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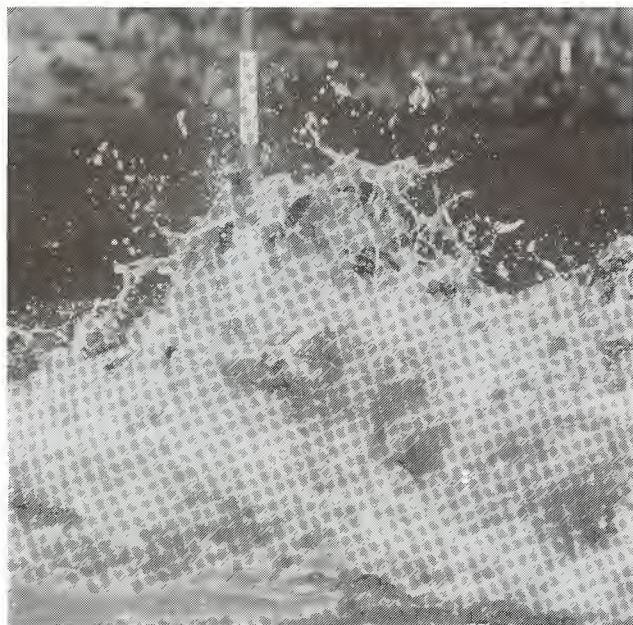
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ANONYMOUS — by Tony Tickle

Canoe
SLALOM

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COPY

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MIKE DRUCE by T. Tickle

Special Features

- Fox at Nottingham
- Boats for '87
- Mind Over Matter
- Dehydration
- A Guide to
Holme Pierrepont

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- Bourg St. Maurice

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Editorial

In the best tradition of journalism, I have obtained a copy of a rather worrying report on Holme Pierrepont and its relation to the sports council. It seems from this report, which is a Notts County Council summary of a Sports Council report that serious changes are being considered, at rather short notice to the management structure of H.P.P., involving what may be described as a degree of "privatisation". Perhaps the most ominous phrase describes a National Water Sports Park run under 'the Alton Towers principle of a single entrance pay boundary, enabling entrants to participate in a number of sporting attractions in return for a single payment.' — a principle which clashes somewhat with the ideal of slalom training and competition on the site. As this is scheduled to go into action by the end of 1987, and that discussion is already taking place, there is an urgent need to defend our rights of access to HPP as a training/racing site, and also as a centre of sporting excellence rather than a 'theme park' for water sports.

Another year passes, with its successes, failures and the grey areas in between. With a growing sport, with growing participation, facilities and enthusiasm, we can look forward to 1987 with confidence and a year in which we will produce good results and good events, both home and abroad. Perhaps this year, with a major sponsor, we will be able to take our sport to the masses and make slalom a sport for all to be interested in. — I mean, if they can televise speed chess — they can televise slalom!

On a sadder note I would like to add a postscript to the Paul McConkey tributes. Perhaps the finest tribute the canoeing world could give was shown in the numbers that turned out to the funeral. Some 400 people travelled, some from many hundreds of miles, to pay their last respects, and Karen can be proud that such was the recognition given to Paul by the sport that the church was filled to overflowing by the many friends of Paul from the world of Canoe Slalom.

Joe.

Book Review

Slalom Canoeing — an introduction

It's a relief after 15 years in Slalom Canoeing, to see the arrival of a book that not only gives the basic information as regards the mechanics of entering a slalom, but provides a readable, and understandable coverage of the techniques of the sport, to at least an intermediate level. This Gary Nevin edited volume, with major contributions by Alan Edge and Doug Castle, is the first of a series and sets the groundwork for future advanced volumes pretty well.

The first section introduces the sport of slalom to the novice, with clear and concise advice on equipment entries and probably the most important, a good outline of the weekends pattern of events — drawn from the experience of years of such events it is a superb reference guide for any paddler/parent at their first 2-3 events — Tape it to the dashboard of your car!

Section 2 is Alan Edges guide to slalom techniques and strokes. Aimed initially at a basic level it has the usual problem to overcome that it is almost impossible to communicate the slalom strokes in writing, though Alan does pretty well. Where he excels is in his coverage of the basic moves of slalom, the staggers, breakouts and reverses. The best thing about this section is the diagrams that clearly show what goes on, — in this respect the symbols Alan has designed should be adopted world wide. This is a better basic text book than the Ultimate Run, which starts from a higher level.

The addition of future volumes of advice about training and racing will make this the most valuable contribution to our Novice, Div. 4 and 3 paddlers that has happened in 15 years — if this doesn't sell then the parents who are paying a fortune for boats, paddles and training etc. have missed on a chance to save a lot by spending a little as this book will save time and money!

Joe Lyons

FEEDBACK

News & Info

HELPLINE!

RESULTS SERVICE

Help is still required with the results service. Two hours of time on a Saturday/Sunday afternoon — no cost involved. Telephone Jennifer

PHOTOBANK/RECORD AND VIDEO USERS

We still need to hear from photographers and video owners (see last issue)

COMPUTERS

If you have a computer which you would be prepared to use on slalom business please drop a 2nd class postcard to Jennifer.

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Holme Pierrepont

BBC Nottingham and publicity for Holme Pierrepont.

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paddling there. Who knows you may even hear yourself on the air.

Please phone Mary Crosbee 0623 35153 in the evenings or Jennifer in the day.

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HOT OFF THE PRESS SLALOM CANOEING —

The printers are sweating to reduce the cost of the book which has now been reduced from £1.50 per part to £2.50 for both parts which includes the comprehensive section on paddling techniques written by Alan Edge.

If you want to know how good Alan is just read last months copy of Slalom Magazine. He is a wizzard at inspiring paddlers to improve their technique and their ranking status.

The book will be on sale at the exhibition.

NO LIMITS East Midlands Pool Slalom Championships

Top International Athletes gathered in Nottingham on January 24th for the East Midlands Pool Slalom Championships, at Bramcote Leisure Centre, Derby Road.

Winners of the event qualified for the National Championships at Crystal Palace on February 21st/22nd.

Among the eighty competitors taking part were British Team members Andrew Gladwin and Guest paddlers, also British Team members Ian and Andrew Raspin.

The eventual winner of the Regional event was Junior C1 paddler Andrew Clough, an excellent result to beat team paddlers present.

Results as follows:

1st Andrew Clough

2nd Iain Clough

1st Lady Helen Marriott

1st C1 Andrew Clough

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Best of Luck.

MINI SLALOM SUCCESS

The Llangollen and District Canoe Clubs first minievent on the Nomad site at Llangollen was an excellent advertisement for the site and its potential. Some 50 paddlers attended, and experienced professional production standards, good food, and, a cheery atmosphere, despite the cool prevailing weather (in fact the sun shone in Wales that day!). Some fast times by the Premier Paddlers saw Ian Wiley of Ireland and Melvyn Jones of Central Paddlers as the fastest on the course, though Melvyn took a 5 to drop him down the results. The available prize of a Nomad extra is on Handicap results, which means that anyone could win and the fact that only 2 results (out of 3 events) count means that it is still wide open to anyone. A nice start to a site that has great hopes for the future.

EUROPA CUP '88

It looks as though both Slalom and WWR will host the Europe Cup Finals in 1988 — WWR on the Awe in Scotland, Slalom on Holme Pierrepont. With a week between the two events in August (6/7th & 13/14th) it seems likely that a 'White Water Week' may be organised, to occupy the various paddlers from one event to the other. This could take the form of a Tryweryn Race, a Rapid Race and a Slalom, with both

disciplines of White Water Canoeing getting a look in. This sounds like an excellent chance to promote the sport on T.V. as well.

WELSH TOURIST SUPPORT

It seems likely now that the Welsh Tourist Board will support the sport of slalom in Wales over the next year. A possible £3000 may be directed into slalom in 1987, with more available over the next few years. — Its nice to see the Welsh supporting a sport that has so much involvement in their country.



Ian Raspin Photo Pete Astles

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Training in Nottingham

The new slalom course at the National Watersports Centre has helped create an excellent environment for training. My experiences over the past three months incline me to suggest that we have never had it so good as far as competition preparation is concerned. Looking ahead I would like to think that the organisations involved can see the immediate benefits of establishing an official training centre for Slalom in Nottingham with full time staff.

ACCESS TO THE COURSE

The turn up and paddle concept needs some modification. Weekends are invariably booked for training squads and competition use. There has been a lack of co-ordination between the centre and the BCU regarding public access during weekend bookings and this has meant no information has been circulated to BCU members. I anticipate that **'totally exclusive'** bookings will be limited next year and that reasonable training opportunities will be created on the majority of weekends. But don't expect to be alone. The other factor worth bearing in mind is that the course may be closed for a few days at a time as a result of flooding in the River Trent during the winter so phone before setting out.

WATER LEVELS & SLALOM GATES

Normal weekday release level is 20.1 on the gauge in Pool A, this represents approximately 16 cubic metres per second, just over half flow. The centre have indicated a willingness to vary this release and it will help if you make your views clear on this and other points to the centre in writing.

The course is well equipped with gates but there are still some tasks which require completion before the gate adjustment system becomes fully flexible. The finished product will make the course the best in the world for training opportunity. A note of caution, however, the poles are heavy and you are advised to keep in the middle of the gate and stick to clean runs only, or learn the hard way.

WHAT TO DO ON THE WATER

Warm up — The Winfield Pool, River Trent and the Regatta course are all ideal locations for flatwater warm up routines and stroke technique work.

LONG COURSES

The average full length course for a Premier/Div. 1 slalom will be in the region of 160 - 180 seconds. K1 Men, starting above the sluice and



The 'Corkscrew'
Looking good.



Almost there. . . .

PLAYING

The variation of this short course workout is to forget the gates and just have a blast on each section! the latest craze is the Nottingham Corkscrew, invented on Thursday October 23rd between 5 and 6 p.m. in fading light. Current members of the Nottingham Corkscrew Club include R.F., T. Leaver, A. Gladwin and M. Jones. Applications for admission to this aerial display association will be accepted at the NO LIMITS Shop on Trent Boulevard. Acceptance will be granted only by a demonstration in the finishing under the second wooden bridge. Four to six full runs makes a good workout for the average paddler. Options for getting back to the start are numerous: walking is obvious, paddling back up a certain amount is possible when the bottom level in the Trent backs up the course; Portaging over to the River Trent and then paddling up avoids a long walk and provides an active recovery. This option also presents novel training opportunities.

For example, a sprint from the river put in by the lock to the top of the course will take 2 - 2½ minutes. Add this to a straight sprint or simple

offset gates to the very end of the course and you have a 4½ minute endurance lap. This is what the River Racers do. Our latest invention is a full length slalom course, a run across to the river and a spring to the top. Total time 6½ to 7½ minutes depending how fast you get out of and into the boat. Doing this as a team makes a very intense workout, and excellent endurance training. I forgot to mention that we rest at the top of the course each time!

SHORTER COURSES

The Island System and easy walk back up the course make shorter repetitions of up to 120 seconds very practical. Good for developing smooth technique at this time of year and excellent as intense race pace repeats in the Spring and Summer.

Staying the the boat is a practical consideration in cold conditions and there are 4 to 5 very good areas to work on courses of less than 30 seconds. Try starting at the top and doing 5 runs on 5 different courses on the way down. With a good water level you can be proud of completing this type of workout.

presence of an existing member. Successful candidates will be awarded a limited edition custom design T-Shirt sponsored by NO LIMITS. Their name will also be admitted to a roll of honour (pun intended).

A 'Corkscrew' is defined as a bow entry pop out at an angle of approximately 45° - 60° which includes a full 360° barrel roll with the head above water level. The testing ground is under the first bridge in the diagonal wave on river left. Optional water level is 20.3 on the gauge in Pool A.

ENDURANCE WORKOUTS

Back to more serious stuff. The Daleks at the end of the course are very useful for endurance laps. Starting in the pool above the bridge a lap to the end of the gates and back will take around 2½ minutes. At certain levels this can be extended to include the bottom island (around 4 minutes a lap). The variations of work time are endless, sets of 1 or 2 laps up to non stop paddling for the whole workout.

The two islands provide great sites for more intense laps. In windy weather a straight circuit of both islands without gates will take 90 - 100 seconds. Bottom island only, 50 - 60 seconds. 1 set of 5 - 10 laps on each and you've done quite well. It's best to take a short rest between each lap!

OFF THE COURSE

Training on white water every day can be pretty taxing so it is good to have an alternative (that's the definition of luxury, most people find themselves in the reverse situation!) The sports centre gym is well equipped with Universal equipment and Isokinetic machine. Weekday evenings are generally booked between 5 and 7.30.

The River Trent is ideal for flatwater distance training and the Nottingham Kayak Club is based 1½ miles up river from the course. NKC are very active in flatwater racing and their weekly Clifton Bridge race is good value for a workout with a difference. It is a handicapped race. Tuesdays at 6.00, fastest start last, finish times are around 40 - 45 minutes for most people. An average night in winter will see 20 - 25 paddlers taking part. If that is too short for you, try the lap up the canal from the club and back down the river — 1 hour 20 is average in a down river boat!

Final advice, pick your workout to suit the conditions and think about moving here — It may be the only way you'll perfect the corkscrew.

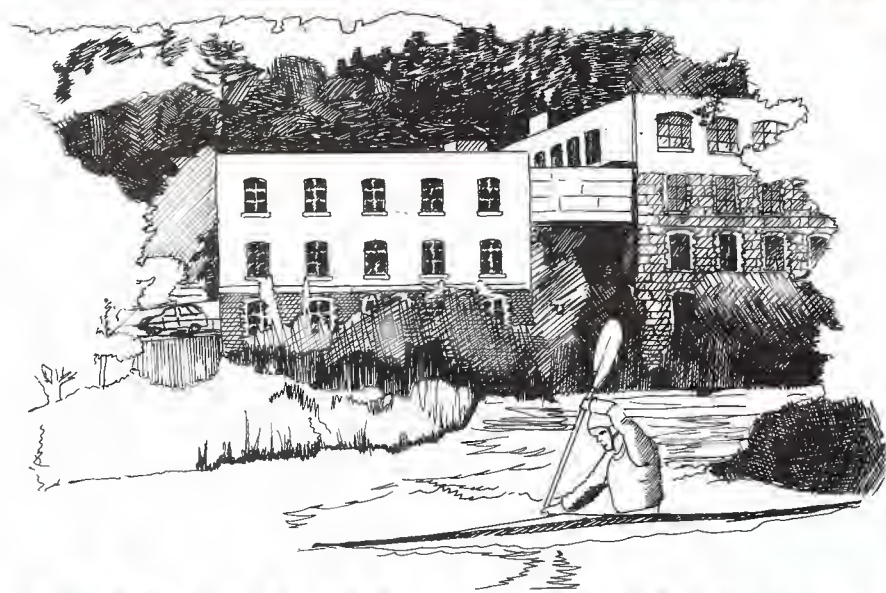
Next Issue — The Welsh Connection —
A report on Nomad in Llangollen.



... Oh Shit!

Photo's — ' Dave Warren, Sunday Mercury.

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Dehydration

If you read the article in the last issue of Slalom Magazine on Alcohol, you may recall that dehydration was mentioned. The important thing to remember is that dehydration results in a tremendous drop in performance.

Last time we talked about dehydration as a result of an excess of alcohol, but if you do not drink in excess what other ways are there of getting dehydrated?

Your body loses fluid all the time, the main ways being through urine, faeces, breath and the skin. We require about two and half pints of water a day just to keep the system going without doing any excessive work.

The amount of water loss through urine can be above normal as a result of the consumption of a diuretic. Alcohol is just one of many diuretics that should be avoided, if possible, or at least consumed in moderate amounts at all times and should be avoided before and after exercise.

Diarrhoea is a plight that does not seem to be that uncommon with canoeists. One effect of diarrhoea is to make you dehydrated, as you will have lost large amounts of liquid as a result of an attack. Guard against it by making sure that you eat a diet that you are accustomed to, and that if you have any doubts about the water, drink bottled water only, and stick to it until after the race has been won. Nigel Mansell (the motor racing driver) tried to avoid diarrhoea by taking out all his own food and water, but failed when he went out for a birthday party. It is not a pleasant experience to be sitting on a start line drained due to the last attack, desperately trying to concentrate on the course and the task in front of you, when you keep on wondering when the next attack will arrive.

You lose water in the form of water vapour in your breath. This is not something you can avoid, but should be noted.

The other way in which you are going to lose a lot of water is in the form of sweat. Your body is not an efficient energy converter, it is the result of years of evolution and not the result of a design engineer trying to make a machine that will convert food into paddling speed. 80% of the energy your body uses during the day will end up as heat, this heat has to be dissipated. The body does this by transporting this heat to the surface of the skin where it is lost by sweating. The water lost due to sweating should be put back as soon as possible.

The effects of dehydration due to sweating are pronounced in the summer when it is more difficult to get rid of the heat. If you get a dry

feeling in your mouth then you have already lost a large amount of fluid, and this should have been replaced earlier. A cool drink (not ice cold) of water will soon get from the stomach into the system to replace any lost fluid.

You should make available for any training sessions some water, suitable for drinking, at all time. Drinking water during exercise will not cause cramp as long as you train your body to accept it and you consume small amounts each time, half a cup every quarter of an hour through a training session should see you all right.

Do not think that this is only applicable to summer or training in a warm gym. You will sweat during a winter session, just take off your cag and feel how damp it is inside even if you have not got wet.

Water is the best thing to drink to replace all the fluid lost in all the above. There is no need to use any of these very expensive drinks either that claim to restore the 'electrolyte balance', or provide you with more energy. You should be able to get all the required amounts of salts and minerals from your diet, in fact you probably take an excess of these at present anyway. Just plain water is fine.

Most of the 'energy drinks' are just sweet water. Fructose, glucose, dextrose, sucrose, lactose etc are all just other names for sugar. These drinks only provide energy because sugars are carbohydrates, not because they have any special properties. The body does not like large amounts of sugars in liquid form, and may react to a sudden large amount of one of these being consumed, and result in an actual drop in the sugar levels within the blood, the very thing that you do not want.

If you really want to add anything a little juice or squash to help the taste is enough, but be careful as many of these are very sweet and may cause cramp if taken during exercise if too concentrated.

If you compete in endurance events remember that you should train your body to be able to except liquids during exercise so not only take out some liquid in your boat on race day, but on every training session.

Nigel Winters

Boats for '87

Pyranha Premier III

The major innovation in Boat design for '87 has to be the radical new Premier III from Pyranha — as far removed from its predecessors as the Image was in '84. Pyranha launched their latest design at the British Open in October, with the idea that it will be paddled at this years World Championships.

The main feature of the Premier III is its stubby appearance with the seat being positioned further forward than in any other slalom kayak to date. The much shortened bow gives exceptional control in breakouts, and makes the carving of eddies almost effortless. The long tail (an obvious result of the short bow) gives much improved handling on white water, effectively ironing out the up and down action created when paddling through waves.

The hull from the Premier III has been adapted with the bouyancy mainly situated around and forward of the cockpit, the volume tapering off rapidly towards the stern to give the flexible tail — designed to bend rather than break (which



does seem to be working now that the manufacturers have solved the construction problem by incorporating a flexible material in the tail.)

Overall the Premier III requires a little time to adapt one's paddling skills, which once mastered make it the most exciting new light performance design. Paddlers such as Lubos and Ivan Hilgart are paddling it and moulds have gone to Sweden, Switzerland and Iceland. Pyranha are very confident of the design and its potential to perform — it is Graham Mackereth most radical design yet. Pyranha are looking to make a more prominent appearance on the slalom scene this year, though they believe the boat will sell on its merits.

The Nomad Extra 'Master'

The success of the Nomad Extra in 1986 swept it into the position of market leader, and on Britains tight racing courses it will probably remain that way in 1987. However, the more open European courses have meant that Nomad has introduced a modified version of the extra for '87 — the Master - with the aim of making it the No. 1 boat for the Bourg World Championships.

Whilst it retains the extra bow the main change has been to taper the stern to give less rocker,



so that there is no reverse curve between paddler and tip on the hull. This gives a little more lift to the tail of the boat, holding the bow down better at higher speeds and giving a faster boat in a straight line that, due to the thin section of the back deck, loses none of its turning ability. It also holds the stern up more when carving into breakouts, giving a longer rail, and thus keeping the boat speed higher through the move.

Its close similarity to the Extra means that for the Extra paddler it takes little time to adjust to its slight differences. It is a refinement of what is already an excellent design, and should really be seen as an alternative for the continent, rather than as a replacement for the UK market. With Double Dutch construction, and thus wide availability in Europe this should be a popular boat at Bourg and there's no denying that its one of the fastest things around at the moment in a straight line, either on the flat, or down waves.

It will be interesting (to say the least) to watch the competition between these two top designs at Bourg, and it is nice to know that the best racers in the world choose to paddle British designs — we are lucky to have such designs so easily available in our country!





PENNY BRISCOE

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Bob Doman Photo Pete Astles



Tony Harman Photo Pete Astles

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Alpine River Guide to Holme Pierrepont

by Colin Thompson

Holme Pierrepont is located near a place that no canoeist has ever been to before — Nottingham. After negotiating probably the most boring ringroad in the world the approaching canoeist begins to sense an alarming proximity to Grantham. In a blind panic most people tend to turn off at this point and end up at Holme Pierrepont. The other approach is through the most intricate of one-way systems which involves a tour of housing estates, Trent Bridge, Notts Forest, Notts County, etc etc.

For the canoeist arriving on a dark Friday night all is not lost as Nottingham seems to boast a very lively night life. An example of this is the "Trip TO Jerusalem". An interesting and unusual (apart from being packed with students) pub it is literally carved out of the cliff face and claims to be one of (many) oldest pubs in the country. The amenities back at Holme Pierrepont are also clinically adequate with cafe, bar, fast food provided by the Watersports Centre Complex. For those people with lots of money there is also the 'No Limits' canoe shop virtually next to the site — just the place to get the brightest in wet-suit shorts from.

Getting to the course can be tricky, limestone roads are painful to even the toughest of feet. Once at the river the daredevil canoeist has one last obstacle called "The man at the pay-desk" who basically wants twice the money you pay at the Tryweryn. Then you are free and on the open water of the Trent which tends to be warm and brown, having been through several power stations.

The course starts off with shooting the sluice gates. On half release this means a smooth 6 foot drop. The canoeist that stays on the wave at the bottom — a wave that goes from sheer concrete wall to sheer concrete wall — can have a great "warm-up" surf. A tried and tested method of negotiating this fall is to raft up and hold tight. On a full release the drop disappears; but apart from a little more power in places this is the courses only feature that alters significantly on full release.

The course then quickly opens up into a couple of wide eddies with sloping banks and a couple of playful little warm-up waves. The impatient canoeist can shoot quickly past the first bit of concrete "rock" and break out on the right behind the next bit of concrete. Oops, wobble, wobble, I forgot to mention that it's a bit boily in

places. Still it makes for some interesting moves in slaloms; but this eddy is not one to stay in. Crossing quickly to the other side the canoeist finds the second problem — the eddies circulate.

Unaffected, but wary now, the paddler carries on down the river past two little warm up stoppers on the left, under the bridge and in to a very sharp, large, circulating eddy. This irresistably sucks you up into the "Bridge Stopper" which is the first big stopper, and it's a good one. The face of it is rough and tough but easily rideable. Problems can occur if you drop off the back where you encounter yet more boils.

Pressing ever onwards with a whetted appetite the canoeist now starts noticing waves appearing and if he doesn't want to get wet has to pick his route carefully. Skirting a couple of small stoppers on the left, that get rather playful on full release, there's a welcome break-out on the left behind the jetty. Sat in the break-out and looking to the left there waits the "Jetty Stopper" with a beckoning grin on its face. Few can resist such temptations and everyone should go in to play or capsize. It is possible to exit the stopper at either end although the far end is a little close to the bank and the overzealous canoeist joins the spectators on the bank he finds the final problem — a lot of the concrete is very rough, both on people and boats. Back once again in the powerfully playful stopper the canoeist can test his prowess without paddles; the latest trick being to throw them upstream and to catch them on the downstream side after they pass under the boat.

When he finally rolls up the canoeist will find himself among some tricky, twisting waves, dropping down past a steep left hand breakout and being in danger of broadsiding on the "Snowplough Island" as the river splits into two. Still if he fancies a repeat performance a quick zig-zag paddle through the barriers up the backwater and you're at the "Jetty Stopper" again.

Carrying on downstream, past the "Bannana Rock" the river smooths out as the two routes join up again. Once again it is possible to paddle round in a large circle and up to the "Jetty Stopper". As the river meets it forms the "Augsbury Eddy" on the right, a small powerful, one stroke circulating break-out. But the penalty is high for falling out of the back of this eddy. An unwary canoeist could find himself dropping

backwards into the "Fools Folly". This is an interesting formation of waves and stoppers. Looking down-stream a wave runs at 45 degrees from the left into a conventional stopper half the width of the river. A wave also runs from this point at 45 degrees back to the sheer left hand wall. The other end of the conventional stopper runs to the sheer right hand wall. Why "Fools Folly"? Well if you are daft enough you can have a great time on it; but yours would not be the first boat to have its nose broken off

Attacking "Fools Folly" from above it is possible to ride the diagonal wave down into the stopper and either flick right to try your skills at stopper blasting or flick left to ride the other diagonal wave back to the left — great fun and a skilful move. Just below "Fools Folly" the sheer walls widen out again but not before creating a wave that is excellent for pop-outs, looping and

general posing. It is also possible to paddle/claw your way back up the left hand side and back into "Fools Folly" again.

The slalom courses this season have generally finished around this point; but if the worn out canoeist continues down past the next bridge he comes to the "Daleks Graveyard". This is a series of regimented concrete blocks offset across the river which together with a comprehensive set of gates makes an excellent moving water training ground.

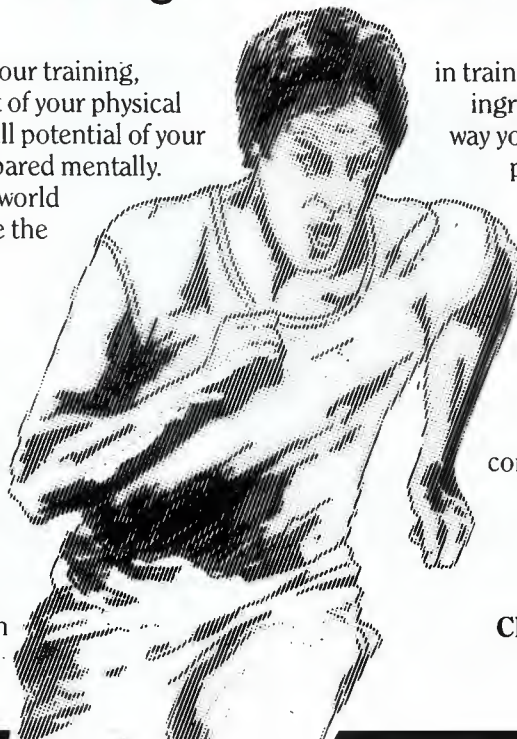
And that's it, all that remains to do is get off at the bottom and walk up to the top for another go, and another, and another . . .

Overall Holme Pierrepont has a couple of minor faults and niggles; but it is an excellent competition and training site and will provide a substantial boost to canoeing at all levels in this country. Well worth a few visits.

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MIND OVER MATTER

How many times has it been seen that the paddler who is fast in training can't seem to produce the goods on the day. Somehow when the starter says go, the pressure mounts, the skills break down and the poles start to swing, and those hours of training are wasted. This is true at every level from selection races to novice events and at any level it is an aspect of athletic performance that can be sadly disregarded.

Training for athletic performance has 3 major aspects. The first and the one most everybody strives to understand, is physical training. This is the long paddles, circuits, sprints, and all the other methods of improving strength, fitness and physique. The second and one slightly less well thought about, is that of skill. To slalom this is the gate technique, the white water technique, the boat handling skills that differentiate the fast man round the 's' gate from the slow man. The third and the one most people ignore, is that of the mind - skills such as pre-race relaxation, heightened levels of concentration, mental rehearsal and recall.

At a recent lecture at Birmingham University, David Hemery, Olympic Champion Hurdler, put it to us that the major difference between the good performing national athlete and the world championship medal winner isn't the amount of physical training, nor necessarily in the level of skill or technique, but in the ability to perform to the best of their ability on the race day, and that this ability can be trained in the same way as physique and skills.

In fact he went further than this, suggesting that peak performance was built on a tripod of these three aspects, and that the performance of the physical and skill side of training for peak performance can actually be an inefficient way of training. It can be imagined like this - if each aspect of training is the leg of the tripod, then if you attempt to raise the tip of the tripod by only lengthening two of the legs, its the rate of improvement will slow, as the short leg will stop the tripod getting higher. The need then is to train all aspects simultaneously.

The next problem to confront is that there are plenty of manuals on physical training, and on the techniques of slalom, but little on the training of the mind. People talk of relaxation techniques, mental rehearsal and so on - but there are very few books as manuals available, and little is known by coaches, certainly not in a formal sense.

Work has been done on this aspect, though it has received less publicity. One of the countries that has put effort into it - inspired perhaps by the

mentality of Bjorn Borg - is Sweden. As one of the main writers, based at Orebro University, is Lars Eric Uresthal. An article called 'The Ideal Performance' discusses the idea that we aren't born with mental limits, but that we can train the mind the same as all other skills. In a series of articles he outlines the techniques and methods that have been practised in Sweden, and by other athletes in other countries, in other sports. These articles and ideas have been put together into a training programme that is being made available in Britain, through Paul Younger, a slalom coach in the eastern region who saw the lack of such a training system. I'm not suggesting that you rush out and buy it tomorrow - but the aspect of mental training, of race preparation, positive attitudes and recall and rehearsal is one that needs to be included in training - and as the aspect that is least considered, get ahead of the less alert by being mentally fit to race, as well as physically fit - it seems a shame to waste all that training on the water for the want of a little effort in the warm and dry of your own home. You know it makes sense.



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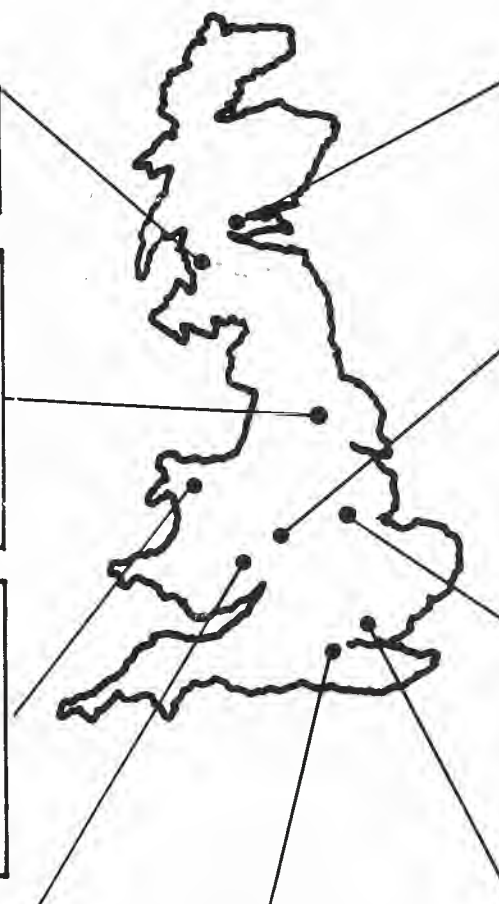
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Your Name in Lights!

Undoubtedly the most frequent question directed at me by hopeful purchasers (or would be purchasers) of Slalom Magazine is "Am I in it?" — The answer is invariably "No", but we all lust after the glow brought on by our name and print, or a good write up. It was one of the most nicest experiences to read my name in the Birmingham papers last year when I won the "Lowenbrau" series. But newspapers, national and local need to be told about these things, and providing the information is a skill in itself — and needs to be done quickly and efficiently — so try and persuade some one — a member of the family or close friend to read this, and take on the job of your press rep. The gains can be more than just an ego boost — sponsorship, access and increased facilities are all helped by press publicity.

Local Newspapers

There are no set rules, except to act quickly and clearly! — some will print a story exactly as received, others will rewrite it so make sure what you write is coherent and legible. The first task is to get it to the right person - address it to the Sports Editor or, if you can get a name, use it — and if you can, strike up a relationship so much the better!

Remember — if you send it by post, it will be part of a pile of mail on a desk — it must be eye catching and clear. The impact must be on the heading and in the first lines, with follow up information provided at the end (i.e. phone number so he can talk to you) — Short and to the point — if they want it longer they will ask for more.

Always include the following:

Who are you.

Where are you based.

What you did (or are going to do).

When you did it (are doing it).

Why and how you did it.

Photographs are good for eye catching, and for presentation but make sure if you want it back you supply a S.A.E. — and your name and phone number on the photo (if it gets separated from the rest they can still get to you.)

By far the best approach is the **personal** one. Don't be afraid to walk in and ask to talk to a sports reporter — because if you can make a

friend of him he'll be very useful indeed — ask their advice and find out what they want. For instance, are they interested in events, or people or results? Do they have a 'youth bias'? Do they want to hear about the whole clubs achievements? (Don't be selfish!)

Make sure you have the information at your fingertips — its no good if you have to "come back to him" on some point.

But don't be pushy — be enthusiastic but be a reliable source, with a steady flow of information.

Local Radio

They need information in advance and they may turn up to your event. Get your results into the regular weekly sports round-up. Also if they run a "Whats on" guide, supply the editor with information in advance and this increases your chance of spectators and thus interest and participation.

Regional TV (ITV)

Often easier to break into than the B.B.C. with their more local interest. The Welsh have good contact with S4C, and once developed they can lead to bigger things.

Overall

Try and work out what is your clubs best asset — a superstar? — a rising young squad? — an event? — then push this aspect, and publicise yourself. Send a copy of your calendar of events to the Newspapers, tourist and information offices, sports centres, libraries etc. — the more the public see the more interested they will get.

Most important of all, try it — some people (not even the best paddlers) get good coverage just by working at it. Good examples of Coverage are Bob Doman and Pete Bell, both of whom have spectacular cuttings files, **just by trying**.

Go to it.

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