've told you how to - now get in your boat and do it."

"You'll never get into Div. 1 paddling like that." (To 11 yr old in Div. 4.)

"I make him train every day. He sometimes takes some getting out - once in his boat he's OK." (12 yr old in November)

"When I was your age I was ... champion of ..."

On a different tack - the negative pushers ... the parents who dump their kids at slalom sites on Friday to pick them up Sunday. Independence - yes. Encouragement - well, what do you think?

The parent who sits in a caravan 50m from the course and doesn't bother to watch their offspring perform. Negative pressure?

The line between pushing (pressure) and encouragement is a narrow one - not always easy to recognise and of course some paddlers react favourably to verbal encouragement. It's a matter of degree.

An example from another sport is Sebastian and Peter Coe, son/father who have developed a 'coaching' relationship and have not only been successful but have remained friends in the process.

Having pointed out a few (and thankfully the numbers are small) points of

negative approach parents, it must be emphasised that there are many parents involved with their son/daughter in slalom who have probably got it about right and their parent/paddler style is reflected in results, and sound family relationships.

If I had to offer advice to parents of would be slalom champions, (and I would not be so presumptuous) it would probably follow these lines:

1. Encourage success - sympathise positively when there is failure - (There's always the next time.)
2. Take the trouble to train yourself. Why not a Slalom Trainer weekend? A number of parents in my own club have taken this route with benefits.
3. I believe athletes (paddlers) should be self motivating, but parents can provide the support for motivation both physically and mentally.
4. If your coaching talent is limited seek out a good coach and ask his advice. Always listen and act as you think fit. (You know your paddler best.)
5. I assume most children wish to please their parents - so if all goes wrong at a slalom, scolding, angry reaction or even indifference can be destructive to a considerable degree.
6. Success is not only achieved by winning.

There is no magic formula to suit everyone, but as a parent you do have a better insight into your paddler than others might have.

Continued on page 16

TOWARDS ADVANCED PERFORMANCE

The theme of the first conference devoted entirely to slalom coaching proved to be very apt. Held at Nottingham in January it was packed out with delegates and the speakers did not let them down - in fact the speakers proved to be outstanding and contributed so much to the technical aspects of coaching knowledge at advanced level.

Dr Craig Sharp addressed the conference for the whole of Saturday, making complex physiological principles easy to understand, without losing scientific preciseness.

Important points emerged. Training the top class performer is divided into:

- Technical Aspects:
equipment for the sport
technical skills of the sport.
- Tactical Aspects:
often those represent the most important factors at high levels of competition.
- Psychological:
personality profiling and the coach's approach, motivation, 'peaking', tapering, the psychology of winning.
- Sports Medicine:
immediate action on common simple injuries, injury-prevention aspects of training, the sports-orientated GP, the sports injury clinic.
- Physiology:
the education of coach and athlete in terms of explanation of physiological and biochemical phenomena and in terms of the scientific rationale of training methods.

The rest of the day was spent going into the physiology of training. The main points to emerge were:

FEEDBACK

1. Slalom at top level was 60% technique, 40% fitness/strength.
2. Always concentrate on training weaknesses, not strengths.
3. Strength best built up using isokinetic machines adapted for paddling simulation.
4. Off season training to be divided into 4 x groups of 6 weeks approx to work on strength, local muscular endurance, endurance and speed.
5. Speedwork done on gates as high quality approx 6 weeks before competition.
6. Train about 5 times a week.
7. Never train when you have a cold or flu virus - this can literally end in death.

S P E C I F I C P O I N T S

Strength

Frequency 3 times a week high intensity (synthesis in rest period)

High intensity 4-8 reps; pyramid - ascend to 'warm', descend with fatigue; 6 at eg 65%, 80%, 75%

Eccentric aspects of lifting important, ie the down phase eg 2 secs up-lift, lowered in 4 secs or up 2 down one.

Antagonists - don't forget these, eg hamstrings with quadriceps.

Range: 'Inner range' for strength + shortening, eg abdomen.

'Outer range' for strength + lengthening, eg hamstring.

Strength is maximum over 60% of range.

Retention of Strength - once a week in competitive season at high intensity workout.

Speed

Importance of developing fast-twitch muscle which also has the effect of developing some slow-twitch areas.

Speed work must be sport related, so do speed work on gates.

Build up speed with 20-30 seconds work, 50-60 seconds rest.

During rest period an 'active' interval should be maintained to diffuse lactic acid, therefore rest load should be 60% of workload.

Local Muscle Endurance

Aerobic - long steady work, 30 mins, 60 mins, 90 mins

Anaerobic - 30-50 secs work, with 10-30 secs rests.

Finally, rest during training is vital especially during multiple session on one day.

GB National and Team Coach HUGH MANTLE, who has restructured and developed the slalom coaching scheme had some very positive views on "Coaching - the next five years"

1. Performance is outstanding at the moment because we have three world class paddlers, but coaching at the lower levels and consequently the higher levels needs a COMPLETE rethink.
2. Coaching needs to take place in clubs. But clubs are not structured and managed in a 1990's style which is needed to develop every paddler's potential.
3. The Slalom Coaching Structure is okay NOW but in five years time will be outmoded. We need a FULL TIME National Coach and 9 part time national coaches to develop coaching in clubs in every geographical region.
4. Literature on coaching, updating

of coaches, conferences, coaching clinics and development of WORLD CLASS COACHES need priority. If we wait more than two years we are likely to miss utilising the golden era of slalom. This era has outstanding knowledge not easily gained - it will be lost. France, West Germany, Czechoslovakia are passing us.

5. The status of slalom at the British Association of National Coaches is low. There is likely to develop very soon a degree in coaching and a national coaching scheme for all sports. Are the needs of slalom coaches going to be met in these schemes? Well, without a FULL TIME National Coach looking after our interests the chances are minimal.

6. An award scheme for slalom was proposed - similar to skiing which would aid paddlers to advance their own skill levels by developing correct 'technique models'.

Finally Hugh believes we have developed coaching a bit like a milk chocolate teapot. When things start hotting up it melts away. Whereas we must plan well ahead, construct a sound teapot, produce the correct strains in our tea bags and eventually pour out the brew which can be adapted to all different sorts of tastes!

The Squad System

Chris Davies, Eastern Region Slalom Coach discussed the advantages and disadvantages of training through the squad system which has been extensively used in the region with a very large degree of success. Chris produced a series of diagrams which have since been developed into a programme by Jennifer Munro and looks as follows:

CHAMPIONS

NATIONAL TEAM

Regional Squads
and Youth Team

County Squads

Premier Div: Div 1:

Div 2: Div 3: Div 4:

and also novice paddlers

TRAINING SQUADS - source of trainees

Youth Groups and societies; schools; Scouts; Guides; Ventures and Rangers; Colleges; Universities; Canoe Clubs; Army, Navy, Air Force; Individuals

TRAINING SQUADS - those who can help

Other training squads; Local Radio; Education; Local Councils, Local Sponsors; Canoe Clubs; Armed Forces; Parents; Outdoor Pursuit Centres; River Users; River Advisers; Water Authorities

The Coaching Pyramid designed to enable each slalom paddler to achieve his potential

"The future strength," said Chris Davies, "of the National Teams lies within the structure of organised training squads. We need to train competent and enthusiastic coaches and to set high standards by concentrating on quality rather than quantity."

Utilisation of Training Facilities for Advanced Performance

Alan Edge, GB Ladies' Coach and holder of two World Championship Gold Medals, presented his paper to the conference. He emphasised that, "On the face of it Britain does not appear to offer much in way of national facilities to satisfy the demands of the advanced paddler." So how do we manage to be so successful in the World and European Championships? In answer to this Alan explained how to use limited facilities to the optimum advantage by:

- Strength training on flat water using breakouts, full spins and tight staggers all needing a powerful bow rudder and strong





acceleration to do well. Set tight gate sequences to force the paddler to make more directional changes to develop strength, control and acceleration.

- Flat water over distance work to develop a solid base of endurance - don't plod but have marked out timed courses of 4-8 mins. Utilise group pursuit sessions as a motivator.
- Rough water training - in addition to developing precision on gates, choose a good circulation site which enables you to repeat white-water moves. Start and finish close together.
- Speed work in final phase before competition should emphasise speed and quality. Simulation of the event is a must, ie 3 timed runs involving mental rehearsal as well! Other sessions involve shorter than race length courses with large rest periods, eg 1:3. Courses should be open to allow the paddler to do gates at speed and psychologically feel good.

Finally Alan thought training camps had positive advantages. The site would need to have full length runs + circulation sites. The advantages:

- change from home base
- adaptation to big, fast water
- clean water!
- an opportunity to perfect warm-ups and general competition preparation and strategies

Developing Advanced Techniques - paper by John Macleod, Senior Team Coach, who has done so much to improve the quality of GB coaching by gathering and educating a group of well motivated competent coaches to develop the teams. FEEDBACK will be taking extracts from John's paper and publishing them occasionally. Therefore, the paper presented will not be summarised here. However, some classic phrases were uttered by John:

1. "Experience teaches slowly and at the cost of mistakes."
2. Gate sequence skills are "largely a case of interpreting training experience. Paddlers need to experience every possible sequence in a wide variety of circumstances. If a sequence has to be faced for which the paddler cannot evaluate a safe, fast, practical route then coaching has failed."
3. During competition - the aims of the top paddler are to WIN and LEARN. Coach works on winning, providing feedback information on elements of competition. The coach also sets up long term strategy for learning from the competition.

Methods of attaining the objectives outlined were given in VERY PRACTICAL ways, reflecting John's vast experience as a great paddler and now a great coach.

The conference ended with all delegates having spent two worthwhile days and having a comprehensive conference report in their hands, full of practical advice which would help any coach or paddler.

If you didn't make the conference you probably missed out on the most up to date, superbly presented coaching material for advanced performance EVER given in this country. See you next year if you have any sense! (January 1984)

from a Conference Observer

FEEDBACK FOTOS

CAPTION CONTEST

A FREE piece of canoeing gear for the best captions for the pictures of Pete Keane and Martyn Hedges on pages ten and eleven.

**We need more photos - send them to FAC,
154 Lichfield Road, Stone, Staffs, ST15 8PY**

PUBLICITY

I would like to thank all those who returned their publicity slips at the end of last year and especially those who took time to tell me of their problems or successes. I have not been able to reply to individuals, but would stress how helpful their comments have been.

1983 ADVERTISING CAMPAIGN

A campaign to advertise the need for more training sites and regional centres will take place in April and May. Thousands of leaflets will be distributed by the Regional Sports Councils to relevant authorities.

Clubs are asked to help too please.

Each club will receive two of the general leaflets plus two general press releases on BCU headed paper. I hope that these, together with the name and address of the club and a few brief details will be forwarded to the local press.

The aim is a training site within 20 miles of every community.

THE YEAR OF THE NOVICE PRESS RELEASE

Each week local papers are full of the successes of various sporting individuals in the local community. One local paper has even printed the results of every single runner in the local marathon. It is time that canoeists shared in this press coverage.

One of the most memorable days in the life of the slalomist must be the day he is promoted from Novice to Division 4. Generally this achievement is treated like a damp squib. I hope that this will change.

I am circulating a press release to the organisers of novice events. I hope that at the end of the slalom this press release will be given to those who have won promotion into Division 4. The next step is up to the paddler, parents or

club. The press release must be completed with name and address and posted, first class, first post on Monday morning, to the local paper.

If this publicity system works and if event organisers are prepared to take on this extra job, it could be extended to other divisions so that every paddler who is promoted or wins, has, in theory, the opportunity of seeing his or her name in the local rag.

HOW TO INTEREST THE LOCAL PAPER

One of the biggest difficulties facing club press officers is to interest the local papers in the sport. In some cases the local editors do not even regard canoeing as a sport. Interest of sports editors varies within districts.

It is to help clubs that I have produced a general press release, again on BCU headed paper. This will go to clubs for their use if they so wish. More copies will be available on receipt of a stamped, addressed envelope.

THE SPORTS COUNCIL

I tend to take the help given to us by the Sports Council for granted. I am wrong in this. The Sports Council has recognised the part canoeing has to play in modern sport. In fact without their considerable financial support the sport could not have achieved its great successes. I am sure that anyone writing to the press will give credit where credit is due, particularly to those bodies whose financial support and general assistance is so vital to our survival.

Jennifer Munro

'Phone or write your comments to:

Jennifer Munro
Slalom Publicity Officer
3 Moreton Avenue
Harpenden
Herts Tel: Harpenden (05827) 3583

COMPETITION PREPARATION

Approaching 'peak' competition time, emphasis should be on merging together all the component parts of your training programme to achieve the correct blend that works for you. What you do in this final phase will obviously be influenced by your own budget, work or college requirements and by your overall commitment to getting it right on the day. What was adequate in the winter, might not be acceptable in this final phase.

Land-based training - Final Phase

This is not a priority over the final run-in to competition. Waterwork will have gradually taken over, restricting land sessions to the following:

- fast repetition work on isokinetics/multi gym/light weights
- a long warm-up/flexibility session
- short, timed runs 3-3½ minutes flat out

Warm-up/Flexibility

It is vitally important that as you approach your first competition, you have a well-proven, adaptable and efficient land/water warm-up worked out. One that you can be confident in on any course in the world, regardless of the conditions. This would be a long term aim of your WTP and in the final run-in to competition, might even serve as a paddling session in its own right.

Waterwork - Final Phase

SPEED and QUALITY are the essentials. Typical workouts would be:

- Specific sessions simulating competition, involving full length courses, mental rehearsal then 3

timed runs on each course - FAST AND CLEAR.

- Speed intervals on the gates and the flat. The essence of speed-work is that you work on a distance SHORTER THAN race length. Recovery is long - somewhere in the region of 1:3 or 1:4. It should then be possible to work maximally all the time - 110% is the target! Course design is critical, sequences needing to be more open than normal allow the paddler to be accelerating to maximum for most of the time. These sessions are aimed at developing raw speed between the gates. Sessions like these are useful psychologically as well, due to the fact that the paddler almost invariably goes clear and also FEELS to be going his fastest to date. All good positive stuff just prior to THE BIG DAY.
- I would include some mixed intervals in this phase as well. Speed-work obviously takes precedence, but not to the exclusion of all else. I would try to work all 3 major energy systems in one session, aerobic, anaerobic and ATP- (explosive speed and acceleration) varying work intervals between 1:½ and 1:4. Done in a group/mass starts etc this type of session is less tedious and ensures that there is some progression between phases.

Alan Edge

A professional

VIDEOSERVICE
for
SLALOMISTS

Phone George Hodgson on:
088 925 331
for details

LETTERS

Dear Feedback

May I congratulate you on your new publication, a really excellent magazine, and a worthy replacement for White Water magazine, which I feel has deteriorated (in the interests of slalomists, anyway).

Would there be any possibility of you doing some articles on the different gate techniques, possibly with simple diagrams?

Also, how about revealing some of the 'big boys' training plans (do they really eat diets of desiccated liver with vitamin additive)?

Anyway, please keep the standard up!

Thank you.

Jonathan Abbott
Knaresborough



Dear Uncle Max,

Well, the winter's nearly over and it's not long to selection, my boss has been forcing me to work overtime and I can tell you it's not doing my bottom any good.

Have you heard about the Team Management? Apparently they are extremely worried. At Christmas a detailed study was commissioned into the why's and wherefore's of the Team's success in 1981 and 1982. There is a disturbing correlation between success and the birth rate among our coaches.

At the moment there is nothing in the wind following the birth in late February of David Charles Sibley to Jim and Mary - well done from us all I say. (Whoever nicknamed Jim "L'Escargot" must have been mistaken.) Although I suspect that there will

be another addition to the Calverley household. Meanwhile the management feel very worried about our eight resident coaches. Is there any truth in the rumour of suggestive pressure on our hard working aide de camps? I only hope that Judo George Radford doesn't get any ideas with Big Liz.

News of our buddies in America reached me last week by way of the written word from Wild Bill Endicott himself. Apparently, Hearn, Lugbill and Robison - the 'Gruesome Threesome' have designed another competitor to our superiority on the water - The Batmax. We Cudamaxes have only had two years at the top and it looks like an early retirement. Still, rumour from a Southern source mentions that Davey Hearn doesn't feel very stable in it, but is having to keep going because Big John and Bumbo are going faster than ever. Are the Americans overstretching themselves? Will Merano '83 break their five year dominance of the C1 class? Only time will tell.

There are definite signs of mellowing in our present squad and I think we can expect to see some new faces in the team for 1985. Just think, apart from the Flying Fox, old FAC himself, and Rapid Russ Smith, the rest of the men's K1 will soon be drawing pension. In fact it is rumoured that one member has just started on leaving the RAF.

Congratulations to Reggie Mainbearing on becoming a Director of a prominent Midlands canoe business. Will the RAF be the same again? Who will win the Inter Services this year and will Reggie let his hair down now he has joined Civvy Street?

Talking about mellowing Albert and Debbie Kerr were married at Penketh, Warrington on 12 March. Debbie is a lovely girl and has had a good effect on Albert in recent years. Formerly nicknamed 'The Animal' he has recen-

tly been seen reciting poetry and picking flowers. I hope you will join me and wish them all the best for the future.

Word also reached me last week from my man Down Under, Big John Shackleton, who played host to the Editor, Miss Roderick and Mr Wain at Christmas on Millionaire's Row in Perth. Shack says he is leaving Australia for Canada via New Zealand, competing in their nationals. and Honolulu. Apparently Shack recently acted as a rescue boat on a twelve mile sea canoe race. Not only did he not rescue anyone, he didn't even see another canoe in three hours and so went home. I think our Aussie friends were pulling his proverbial leg for him.

I wonder if you know any of the secrets from Windsor way? Martin Deacon that Youth C1 paddler has just fulfilled the three part contract he signed with Bushy Hedges last Autumn when he borrowed Bushy's isokinetic machines. If you know the truth I would be grateful to learn just what a man will do for five weeks on an isokinetic machine.

That's all for now, write back soon, look out for those hidden rocks and bottomless stoppers.

Yours etc,
Cudamax



ODE TO FAC

When you thought you'd gone hard
You could have gone harder
But is harder than hard always much
faster?
Faster than fast can sometimes be clean
And fastest of all has got to be seen
Because fastest AND clean when it comes
to the test
No matter where or how will always be
best.

Finally, I believe that most young paddlers benefit from a personal manager (and most parents fit the bill admirably) to relieve him/her of all tasks which however small may have effect on performance.

The manager sees that:

Entries have been sent
Arranges transport/accommodation
Gets paddler and equipment to start on time (with correct numbers)
Meets paddler at finish, receives boat/equipment.
Has food/refreshments ready at right time.

Arrangements for training as above.

You may consider this being soft or pampering. Some paddlers may not even want/need it. I personally feel that it leaves the paddler free to concentrate on the job in hand.

The National teams/paddlers at World Champs have managers; boxers, footballers, ice skaters etc have them. Why not canoeists?

Finally, let's ask ourselves (parents that is) where do we fit in? Do we pressure - do we do too much or too little - where do we go from here? There's a whole new season ahead.

In the words of Seb Coe's father:

"At 14 it was obvious I had a good one. At 16 I knew I had a world beater. But above all, PATIENCE WAS VITAL."

Len Smith

TECHNIQUE TIPS

PADDLE GRIP

Ask a friend to watch you paddle and to comment on the position of your hands on the shaft. If they are too close together your strokes are likely to be short and too close to the boat, particularly when turning. A wider grip will give you greater control on rough water and will encourage you to use your back and trunk muscles more when doing bow rudders and sweep strokes.

Many paddlers have an offset grip with one hand close to the blade, normally the control hand, and one near the middle of the shaft. The imbalance which results is obvious to an observer but often passes unnoticed by the paddler. The remedy is simply to put tape on the shaft to keep your hands in an even position. Beginners' stuff you may say, but just look at your hands and see.

STAGGERS

Next time you get on moving water for a technique session spend some time on offset forward gates. Think carefully about your strokes and boat positioning and consider the following points:

1. Keep sweep strokes wide of the boat and keep the boat itself flat. This will initiate a faster turn and reduce downstream drift.
2. Vary the approach speed. You will find an optimum pace for a particular sequence. Too fast and any error in positioning will be magnified on gates further on in the sequence. Generally a smooth, controlled pace is better than an explosive stop start approach to staggers.

3. Vary the strokes. On easy staggers try eliminating bow rudders and place more emphasis on forward strokes and wide sweeps. Practice also spinning the boat on the gate-line with a wide bow rudder or a reverse sweep after a tight approach. You may well end up in this position through misjudgement and a clean fast escape is essential to get you back in a flowing rhythm.

Compare the difference between short, fast strokes in and around the gate with longer smoother ones, see how many strokes you can get in over a 5 or 6 gate sequence of staggers.

Also vary the position and length of the bow rudder. A quick stroke before the gate may be best in some instances, but try feeding it through C1 style to slow the boat down and even leave it until after the gate to change direction for the next gate.

Over a period of time you will speed up your reactions in the gateline and develop a more flowing stroke pattern through offset forward gates. It is important to vary the strokes in training so that you can adapt more readily to different situations in competition.

FAC

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FEEDBACK RESULTS SERVICE

HAMBLEDEN IT ACTUALLY HAPPENED

***** ** ***** *****

For the first time Hambleden slalom took place on the right date. In the past it has had to be cancelled due to too much water. This year the water was ideal even though some would say to hard.

The opinion of the course before practise was not very high. However more attention was paid after the first practise runs. Designed by Bob Doman some thought had gone into it. The direction paddled to gate eight showed peoples own ideas on what they thought was fastest.

The route to gate 15 showed who had thought about the course as energy had to be conserved for the cross at 18. The one definite place not to capsize was going from 25 to 26 as rolling proved difficult in a mass of boils.

FAC produced the fastest time of the day closely followed by Jim Jayes and Russ Smith. In fifth place a very good result was gained by a youth paddler Rob Wright.

In the ladies event Liz Sharman showed her true class to the measure of 20 seconds over Jane Roderick followed by Sue Garriock. C1 was won by Martyn Hedges a weir paddler from fellow weir paddler Bob Doman third place went to Les Williams. The event seemed to be very well organised. Hopefully next year there will be more judges. Lets hope there is one next year.

HAMBLEDEN - Premier and First Divisions

K1MP	1	Richard Fox	Staffs & Stone	218.62
	2	Jim Jeyes	Shepperton	223.48
	3	Russ Smith	Tees	224.50
	Y	Rob Wright	Shepperton	232.12

K1LP	1	Liz Sharman	Bury St. Edmunds	253.21
	2	Jayne Roderick	Pyranha Racers	273.91
	3	Sue Garriock	Ribble	298.83

C1	1	Martyn Hedges	Windsor	255.55
	2	Bob Doman	Chalfont Park	284.94
	3	Les Williams	Tiverton	295.64

C2	1	Jamieson-Williams	Wey	262.03
	2	Joce-Owen	Paddington Bears	320.38
	3	Smith-Smith	Urchins	328.26

K1M1	1	Roy Garriock	Ribble	239.81
	2	Simon Green	Y Manchester	247.83
	3	Paul Warner	Shepperton	250.42
	Y	Giles Peek	Y Adur	259.33
	J	John Hansell	J Tees	272.60

K1L1	1	Penny Briscoe	Telford	385.82
	2	Sue Hornby	Deptford Swimmers	390.36
	3	Isable Joce	Paddington Bears	404.09

Judge	1	Kevun Worsley	Viking	311.40
	2	Simon Lawrence	Marlow	345.65
	3	Eric Sutherland	Army CU	368.39

SHEPPERTON - Division 2

K1M2	1	Dave Leeds	Regents	150
	2	Ian Bowles	Manchester	151
	3	Dave Mawdesley	Manchester	153

K1L2	1	Isabel Joce	Paddington Bears	208
	2	Debbie Stapleford	Notts KC	270
	3	Sue Haworth	Worcester	312

C1	1	Jim Sibley	Windsor	242
	2	Bob Joce	Paddington Bears	264
	3	K. Read	Reigate	270

C2	1	Arrowsmith-Brain	SOAK	223
	2	Spanner-Gillian	WYM	408

Team	1	Joce/Jackson/Crouchman	Shepperton	295
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Judge	1	Rob Wright	Shepperton	128
	2	Jim Jayes	Shepperton	128
	3	Russ Weadon	Shepperton	137

Vet	1	D. Dallymple	Itchen Valley	259
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MOORLAND FARM

K1MN	1	M. Roberts	Kingston Poly	121
	2	M. Hudson	Orwell	124
	3	P. Kelly	Manchester	124

K1LN	1	S. Grover	Reigate	152
	2	C. Burnside	TCUCC	169

C1N	1	D. Terry	Reigate	141
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C2N	1	Smith-Geddes	Battersea	142
	2	Leggatt-Roe	Bromley	148
	3	Saunders-Murphy	Reigate	153

Team	1	Conroy/Babb/Downard	Southampton Uni	160
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Judge	1	Carl Rouch	St. Albans	178
	2	Paul Mercer	Adur	183
	3	A. Baldwin	Adur	184

APPLETREEWICK - Division 2

K1M2	1	A. Currie	Y WLCC	154
	2	G. Outhwaite	J Stafford & Stone	155
	3	E. Park	J Tees	157

Year of the Novice

This year the Slalom Executive is asking everyone - Clubs, Organisers and Paddlers - to pay some extra thought to the problems and needs of Novices and to getting more of them on the water.

To individuals, we ask that you make a determined effort to introduce someone to the sport - and not just to have a go once, but because you have helped and advised them, that they are encouraged to stay in Slalom.

The pyramid, the top of which we are justly proud, is based on the newcomers and the Novice events. Will you judge at least one this year and do your best to raise the judging standard! While on the water (or the bank) try to give some help and remember that the Novice in the breakout may not be sitting there with the sole intention of getting in your way!

Your example of good behaviour on and off the Slalom site will also be looked up to.

Our top paddlers have promised their support in these and other ways. For once the appeal is not for your money but for the help that only you, the paddlers, can give.

Peter King

Year of the  Novice

K1L	1	Debbie Stapleford		185
	2	Heather Williams	Millbrook	192
	3	K. Turner	Manchester Univ	195

C1	1	Dave Smith	Battersea	189
	2	Jim Sibley	Windsor	192
	3	Dave Roland	Chalfont Park	198

C2	1	Roland-England	RNKA	190
	2	Arrowsmith-Brain	SOAK	194
	3	Phillips-Lennon	UMIST	298

Team	1	Mycock/Cannon/O'Donnell		188
			Manchester	

Judge	1	Ian Raspin	J Tees	151
	2	John Hansell	J Tees	154
	3	Len Shackleton	Leeds	154

CARLISLE - Divisions 3 and 4

K1M3	1	S. Rudd	Carlisle	175
	2	P. Astles	J AAAA	178
	3	S. White	ARCC	179

K1L3	1	B. Stephenson	Leeds	264
	2	L. Thorpe	Leeds	274
	3	V. Brass	Selkirk	294

C2-3	1	Terry-Saunders	Reigate	276
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Team	1	Bradshaw/Bland/Conyers		301
			Manchester Uni	

K1M4	1	T. Lloyd	Sheffield Univ	192
	2	A. Frost	Reigate	204
	3	J. Moffat	Fife	208

K1L4	1	D. Lister	Bradford & A	383
	2	P. Wignall	Garstang	399
	3	C. Hanna	GUCC	428

C1-4	1	D. Phillips	Manchester Univ	286
	2	A. Law	Y Giggleswick	291

C2-4	1	Stonestreet-Edwards	Rutland	256
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Team	1	Hunter/kela/Green	Cumbria	481
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Judge	1	Alistair Grant	Carlisle	155
	2	Gail Allen	AAAA	159
	3	P. Shaw	Carlisle	163

DURNGATE MILL - Novice

K1MN	1	Paul Pomeroy	Ind	
	2	Robert Moss	Riverside	
	3	Phillip Jenkins	Lowestoft	
	J	James Andrews	Bristol	

K1LN	1	Nicky Jenkins	Lowestoft	
	2	Alison Grieve	BCCC	
	3	Andrea Rowland	IVCC	

C1	1	Paul Linnette	Worthies	
	2	Paul Anthony	Bede	

C2	1	Longhurst-Popple	Uddex	
	2	Rackham-Davis	Worthies/IVCC	

Team	1	Morton/Moss/Hunt	Scratch	
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Judge	1	Bryan Noble	Shepperton	
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Vet	1	Tony Philpott	Bristol	
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BCU SLALOM COMMITTEE

NATIONAL INDOOR SLALOM

CRYSTAL PALACE 1983

K1M	1	Russ Smith	Tees	53.2
	2	Jim Dolan	Manchester	54.7
	3	Roger Manwaring	RAFCA	next best

K1L	1	Liz Sharman	Bury St. Edmunds	55.1
	2	Gail Allen	Ambleside AAA	61.8
	3	Jane Wilson	Forth	next best

C1	1	Les Williams	Tiverton	59.5
	2	Jez Taylor	Manchester	61.8
	3	Rob Black		next best

C2	1	Jamieson-Williams	Wey	60.7
	2	Smith-Smith	Urchins	65.2
	3	Deacon-Morgan	Windsor	next best

EXECUTIVE NEWS

Crystal Palace

The National Indoor Slalom Championships will run again next year. With more lead time the regional qualifying rounds will be fully publicised. There are plans to run up to 8 venues - each region plus Wales and Scotland are invited to propose a location - with a quarter-final just prior to Crystal Palace. Details should be ready by end June.

This year, and every year, we are grateful to the canoe trade, especially BCMA whose trophy is the top award, for their support for the pool slalom events. Equipment prizes this year were presented by:

AC Canoe Products	Chris Hawkesworth
Arrowcraft Marine	Krakatoa Mouldings
Jim Hargreaves	Lendal Products
Derwent	Marsport UK
Fibre Craft	McNulty Seaglass
Gaybo	New Wave
Harishok	North Shore Designs
Haze Enterprises	P&H Fibreglass
Howarth Sports	Pyranha Mouldings
Kirton Kayaks	Trylon
Valley Canoe Products	

THE YEARBOOK has again been presented on time, thanks are due to Ed Ecclestone for this. There are some errors however which you should be aware of. Llangollen Town Slalom on 22/23 October should be ranking for both Premier and Division One, also open to invited youth. Other errors are on pp 22, 25, 39, 55, 130. Any more? Some copies of the Starting in Slalom leaflet give incorrect entry fee for seniors, it should be £2.50. If you have any surplus Yearbooks please return them to Ed Ecclestone as they are in short supply.

SUB COMMITTEES

The Judging Committee (Chairman - Neville Unwin) met on 12 February 1983 in preparation for the coming season. Jury Chairmen are to be appointed to Divisions 1, 2, 3 and new or problem events. John Meadowcroft and Ian Pendleton are responsible for allocation of Jury Chairmen in the north and south respectively, while Neville Unwin is to administer Division One events. New equipment to maintain constant communication between gate and section judges will be purchased from the judging funds once an effective system has been found. Some section judges will be asked to supervise practice runs at Div. 1 and Premier events to prevent abuse. Common breaches of the rules are repeating gates or sequences or deliberately missing a gate in order to repeat a sequence.

DEVELOPMENT COMMITTEE

Chairman - Len Smith. Slalom in the future is the major project for this committee and such direction is particularly appropriate in light of the ICF rule proposals. It is proposed to circulate a questionnaire to all participating slalom clubs with two main objectives:

- to test/analyse attitudes to the present slalom scene.
- to establish attitudes to the proposed ICF rule changes.

On completion the survey will be used in any discussions and representations at international level prior to any fundamental changes taking place. It is important that the views of British Slalom as a whole are expressed, not just those of the Committee. In the meantime any views or suggestions can be sent to Len Smith, 6 Earlesdon Ave., Acklam, Middlesbrough.

Event Promotees - a memento was prepared during the latest Executive meeting and agreed to in principle. These should be distributed by event organisers and are likely to be ready by Easter.

DATE CHANGE: The Washburn Div. 3 slalom originally scheduled for 11/12 June has been transferred to 17/18 September.

Manschau slalom on 1 May has been cancelled.



DURNGATE MILL NOVICE SLALOM 12/13.3.83

The successful 10th Anniversary Novice Slalom organised by the Worthies Sports and Social Club Canoe Section concluded with a pleasing number of promotions to Division 4. Two paddlers who travelled from Lowestoft to compete were amongst those promoted and thought their journey well worthwhile. Worthies themselves had Paul Linnette take first place in the C1 event, John Rackham with D Davies of IVCC take second in C2 and Graham Birch second in the Judges event. Full results are as follows.



SLALOM COACHING COURSES

16/17 April:

Kayak Trainer at Nottingham -
G Oliver, Sports Coaches Office,
Adbolton Lane, Holme Pierrepont,
Nottingham

30 April/1 May:

Kayak Trainer at Ironbridge -
Hugh Mantle, I M Marsh College,
Barkhill Road, Liverpool 17

14/15 May:

Canadian Trainer at Bewdley -
T Arrowsmith, 34 Newbold Road,
Wellesbourne, Warwick

REVIEW

SLALOM HANDBOOK - PETER KING

This 42 page introduction to slalom canoeing is a welcome and long overdue addition to the canoe sport bookshelf. The booklet deals in turn with basic canoeing strokes, equipment, moving water techniques and the principles of gate skills. There is a small section on Canadian paddling, but the emphasis throughout is largely on kayaks. To my mind the most useful chapter is the one entitled "Your First Slalom" which the author states is "full of good advice, most of which you will ignore, read again after the event and start to think that it may be good advice for the next time out." He is right, of course.

Peter King has a clear understanding of the slalomists mentality and the various problems the beginner is likely to encounter. The truth and accuracy of many of his statements, however, do not sell British slalom as an increasingly well organised and highly competitive sport.

The technical advice is orientated towards rough water skills and the reader should adapt the principles to his own practice environment. Many of the techniques described are relevant at any level of competition and the experienced paddler as well as the young hopeful would do well to get a copy. It will make you think and who knows you might learn something.

Available from all good clubs or from:

Christine Arrowsmith
34 Newbold Road
Wellesbourne
Warwick
CV35 9QE

Price: £1

BCU membership must be proved before bibs are issued.

I'M PUSHING FOR



PIERREPONT

Monday, 2nd May will be a very important day for slalom in the United Kingdom - it will see EITHER the first major move towards a national site for slalomists of all standards OR the end of a dream for many hundreds of canoeists who have put their hopes into the realisation of a scheme for an artificial slalom course on the Trent (ASCOT) at the National Watersports Centre.

2nd May is the date set for the national sponsored paddle in aid of the BCU's contribution to the building of the site. If every member of the BCU took part and raised ten pounds we would have exceeded the maximum sum we will be called upon to find as our share of the cost of the course - one hundred thousand pounds - by over 20%!

There are seventeen sites in England from Cumbria in the North, Exeter in the West, Botley in the south and Peterborough in the East. Every slalomist must take part if we are to retain hopes of building Holme Pierrepont and getting further sites at regional level in the future. Every other branch of the Union is pledged to support us, but we have to take the lead.

Why now? We've never had a better chance of getting going - Sports Council are interested, Nottinghamshire are seriously interested, the Manpower Services Commission will provide massive support - nearly 20 times our own contribution. We could start building before next spring - we could finish by 1985 IF, and ONLY IF, at a meeting in early June we can put cash on the table to show we are really committed. If you don't take part it could be your contribution which would have made the difference.

A sponsorship form is enclosed. Another one came with your last edition of 'Canoe Focus' - get your sponsors, turn up at a site, make it a success - your success AND get your friends and acquaintances to take part as well.

Don't leave it to others - take part yourself - start NOW - GET GOING
