

FEEDBACK

SLALOM NEWS AND VIEWS

No. 7

DECEMBER 1983

PRICE 50p



Winter Training • Pete Keane Profile • Fosters International



**Official magazine of
the British Canoe
Union Slalom
Committee**

45-47 High Street,
Addleston, Weybridge,
Surrey. KT15 1JV

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Advertising**

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Subscriptions at £4.00
for 6 issues post paid
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available from this
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overseas readers.

Back-up Team:

Dave and Stephanie
Mawdsley.

Tony Tickle,
Keith Williams.
Thanks for the photos.

All copy for next issue to
editor by 20th January,
1984.

Front cover photo:

Jamieson/Williams.
Men in action at
Llangollen.

FEEDBACK EDITORIAL

At the beginning of this year we set ourselves the target of producing one issue every two months. The infringements of minor commitments on the part of the Editor such as World Championships and a final year at university has restricted our production to five issues. We hope to return to normal sometime during next year with copies projected for February, April, June, August, October and December.

The number of subscriptions has been steadily increasing and we hope it will continue to do so. Selling through the clubs has also been successful in a number of instances but depends very much on the active interest of the club secretary. Our aim is to build a consistent readership in this manner and to supplement it with some sales at competitive events. If you are willing to help secure the success of this magazine by helping distribute and sell copies in your area on a regular basis Dave Morgan would be very pleased to hear from you.

So far as the actual content goes we have had plenty of positive feedback on the material so far and some helpful suggestions for the future. The main priority is to provide information and theory that is of use to the competitor striving to improve his or her performance, which is why this issue is predominantly concerned with aspects of winter training. We have been criticised for the lack of reports on events and in general for neglecting the lower end of the sport which we accept. In defence I would say that magazines like Canoeist and Canoeing with their wider resources for covering events, conducting un-biased


equipment surveys and reporting general information are fairly successful in this respect. It is not our intention to compete with them. However, next year we do intend to incorporate a general coaching guide for competitors in the lower divisions to help you improve your rate of progress or slow down your decline!

At the same time the quality of information imported to the top end of the sport will also improve as we pick the brains of the world's best paddlers and coaches. Far too much knowledge and experience is held captive in the minds of our coaches and it is our intention to release it even to the point of provocation. You can help start it by attending the National Coaching Conference on February 4th and 5th.

The next issue will be out for the Canoe Exhibition at Crystal Palace, watch out for some exciting new coat designs and lots of new gear.

Best wishes for a successful New Year.

R.F.



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The Ultimate Run
by Bill Endicott

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SLALOM COACHING CONFERENCE

**FEB 4 and 5 1984
Nottingham**

"STRENGTH IN BODY AND MIND"

The psychological
and physical
preparation for slalom.
Top class speakers.
Details from
R. Pinner
5 Bradley Fields
Oswestry
Shropshire.

FEEDBACK INFO

Organisers Conference

Slalom event organisers: especially
Division 2 or 3, new events/organisers,
any who could not come last time PLUS
Premier/Division 1.

Share your experience!
Learn from the experts!
Competitors beg you to come!

4/5 February, 1984

at Holme Pierrepont
National Water Sports Centre

Conference Fee, approximately £17
(get your club to pay?)

Details from Robin Pinner, 5 Bradley
Fields, Oswestry, Shropshire, or
Slalom Secretary (Roger Fox),
3 Moreton Avenue, Harpenden, Herts.
AL5 2EU.

New Post

Interviews have just taken place
for the post of Administrative
Secretary to the Slalom Committee.
This new position attracted 15
applications mainly from outside
the canoeing world. The success-
ful candidate will deal with routine
administration to relieve some of
the workload from the honorary
members of the Executive.

And I Quote...

Quote from a "Canoeist" inter-
view with Stephen Jackson,
(World Champion K2 10,000M) -
Bad eyesight makes slalom a farce
for him and he dislikes the low
volume boats and lack of pre-
cision which he considers to be
verging on cheating.

Social Events

Dave Mitchell, an elder statesman of British Slalom, and his wife, Peggy, recently celebrated 10 years of marriage at a hotel in Chester. Among their guests were arch-rivals of the 60's and early 70's, Langford, Calverley and Macleod. Things have changed since the old days, however, and instead of plotting to defeat Dave and his Chester teammates, the ex-Manchester trio swapped notes on nappy changing techniques and nursery rhymes for their respective children.

Also present at the above occasion was one of Dave Mitchell's great prodigies, Nick Wain. Since returning from Australia in February and retiring from competition, Nick has lost no time in establishing himself as a leading furniture designer for a company in High Wycombe. More to the point he has found himself a beautiful wife by the name of Mahnoush.

As we go to print our advice to Nick is to taper down his training for a good honeymoon performance, making sure not to peak too soon.

New Publication

White Water Racing News is a new publication for river racers providing information on events, training courses as well as new developments within the sport. It is available free with an s.a.e. from Dave Kay, 14 Lake View, Furness Vale, STOCKPORT, SK12 7QD.

Shack's Back

Big John Shackleton and his wife, Claire, have returned from their global honeymoon which started over a year ago and took them as far afield as India, Australia, Canada and Mexico. In their absence, Shack Mark II, alias brother Len, has been making a name for himself by winning the Llangollen Division One Event and gaining promotion to Premier Division.

Publicity

The Observer has done us and Fosters proud, again. Our thanks to this paper for the splendid coverage it gives our sport. Their deadline for results for the northern editions is unfortunately 3 p.m. which is why, so often, it is only us southerners who are able to read the results of the Premier events.

1984 IS TO BE THE YEAR OF THE LOCAL PRESS. The publicity committee will be directing its energies to giving some guidance and suggestions to the regions and to individual clubs. It is, however, stressed that we know just how well some clubs are doing in this field.

Cardington Training

The National Squad training weekend on 12/13 November was switched to Cardington because of a lack of water on the Tryweryn. The general feeling was that the artificial course reduced even the best paddlers to a level of floundering incompetence. Melvyn Jones was one casualty needing hospital treatment for a gashed hand sustained on one of the iron uprights.

New French Coach

Jean-Yves Prigent, Bronze medallist at Bala '81, has retired from competition to take up a position as a full time coach for the North West region in France. He is also responsible for the coaching of Kayaks in the National Team.

New Ruling

The case of the Headless Canoeist from the Minutes of the Slalom Committee Special General Meeting. "... If the bulk of the body had clearly passed through the gate, but the head did not, this would still be regarded as correct negotiation".

PETE KEANE — PROFILE

Pete Keane has come a long way since his first International in Zwickow, East Germany when the only East German he beat was a youth paddler. The sport too has developed, gone are the wide high volume boats and the great paddlers of the Olympic era. Instead of Eiben and Massalski the results from the major events read Lugbill and Hearn as the Americans have assumed dominance in the C1 class. Not so very far away (0.09 seconds to be precise) from a place in the history books and a world championship medal was Pete Keane. At 28, after nine years of international competition he paddled the best race of his life to finish fourth at Merano.

Canoeing has always been fun for Pete right from the time when he paddled with the scouts and Luton Canoe Club. In those days it was Kayaks and a beaten up viva van, racing to events on the Thames Weirs. The car is a Lotus now but the driving the same — fast with the occasional 50. Division Two was the highest he reached in the Kayak rankings, but he claims his greatest achievement in K1 was winning the Judges event at Shepperton in 1976. There are not many paddlers who can boast that the last time they paddled a Kayak they beat Richard Fox and Roger Manwaring at the same event!

The Thames Weirs were a favourite training ground in the Mid 70's and it was on the front wave at Boulter's Lock that Pete developed his confidence and flair for white-water. But when Martyn Hedges beat him by 30 seconds at Grandtully in 1975 he realised that there was more to slalom than surfing waves and looking cool. Over the next two years he started much more gatework going over moves again and again 'keeping it right'. It was during this period, up to the 1977 World Championships at Spittal that Pete developed the basis of his present technique. He remembers the Elite Mark I was a favourite boat at the time.

Without a coach to help analyse technique and plan a training programme he had to rely on his own analytical powers to decide what was right. It took four years from the time when his technique and paddling ability were world class to achieve the kind of result he was looking for. At Janquière in 1979 Pete feels he could have made the medals. In fact, he couldn't cope with the pressure of a World Championship and finished in seventh place. The result however

included two fifties on the first run, two rolls on the second, and was the best World Championship place ever by a British C1.

Pressure at the event took its toll again in 1981 at Bala. In the two years since Janquière the standard of C1 paddling had increased and the level of competition intensified, as the Europeans tried, often desperately, to catch up the Americans. Both Martyn Hedges and Pete failed to get to grips with the bottom fall on the Tryweryn and while Martyn finished a disappointing fourth Pete was back in seventh position for a second time.

Pete has only beaten Bushy once to the National Championships, in 1978 he thinks, but even so they have often had close rivalry at British events - which has only been good for them both and the C1 class in general. He sees the distinguishing factor between them as Bushy's dedication and admits to being a 'lazy sod' at times.

For the 1983 season Pete has modified his approach to competition. His performances this year have been characterised by a new feeling of self-confidence, 'I knew I could do anything and everything put in front of me'. This was strengthened by numerous events in the Spring when he gained start line practice at slaloms like Symonds Yat and the Universities Championships. The early season problems were ironed out and by the time he was with the team in Czechoslovakia he was not only impressive in training he was putting the runs together in competition.

The background training he had done on the River Ouse at Bedford, paddling in the evenings after work, and the stability he had achieved in his home life contributed to the settled state of mind he needed to compete. He accepts the limitations of working full time as a designer draughtsman for British Leyland as such that beating Lugbill or Hearn was out of the question, he simply wasn't fit enough. 'Third was feasible, top six inevitable' it had to be after seventh placings at the last two World Championships. Such a positive attitude was reflected at the event and he describes the unreal experience of knowing that he was going to do well. 'At Merano others were

nervous but I just got on with the job, there was no rush, no nerves, I felt above it all'.

His strategy for the race was simple — Establish a good base on first runs and then build on it.

He was lying sixth after first runs with a dubious penalty. He then set out to have the best run of his career. There is always one thing that sticks in the memory after a race when we say 'if only. . .'. For Pete it was the hesitation coming out of a particular upstream towards the end of the course. He had tripped on his paddle on first runs and was perhaps a little too cautious. Was that the 0.09 seconds that separated him from a medal? Perhaps, but in a sense he had achieved what he had set out to and despite the obvious disappointment of coming so close he was happy. The closest comparison in terms of satisfaction was his win at Muotathal in 1977. Although the competition was not so strong it was the first ever win for a British C1.

Since those World Championships Pete Kean has taken up C2 with Mark Wolkenstein. Evidence of their recent performances (a win at the British Open and second place at the Fosters International) suggests that they will be aiming as high for the Worlds in '85. At the moment they are just enjoying the experience of paddling in a different class but there is every chance that a healthy rivalry with Jamieson and Williams will help them to take the event more seriously.



Photo by Keith Williams



P.K. in the back of a c.2 with Mark Wolkenstein at the Fosters International Slalom.

A cool P.K. waving goodbye to his fans.

WINTER TRAINING

The purpose of this article is to introduce some training ideas to coaches and paddlers to help them plan their own programmes. I have concentrated on those areas of training which are particularly suitable for the off-season (i.e. general aerobic) and the preparatory phase (technique development, background strength and endurance).

1. TECHNIQUE TRAINING

- stroke skills
- specific manoeuvres
- consistency and rhythm

STROKE SKILLS

- Good basic strokework is an essential ingredient of sound technique but one that is neglected by the majority of paddlers. Try and incorporate some work on this area into each paddling session.

Forward paddling - check reach, trunk rotation, blade entry, recovery, top arm action, hand position - keep hand up and shoulders relaxed.

Sweep strokes - keep boat flat, wide smooth arc starting well forward. Practice keeping the stroke right out to the side.

Reverse strokes - control in straight line reverse paddling, good rotation to see where you are going. Reverse sweeps - straighten bottom arm starting as far back as possible, wide smooth stroke keeping blade well out from the boat.

Bow rudders - practice body lean and twist to get stroke well away from boat. Bottom arm only slightly bent, top arm reaching over front of forehead. Check wrist position, the tendency is to bend back for a weak stroke - keep a good grip.

Special Manoeuvres

To increase your repertoire of skills you must practice as many gate sequences as possible in varying water conditions. If we look at just one aspect of reverse gates, full spins, endless possibilities for practice emerge.

For example - wide approach, straight approach, different stroke patterns, sinking bow and stern with high and low poles. Exit route, across current or downstream.

Put these suggestions into practice with gates in different positions, e.g. on top of waves, in a trough, behind a rock, deep in an eddy, etc. If you are short of ideas, read the first part of the 'Ultimate Run'. Do not just practice the method which is the fastest, increase your knowledge and experience by attempting every sequence in a variety of ways.

SESSION EXAMPLE

Warm up - steady paddle 5-10 mins. concentrate on smooth efficient stroke

Stroke sequence - work out a routine to practice bow rudders, reverse strokes and sweeps as you paddle along.

Upstreams flat/moving water

4 gate course using 2 upstreams

- Merano turns x 5-10
- normal breakout bow between poles x 5-10
- bow under far pole x 5-10
- tight entry under near pole x 5-10

- 5-6 x 30-40 second course consisting of 6-8 upstream gates using different approaches and techniques on each one.

- 5-6 x 60 second course. Smooth easy upstream gates at competition pace

You can integrate different aspects of technique into one session for variety. Use moving or whitewater as often as possible.

CONSISTENCY AND RHYTHM

By the competition season you want to have refined existing skills or developed new ones to the extent that they become automatic. This requires a lot of practice. Top paddlers are able to develop consistency and fluency in technique by incorporating certain skills into endurance training, (e.g. long courses concentrating on breakout technique). Younger and more inexperienced paddlers should stick to shorter courses of around 60 seconds, reinforcing techniques they have already mastered. As you improve the skill content of endurance sessions can become more complex.

Strength Training

Certain techniques in slalom undoubtedly require high levels of strength, upstream gates are the prime example. An upstream gate at the end of a course also requires strength endurance. (The ability to exert large amounts of force over longer periods of time). Add to this the power you need to accelerate the boat on a cross and the endurance to keep the boat moving fast between the gates at the end of the course and the subject of strength training for slalom becomes more complicated.

Below are some examples of ways in which you can develop the varying aspects of strength both in and out of the boat.

STRENGTH

Short courses - 4-6 x (6-10 x 10-20 seconds).

Incorporate lots of turning and stop start sequences of well rehearsed skills. Approx. 50 seconds plus rest. Easy courses on heavy whitewater with plenty of upstream work.

Weight training - 3-4 sets, 5-8 reps. Long rests. Specific exercises, e.g. single arm rowing on multigym, Bow rudder pull, etc. More general upper body work - pull downs, bench press, rowing, pull ups and dips. Abdominal work, sit ups, back raises. Young paddlers or beginners should use lighter weights and more repetitions, e.g. 3 sets of 10-15 reps. Observe correct technique, read a book on the subject.

Nautilus training - A sophisticated and expensive form of weight training which isolates specific muscle groups and operates on the principle of variable resistance throughout the movement. Available in only a few gyms in this country but well worth it if you (a) have access to it (b) can afford it, (c) can fit it into your programme. For further details contact : Nautilus Ltd., 32 Whitehall Park Road, London, W.4. Tel: 01-747-3010.

STRENGTH ENDURANCE

Short courses - 2-4 x (6-10 x 30-50 second courses equal rest). Hard upstreams on moving water, upstreams and crosses in whitewater, upstream sprints.

Circuit training. Build up to 3-5 x 30 seconds on 30 seconds off on each exercise from 15 on 15 off, etc. Exercises can include: Pull ups, sit ups, dips, squat thrusts, bent over or bench rowing, back raises, press ups, squat jumps. Exercises done as a conventional circuit, usually 3 laps with little or no rest between stations provide a more general form of endurance training.



Nautilus Training Equipment

POWER

A function of strength, simply it is the ability to express force quickly.

Short sprints - 6-12 x 10-20 seconds, 30-60 seconds rest. Flat water, moving downstream or upstream for variety. Maximum effort.

Isokinetics - A form of training where the paddler produces the resistance by pulling or pushing on the apparatus, thus ensuring a perfect match to each effort made. 3-4 sets on each exercise 10-20 reps. 60-120 secs. rest. Maximum effort.

Power Endurance - 6-10 x 30 secs. on 30 secs off working up to 60 seconds on 30 seconds off, for simulated paddling.

Advantages of isokinetics :

- (1) Accommodating resistance, (The harder you pull the more resistance you have to pull against).
- (2) Allows sport specific exercise, e.g. forward pulls, bow rudders, sweep strokes, etc.

(3) Very time effective training method.

(4) Little muscle soreness or loss of mobility.

(5) Safe and easy to use.

Disadvantages :

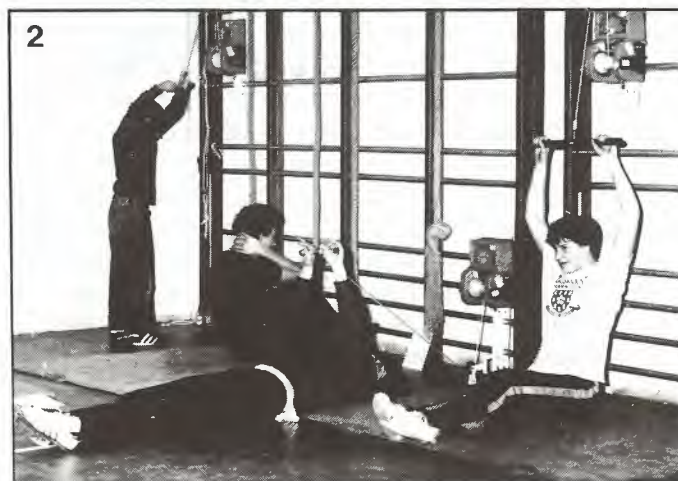
(1) Relative cost of equipment.

(2) No measure of work done.

(3) Requires high motivation to gain maximum training benefit, (it's easy to think you are working hard when in fact, you're not!).

For further information contact Colin Ralph, Marsport, 215 London Road, Reading, Berks. 0734-665912, or

John Terry, Isokinetic Equipment Limited, 21 Derwent Road, Eastbourne, East Sussex, BN20 7PH. 0323-638851.



ISO kinetic training devices in action.

ENDURANCE

How to go faster for longer in terms of competition, but also the capacity to tolerate large amounts of training in order to develop paddling techniques to a high level. The two major functions of aerobic (with oxygen) endurance are the ability of the heart to pump blood to the working muscles and the ability of those muscles to utilise the oxygen in the blood to provide energy without excessive accumulation of lactic acid. Because the energy requirements of slalom are relatively high (if you want to go fast, that is), much of the work is done in the absence of oxygen, or anaerobically. The net result is that you feel you are paddling in treacle because of the increasing amounts of lactic acid produced in the muscle which eventually causes you to stop paddling altogether. The strength and power training described previously is all anaerobic and provides a background from which we can develop more specific levels of anaerobic endurance in the boat. For the moment I shall concentrate only on the aerobic component of endurance training.

General Aerobic Training :

Also referred to as cardio-vascular or circulo-respiratory training. Running, cycling, swimming, etc., elevating the heart rate to around 160 beats per minute in continuous exercise or to 180 in intermittent work with recovery to around 120 bts/min. Exercise periods of 20-30 minutes, 3 times per week will show an increase in general fitness. Circuits using light resistances are also a good way of improving general fitness. Games like squash, basketball and football provide good informal aerobic conditioning.

General Paddling Endurance

- continuous paddle at 160⁺

heart rate. Start at 10 mins. work and increase up to 40 to 50 mins.

- Intervals - start at 2 mins work x 4 and work up to 4-6 x 4-5 mins. work with around 2 mins. recovery. Heart rate should reach around 170 bts/min during the work phase. A more intense workout would be 5-6 x 3 minutes work with a 3 minute recovery working to a heart rate of 180⁺ bts/min.

Specific Paddling Endurance

- long courses 2½ 4 mins. variations on intervals as above.

- shorter courses grooving in technique, around 60 - 90 seconds. Sets of 6-12 with 30 - 90 second rest.

- gate loops - easy sequences in a circuit. Vary intervals from long, e.g. 5-10 mins. continuous, down to short, e.g. 30 secs. on, 15 off.

Apart from getting faster and hitting fewer gates each individual has his or her own set of training requirements. These can relate to everything from ambition, money, school or work, to strength fitness and skill levels. Thus, the examples given should be digested and fitted to individual circumstance.

YORKSHIRE & HUMBERSIDE REGION SLALOM TRAINING WEEKEND

February, 11th/12th 1984

Open to all regional paddlers.
Particularly useful for youths & juniors.

Further details from
D. Morgan, 8 High Park Drive
Bradford 9.

FOSTERS INTERNATIONAL OCTOBER 29/30 1983

INTER-REGIONAL EVENT

K1 Ladies

1	J. Fryers	NW	320.07
2	C. Arrowsmith	WM	320.31
3	C. Perkins	SW	348.89

C2

1	Arrowsmith/Brain	WM	327.00
2	Monk/Mann	E	335.56
3	Holloway/Nutt	S	339.54

C1

1	D. Taylor	EM	281.42
2	R. Black	SW	294.40
3	D. Gribbin	E	313.65

K1 Youth

1	S. Green	NW	250.78
2	D. Crosbee	EM	256.30
3	R. Jones	NW	258.38

K1

1	G. Helsby	NW	238.74
2	S. Parsonage	WM	241.43
3	M. Berwick	WM	242.49

TEAM EVENT

Mixed Teams

1	Easter Region	405.45
2	West Midlands	423.04
3	Southern Region	425.01

K1 Youth

1	East Midlands	299.05
2	Northern Region	326.68
3	North West	341.25

K1 Men

1	West Midlands	267.87
2	Eastern Region	269.90
3	Yorks & Humberside	277.55

Inter-Regional Trophy

1	North West	47 pts.
2	West Midlands	73 pts.
3	East Midlands	78 pts.



Inter Regional C2 on Town Falls

Photo by Tony Tice

RUSS
2nd pl
Foster

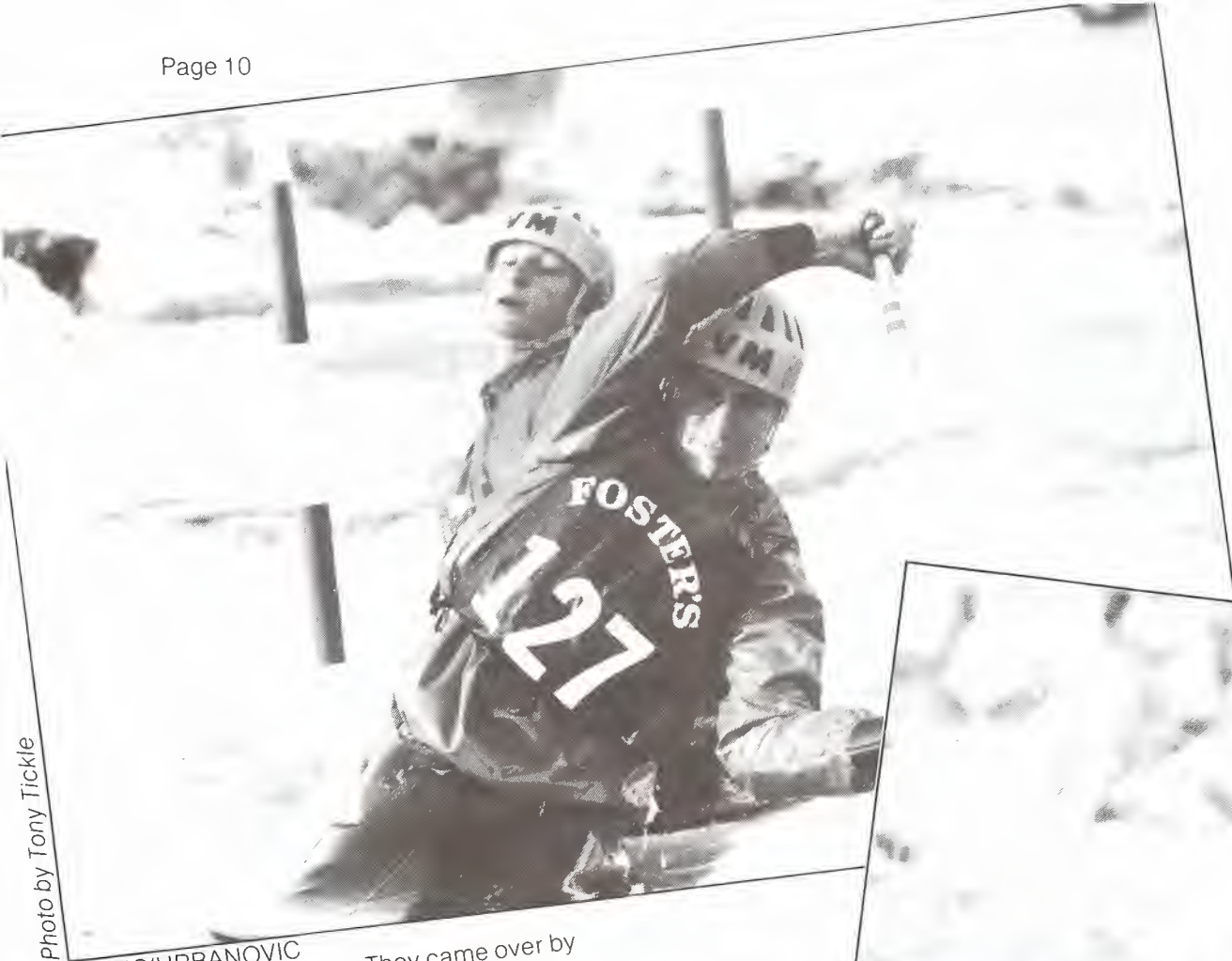


photo by Tony Tickle

UHRIC/URBANOVIC
Part of the Czech team — They came over by
train and borrowed boats.



Photo by



photo by Tony Tickle

DAVEY HEARN —
World Silver Med
place by Martin H

NORBERT SATTler —
Former World Champion.
Grunts a lot and eats bananas.

RUSS SMITH —
2nd place in Slalom K1, and winner of
Fosters Grand Prix.



Photo by Keith Williams



EARN - USA —
Silver Medalist, just beaten into second
by Martin Hedges.

RICHARD FOX — Winner Mens K1



Photo by Tony Tickle

Results

K1 Ladies

1	L. Sharman	(ENG)	236.57
2	M-F. Grange	(FRA)	263.95
3	J. Wilson	(SCO)	264.27

C2

1	Jamieson/Williams	(ENG)	275.35
2	Keane/Wolkenstein	(ENG)	279.03
3	Zatko/Tkac	(TCH)	285.18

C1

1	M. Hedges	(ENG)	255.02
2	D. Hearn	(USA)	255.79
3	A. Munro	(SCO)	263.71

K1 Youth

1	R. Wright	(ENG)	241.17
2	M. Copeland	(ENG)	250.56
3	P. Oldfield	(ENG)	253.35

K1

1	R. Fox	(ENG)	228.25
2	R. Smith	(ENG)	229.75
3	R. Manwaring	(ENG)	232.81

TEAM EVENTS

K1 Ladies

1	England A	295.62
2	West Germany	311.64
3	England B	316.84

C2

1	Czechoslovakia	346.10
2	England	404.36

C1

1	England A	299.33
2	England B	302.73
3	USA/Czechoslovakia	318.19

K1 Youth

1	England B	262.69
2	England A	273.76
3	Wales	329.56

K1

1	England B	251.32
2	England A	254.94
3	Austria	259.09

International Cup

1	England	15 pts.
2	France	79 pts.
3	Scotland	87 pts.

JANE WILSON —
Another 3rd place for Scotland

ALISTAIR MUNRO — Scotland
3rd place in C1.



Photo by Tony Tickle



Photo by Keith Williams

HOW TO ACHIEVE CONSISTENCY

During the next month, we have to begin the programme of learning new skills, so that by the end of February each paddler has a selection of strokes which will control the boat in any position, e.g. hold the bows down while going under a pole, hold the stern down while leaving a gate. This range of strokes has to cover all eventualities. It is unwise to try to 'learn' other strokes after this time because of the difficulty of making those skills automatic before the start of the competitive season.

It is difficult to imagine not learning new strokes during the competitive season, and, indeed, it is inevitable that someone else will be successful doing something which you never thought of! This is why it is so important that your repertoire of strokes is complete - then no one will think of something which you overlooked - (if you are lucky).

Why is it so important not to learn new 'tricks' (or change boats) too close to the start of the season?

The answer lies in the degree of consistency which a slalomist can achieve. If one was on skis on a slalom, one mistake would put the skier out of the event because, firstly, the two runs are added together, and secondly, all gates must be negotiated. Imagine, then, the situation in canoe slalom if one penalty meant you were out of the event or if both runs needed to be added together. Skiers, like canoeists, are chasing fractions of a second and yet usually get the tips of the skis through the gates.

I do not believe that slalomists in the main bother enough about consistency, perhaps because they 'hope' that one run will go right.

Therefore, think of the advantage you could have if you developed consistency

on the course. The second run could then be used as a 'banzai' run if you already have a good run. Yet if the paddling is developed properly, there will never be a 'banzai' run because you will be in control all the time.

1. Much has been said about getting paddle strokes to be automatic. This means that if something is practised often enough (with checks being made on correct behaviour) the skill becomes automatic - as with your forward paddling. Imagine changing to a pair of blades with opposite feather or with no feather and you will realise how automatic your basic paddling is. Just think what would happen if you tried to paddle with unfeathered blades in the fortnight up to Gran tully and the effect on your run. You would not even think about it. Therefore, how can you justify learning skills which you cannot get to an automatic stage by Gran tully.

2. Why do we need to do things automatically? Because during an event we have our concentration centred on those things specific to the actual course, and we can only think of one thing at a time. Therefore, if we are still thinking how to hold our bows down when coming into a breakout, we are not able to concentrate at the same time on looking at the water patterns and gate poles. More importantly, those skills which are not automatic will not be any use under pressure or at speed, e.g. a slap support will not work if you have to consciously think how to hold the paddle or how to angle the blade. Conscious effort and ('cognitive') control of the movement means it will often be performed too late!

3. Once this level of automatic performance is reached the degree of consistency can be further increased

by mental rehearsal, i.e. going through the course or sequence in your mind before the event.

What actually happens when you perform a skill automatically is that the brain goes through a sequence of activity which controls the actions which have been learnt by repeated practice.

Evidence shows that this mental activity goes on even if the actions are not performed, i.e. when one imagines the sequence, as is the case when one goes into a cold sweat when thinking again about a close call which occurred when driving to the event. However, this 'imagining' must be done at the same speed as the actual performance will be done or else different neural (brain) activity takes place. In short, this means that you should be able to do mental rehearsal of a sequence using a stop watch and that the time obtained should be similar to the actual time taken to perform the sequence. The advantage of this mental activity is that it enables you to work out and anticipate what is going to happen on the course. The ability to anticipate means that mistakes are less likely to occur because you will be ready to take avoiding actions.

4. It should be obvious by now that if you want to do mental rehearsal of a sequence you should be using strokes which are performed automatically, so that you do not need to work out the strokes. If the strokes are being worked out during your mental rehearsal it will be at a speed different to the one for the event and consequently will use different neural (brain) patterns of activity.

5. Mental rehearsal is not just for before events. It has a very important use after runs and also after sequences in training. If you can go over in your mind at the speed you paddled down the course, you can learn more from each run. Less time

is wasted. If you cannot visualise what you actually did on a sequence you cannot judge if it was correct ('correct' does not mean simply going clear) and cannot, therefore, put right your mistakes.

SUMMARY

1. You should have learnt all your techniques by the end of February so that you can develop automatic actions by gradually.
2. Automatic actions mean that
 - (a) you will be able to concentrate on the things specific to the event rather than your technique;
 - (b) you will be able to do mental rehearsal at the same speed as in the competition.
3. Mental rehearsal means you will
 - (a) be able to anticipate problems on the course and take avoiding action;
 - (b) be able to learn more from each run because you can develop your own internal 'video machine'.
4. Mental rehearsal is in itself a skill and needs to be learnt. It cannot be effective for competitions unless it is done in training. Moreover it is difficult to achieve and yet worth the effort in consistent results.
5. Finally, if you are in Div. 2 or below, it is necessary to decide whether to develop consistency if your skill level is not high enough!

Ken Langford —
Coach to North Staffs Canoe Centre.

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Training Squads and You

There are two sides to training squads - the paddler and the coach. The formation of squads can greatly benefit both groups. The paddler gains from :

- (1) higher standard coaching
- (2) meeting a range of paddlers of his own (and higher) standards and learning from them
- (3) availability of better training equipment
- (4) advice from different sources and the chance to talk training ideas out with someone else.
- (5) another group within which he can strive for relative improvement
- (6) the chance to assess winter progress

Coaches gain by :

- (1) bringing together of coaching subjects
- (2) chance to apply group techniques to relatively similar standard paddlers
- (3) simplifies the job of the coach in raising the standard of paddling
- (4) the possible reduction in costs in terms of time and money.

Being in a squad, or if there isn't one, the formation of one is a good thing. The advantages have been shown both in the eastern region and at North Staffs and central paddlers, in the West Midlands region. The North Staffs results alone should

convince a serious paddler of the advantages of squad type training - if you are not sure, study the premier result at Llangollen town and this year's premier rankings.

If you are not in some kind of squad then you should be. If there isn't one, then FORM ONE. What follows is not a blueprint for forming a squad, but may guide the serious paddler or coach/organiser in their attempts to set one up.

First and foremost it requires an initiative from someone either paddler or coach/organiser. On a regional level this can be provided by the region, who may require prompting - so write to the regional HQ, and get others to do the same. On a sub-regional level it requires a paddler or coach with the drive and enthusiasm to do it, and if you want it badly enough, this is possible.

Having got beyond the decision that a squad is needed and you are going to do something, you must decide :

(1) Who to invite. This means deciding on age limits, area limits, ranking limits, and so on. (Information on local paddlers can be got from your yearbook, regional results, DN1/Premier results, etc.)

(2) Where squad meets can be held - i.e. is there a central place you can use with gates, showers, indoor room for video/lectures, etc., that might be used, (e.g. a big club, or a sports centre near water).

(3) How often do you wish to meet? Weekly, fortnightly, monthly...? and how many groups do you wish to run? - e.g. a senior squad, youth squad, or Divisional squad, or area squads.

The major problem facing the coach/organiser is the amount of support he can obtain - it's no good inviting 50 people to a squad weekend

with only 1 organiser/coach - sources of help are

- (1) coaches from the region
- (2) invited external coaches
- (3) regional trainers
- (4) willing parents
- (5) local star paddlers!

Other problems include :

- (1) the risk of coaches forming an elite group of "favourites"
- (2) covering the (relatively) small cost - a levy per head should do this easily - and help fund equipment.
- (3) Overenthusiastic parents - useful as helpers, but can cause trouble.

It is worth contacting those who already operate squads - (eastern region, North Staffs, etc.,) for ideas and advice - one phone call could save a lot of time and energy.

To make squads work well requires good organisation and administration, planning within the limits of resources, and up-to-date information. Promote your squad, and your results and get your name known so that people wish to be involved with you. Make the rest of the sport envy your "boys" and "girls". This means go public relations, locally and regionally - and perhaps T-shirts or to identify them at events.

The future of slalom lies in the structuring of organised training, on a regional or sub-regional basis so as to bring coaches and resources to the paddler that he would not otherwise get. If you're not in a squad, get in one: if there isn't one, form one, or you'll get left out and left behind.

Joe Lyons — Central Paddlers



Simpson of Scotland
in action at Llangollen

Photo by Tony Tickle

In Div. 1 or Premier? Superstar or vain paddler?

I may have an action shot
of you.

Contact:

Contact:

Tony Tickle

40 Tanners Street,
Ramsbottom, Lancs.
BL0 9ES

Telephone 070682 6916

KEEPING A TRAINING RECORD

WHY

The main purpose for keeping a detailed record of training is that it provides a critical evaluation of performance throughout the year. In retrospect areas of weakness in technique and training strategy can be identified and the formula for each competition modified with the aim of reproducing, or improving on, best performances.

WHAT TO RECORD

1. Personal data : Sleep patterns, body weight, resting pulse, work of study commitments, emotional feelings.

This section of the log can provide useful information to explain poor performance in training and competition. Either as stress symptoms from overtraining or illness such as increases in resting pulse, and rapid loss of body weight, or from the intrusion of other commitments resulting in loss of sleep and/or training time.

2. Factual description of training : Date, time of training, conditions, training objective e.g. specific technique work, endurance training, power training, whitewater skill, competition preparation, etc. A record of work done should include details of the warm-up times, penalties, technical emphasis, rest periods, etc.

EVALUATION

1. Feelings : Physical, such as muscle soreness, general fatigue or even bionic feelings of strength and psychological, for example, loss of concentration, degree of motivation, level of anxiety.

2. Appraisal : You can accompany this assessment with an appraisal of your actual performance. Were you slower or faster than usual as a set course, or relative to other paddlers? What about your technique and penalties? Be self-critical and draw conclusions for future action. Try and answer these questions in your mind if not on paper :

- (i) did I achieve what I set out to?
- (ii) what did I learn?

PLANNING

A serious competitor will not only plan for the day or week ahead, but also for the season as a whole, even extending horizons to future years. A record of previous training will help to identify manageable workloads and provide a basic structure to the plan.

Here are some examples of some simple training plans :

- A weekly preview for November or December

Mon. - Run weights/strength
 Tue. - Endurance intervals (flat water gates)
 Wed. - Technique work - circuit training
 Thu. - Run endurance oaddle
 Fri. - Weights/strength
 Sat. - Technique work - long courses
 Sun. - River paddle

- An outline of training ideas for March/April

Improve quality of gatework in long courses and intervals

Include some preparatory competitions

Increase number of sessions on moving and whitewater

Concentrate on clean runs and smooth technique

Include some short fast work on easy courses

Phase out weight training gradually

At the end of each week, and month, it is a good idea to summarise the training completed. This makes it easier for you and a coach to review several months work without wading through daily schedules.

For example :
 week ending 26/2

2 x weights sessions
 2 x paddling endurance gates
 2 x technique (flat gates)
 1 x Run
 1 x Whitewater skill on weir.

Total 8 hours

FORMAT

There are several types of training log or record sheet in use at the present time. Some consist of no more than a simple checklist for types of session completed, while many paddlers use a single sheet of paper for each day which allows room for critical evaluation of your training progress as well as the description of work done. I prefer this method. Whatever form you choose to record your training, make sure it is quick to refer to, easy to read and to the point. This is particularly important if you wish to get a good response from a coach.

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FEEDBACK DIARY

Regional Indoor Slalom

Heats for 1984 Canoe Exhibition

Venues, Dates and Organisers

Yorks & Humberside

Venue: Halifax Swimming Pool, Skircoat Road, Halifax

Date: 21st January, 6.30 p.m.

Organiser: Norah Small, 3 Manor Close, Bramhope, Leeds, Yorks.

North West

Venue: Castle Leisure Centre, Bury, Lancs.

Date: 27th November, 3.30 p.m.

Organiser: John Meadowcroft, 91 Bromwich St. Bolton, Lancs.

London & S.E. & East

Venue: Riverside Baths, Erith, (Down by river)

Date: 15th January, 1.00 p.m.

Organiser: Paul Wallet, 72 Sandrock Road, London, SE13.

Southern

Venue: Central Pool, Bedford Road, Reading.

Date: 7th January, 6.30 p.m.

Organiser: Martin Stetchel, 41 Wyndham Cres., Woodley, Reading, Bucks.

West Midlands

Venue: Stratford upon Avon, Swimming Pool.

Date: 14th January, 6.30 p.m.

Organiser: Tony Arrowsmith, 34 Newbold Road, Wellesbourne, Warwickshire.

South West

Venue: Fillwood Baths, Fillwood Broadway, Bristol.

Date: 17th December, 6.00 p.m.

Organiser: Tony Cos, Windrush, Stanhill Lane, Felton, Nr. Bristol.

East Midlands

Venue: Sherwood Swimming Pool (Off the A60), Mansfield.

Date: 21st January, 6.00 p.m.

Organiser: Chris Martin, 17 Lawnside, Spondon, Derby.

Northern

Venue: Montague Baths, Newcastle upon Tyne.

Date: 17th December, 5.00 p.m.

Organiser: Steve Agar, 60 Ancrum Street, Spital Tongues, Newcastle-upon-Tyne.

K1 Men

Richard Fox Stafford & Stone

K1 Ladies

Liz Sharman Bury St. Edmunds

C1

Martyn Hedges Windsor

C2

Jamieson/Williams Guildford

2 Williams/Black/Russell 14

Ladies K1. Division Two

1	Caroline Dallimore	63.2%
---	--------------------	-------

2	Lorraine Porter	65.1
---	-----------------	------

3	Lyn Maclaren	66.3
---	--------------	------

Ladies K1. Division Three

1	Shirley Farnden	63.6
---	-----------------	------

2	Gwen Johnson	63.8
---	--------------	------

2	Gwen Robinson	88.8
3	Anna Richley	65.4

Ladies K1. Division Four

1	Carol Wood	69.1
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2	Marerio Edwards	71.6
---	-----------------	------

2	Marene Edwards	71.5
3	Joanna Purr	72.8

1	Richard Fox	120
2	Roger Manwaring	117
3	Russ Smith	116
4	Paul McConkey	115
5	Jim Dolan	112
6	Jim Jayes	109
7	Andrew Gladwin	107
8	Mick Druce	104
9	Mick Berwick	99
10	Graham Gladwin	98

1	Roy Garriock	240
2	Mario Marks	235
3	Simon Green (Y)	234
4	Lyndon Johnson	230
5	Robert Jones (Y)	229
6	Len Shackleton	228
7	Steve Singleton	226
8	Keith Hardy	224 (63)
9	Andy Barkham	224 (—)
	Paul Warner	224
11	Ian Raspin	218 (Junior)

1	Liz Sharman	30
2	Jane Roderick	28
3	Sue Garriock	27
4	Jane Wilson	26
5	Gail Allan (Y)	22

1	Penny Briscoe	45
2	Christine Arrowsmith	44
3	Liz Savage	40 (8)
4	Sue Hornby	40 (—)

1	Martyn Hedges	60
2	Pete Bell	57 (19)
3	Rob Doman	57 (17)
4	Pete Keane	56
5	Les Williams	54
6	Jez Taylor	52

1	Jamieson/Williams	30
2	Joce/Owen	27
3	Smith/Smith	26
4	Walling/Ambbridge	22
5	Keane/Wolkenstein	19

TEAMS

Mens K1. Premier

1	Fox/McConkey/Berwick	30
---	----------------------	----

2	Helsby/Dolan/Manwaring	28
---	------------------------	----

3	Gladwin/Druce/Smith	27
---	---------------------	----

Mens K1. Divsion One

1	Simpson/Currie/Delaney	29 (1,046.9 secs)
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2	Flanagan/Smith/Garriock	29 (1,103.3 secs)
---	-------------------------	-------------------

3 Stephens/Burns/Nelson 27

Ladies K1. Premier

1	Garriock/Sharman/Roderick	15
---	---------------------------	----

Ladies K1. Division One

1	Arrowsmith/Brisco/Stapleford	15
---	------------------------------	----

Combined Canadian Teams

1 Smith-Smith/Jamieson-Williams/
Joce-Owen (Sub. Keane-Wolkenstein) 15



PENNY BRISCO

Winner of Ladies Div. 1 and hope for the future.
Photo by Tony Tickle



MARTYN HEDGES

Retains his title
Photo by Keith Williams



LIZ SHARMAN
She likes to beat the men.



THE SMITH BROTHERS
3rd place in C2.
Photo by Tony Tickle

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