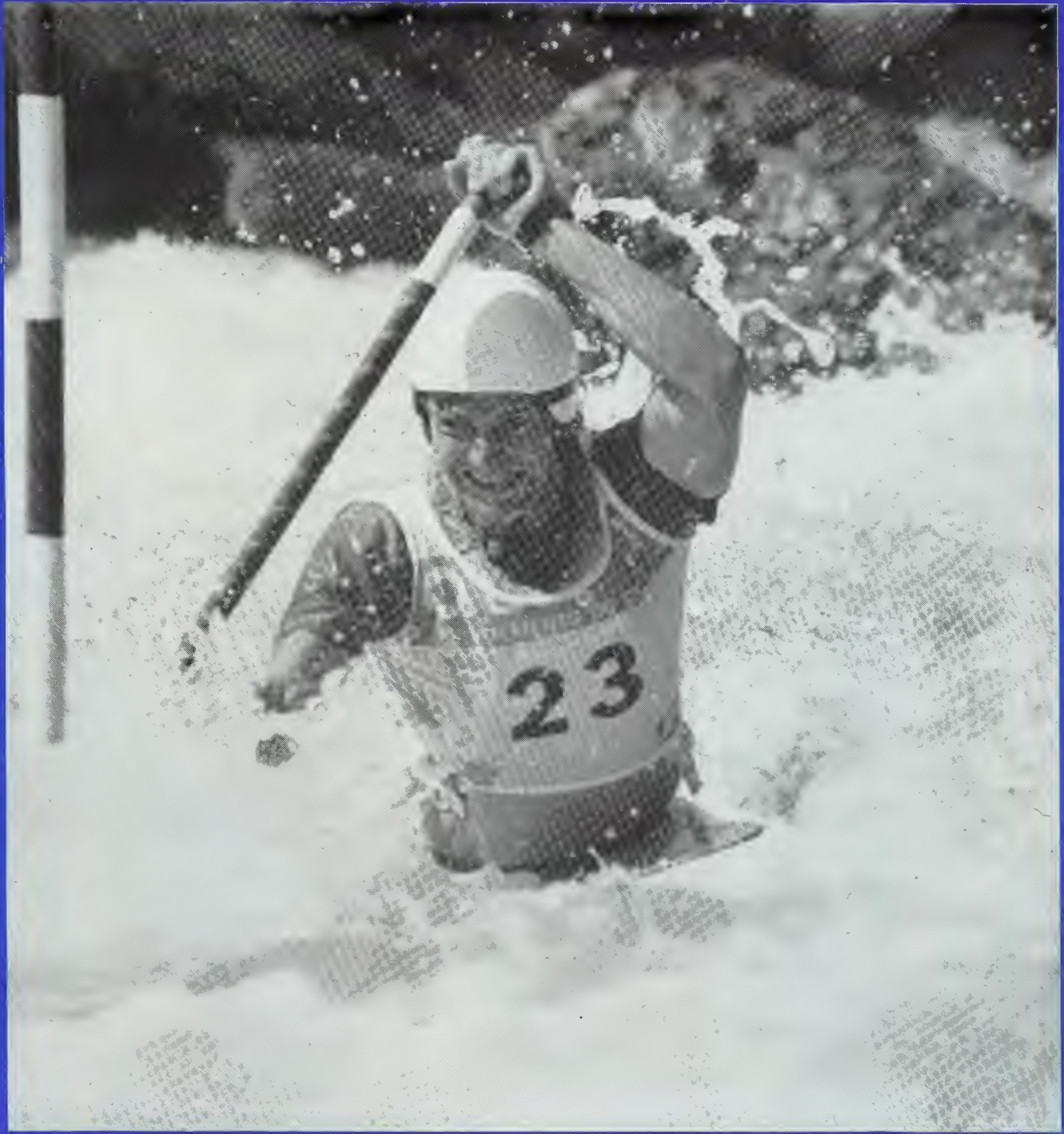


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## Canoe SLALOM

106 Wiggin Street, Ladywood, Birmingham  
 021-454-5690  
 EDITOR: JOE LYONS  
 FEATURES: RICHARD FOX

The official magazine of the B.C.U. Slalom Executive,  
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 those of the Editor or of the Slalom Executive.

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## Special Features

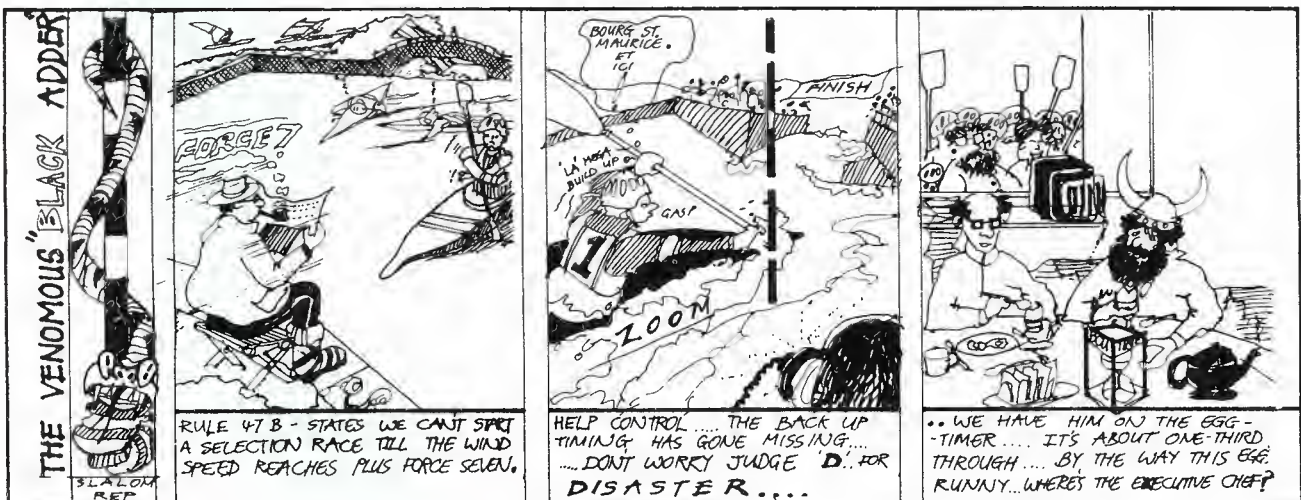
- Guidelines for developing Slalom Technique.
- Fox on Llangollen.
- Identifying Faults in Canoe Slalom.

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## Next Issue

- Your World's Team Profile!



# Editorial

Year after year, selection is the most contentious and acrimonious happening. In a sport where much time and money, and effort has been poured into selection attempts, and where the level of competition is so high, and where so many people are serious candidates, feelings run high and disagreement is rife. However, this year appears to have generated more problems than most, and the reasons are not really satisfactory ones.

I was not at the event at Holme Pierrepont so I did not see first hand the problems with which the organisers and the jury had to cope. I have heard conflicting reports about the reliability of the timing and the judging and of the eventual results, and I have insufficient information to comment on the event, except to say that knowing Jim Croft as I do, having seen him cope with events like the Nomad Inter Club and others, there can be no question that as an organiser he is very capable of doing the job. It is the level of support that our organiser has that makes the difference between a shambles and a well run event, and all reports agree that the level of support was woefully inadequate.

That the executive have since held emergency meetings, and are trying to make amends, is commendable, but this doesn't alter the fact that under their authority, a British Premier selection event had to be de-ranked, and that paddlers who had trained for months for this specific event, and who had peaked to perform well here, had their aspirations destroyed. Had this happened at a Novice event the club responsible would have been seriously taken to task by the executive, and its ability to run future events seriously questioned. The executive is a busy enough organisation anyway — perhaps asking it to run events is too much, especially when the key to a good event is manpower, often doing relatively menial, but time consuming jobs, — not necessarily the sort of thing that executive members have either the time or the mentality for.

The selection committee were left with no alternative than to move the selection to Grand Tully, although they did feel able to state that Holme Pierrepont results would be taken into consideration.

With such confusion and chaos already injected into the selection situation the job of the selection committee was never going to be easy. The essence of selection has to be that performance at the selection event is paramount. The declared policy of winner of the first event, winner of the 2nd event and then a discretionary place is a formula that has been used before,

though the pre-selection of Fox, Sharman, Allen and Hedges is a new move, taking the pressure off our top paddlers to perform too early, and opening up the winners slot to the other participants. The problem with having two pre-selected ladies meant that there would be no discretionary place, and the ladies policy was amended to cover this at a later date. As is often the case, the first three places in selection were clear cut. It is the allocation of the discretionary place that causes so much aggravation.

Indeed, some would argue that there is no need for a discretionary place whatsoever. The decision should be entirely based on performance at the event, and that all four paddlers should be selected entirely on results. The problem with this is high lighted by Richard at Grandtully. Pulling an intercostal muscle on his first run, Richard was unable to paddle at either event. Fortunately he was preselected, but who could deny that to have excluded him from the team would have been a great mistake. That is why discretionary places exist.

Where the problems arise, is in the definition of a discretionary place. It needs to be made clear exactly what purpose the discretionary place serves. It can be used at any of the following.

1. A safety net to catch the excellent performer overtaken by disaster — e.g. someone who places 2nd on race 1, but then has a minor disaster like a spraydeck popping off, or a paddle breaking on race 2.
2. It can be used to provide a place for a paddler who may just not have achieved the necessary results but is seen as having great 'potential'.
3. It can be used to lay the foundations for a future team, introducing new blood from down the results in the hope that the experience they will gain will pay off in two or four years time.

The whole point of the problem of the discretionary place, and its use, is exactly how far down the line people are willing to see its definition stretched. Nobody would complain at the use of a discretionary place for a reigning World Champion with a pulled muscle. However, the remaining three 'variations' on discretionary places all raise increasingly larger waves of dissatisfaction.

Confidence in a selection committee is paramount. Belief that everyone and anyone who trains hard and performs on the day has an equal chance of selection is one of the most important things in the psychology of start line preparation. Paul McConkey summed it up in 1985. He said that you must believe as you sit on the start line of the event that your performance

# Editorial

## FEEDBACK

is what matters, and that the moment you begin to doubt that however well you may do, you might not get in, you may as well get off the water and go home. For those who wish to know why I took up river racing 18 months ago, it was for that very reason.

A worlds comes every two years, in between for a pre-worlds and European Cup there is the chance to send six people to top class international. For a worlds though, both paddlers and spectators have a right to know that the paddlers chosen to represent the country are the four best available. The selectors must believe this, the paddlers must believe this, and the public must believe this.

The job of a selector is an invidious one at best and there are always good people left behind. There are always close calls and other considerations, but a selection committee must avoid as much as it can, the use of the subjective, and hold to objective measures of performance in making its decision. Thus, leaving it less open to attack from dissatisfied paddlers, righteously annoyed because their subjective perspective will always be different. In the long run the problem remains in the hands of the selection committee. It is their task to select the team, and it is their task also to convince the paddlers that this was done fairly, properly and objectively. The discretionary place has its role, but must be used carefully, and if used, its reasons must be made clear to all involved to prevent the annual cries of 'stitch up' that have soured the post selection air.

Joe Lyons

## Slalom Coaching Weekends 1987

27/28 June — Llangollen

19/20 September — Llangollen

7/8 November — (venue to be announced)

Each course will include:

- Top class coaching by GB Team coaches or paddlers.
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Tel. 0978 861024

First International at Holme Pierrepont will take place on 15/16 August 1987 and as far as UK concerned, will be in the form of a Home International with selected teams representing their country.

Slalom Yearbook — despatched during last week of February — if you haven't received your free copy as a ranked competitor, and you have moved house without informing your Ranking Compiler, you will find your yearbook at your old address. PLEASE INFORM YOUR RANKING COMPILER OF ANY CHANGE OF ADDRESS — it is not automatically dealt with by BCU HQ.

Good news — Slalom Canoeing is included in the Olympic programme for 1992. Concern though that ALL slalom canoeists in receipt of any sponsorship whatsoever declare details and amounts. Further details from Sue Wharton 1 Barnacre View, High St., Garstang, Preston. PR3 1EB.

Section Judges needed — contact Dave Morgan 8 High Park Drive, Bradford BD9 6HS if you are interested — he will arrange training.

Russell Hobs Jug kettles — if you have won one as a prize or even bought one, there has been a recent announcement that there is an electrical fault — take your kettle to your nearest retailer and they will tell you who to contact (or where to go!!)

Team gate — timing starts when the first body crosses the gate line.

Unfortunately Bath Canoe Club are unable to run their 24/25 July Pulteney Weir Slalom and Bath University Canoe Club will not be running it. However the new organisers are unable to run it on the original date and as a consequence, with the permission of the management committee, they have changed the date to 4/5 July. We are aware that the change of date may well cause people some problems and we will do our best to help especially with regard to entry dates. Entries can either be sent to me at the above address or to the address in the Yearbook.

## Fox Pulls Bothams Muscle

Cricket fans will remember Ian Botham was sidelined in Australia for ten days with a pulled intercostal muscle. 1st run at Grandtully Fox did the same. As I write he still isn't back to full training but he is slowly getting back onto the river. Physiotherapy, Homeopathy, and an enormous number of pills are operating to restore him to his former glory, and he hopes to be ok by the end of April.

## FEEDBACK

### Mystery Boys Rescued by Canoeists

The week after the Holme Pierrepont premier non event, three local slalomists were involved in the dramatic rescue of two young lads who were playing on and around the course on their bikes. Ben Geddes, Gareth Marrot and John Day of Condept Designs were trying out a new boat on the course when they saw the two lads in difficulties. After some excitement they managed to pull them out, but the two lads disappeared off. The next they knew was an article in the local paper, which was repeated in the Sun, the Express and the Telegraph, asking the 'mystery' rescuers to step forward. Our heroes promptly owned up and await the consequences with bated breath.

### British Universities Tour

After some years of no money, the British Universities Sports Federation have agreed to fund a slalom and white water tour this summer. The team, drawn from University paddlers all over Britain contains some names from the elite of British White Water Canoeing with Slalomists like Keith Brown and David Crosbee being offered places, and White Water racers like new British Champion Alan Tardoff, and World Bronze medal winner Corinne Melor also offered the chance to go. The plan is to enter the Sjoa races in Norway in August.

### B.C.U. Press Officers Conference

By not being too heavily involved with the 'art' of canoe slalom, I admit to thinking that this meeting would be extremely dull. I could not see what could possibly take up five full hours but, I was to be pleasantly surprised.

There was an attendance of about twenty-five persons — all of whom seemed to have some very strong views and a lot more experience than myself.

With a brief introduction by Roger Fox and an outline of the day's plan, it was over to Peter Ingham who gave a talk on general publicity matters. There was a group exercise when we were asked to write a press release on the 1986 Exe descent. This broke down barriers between everyone and caused, I believe, a more relaxed atmosphere throughout the room.

It was photographs next and a word or two (or three!) from Tony Tickle. Tony came up with some very useful hints and I myself gained some useful information from him.

After lunch it was back to an interesting talk from Mary Crosbee and a young lady from Radio Nottingham. Some thought-provoking points

were raised and a good case for a group debate which was, unfortunately, cut short.

Many thanks to all who attended.

## HELPLINE!

### HELP WITH TYPING IS WANTED

Is there anyone who could help with typing? In particular we would like to hear from someone who has access to a word processor with floppy disks as we can use this as a basis for cheap typesetting.

### RESULTS SERVICE

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

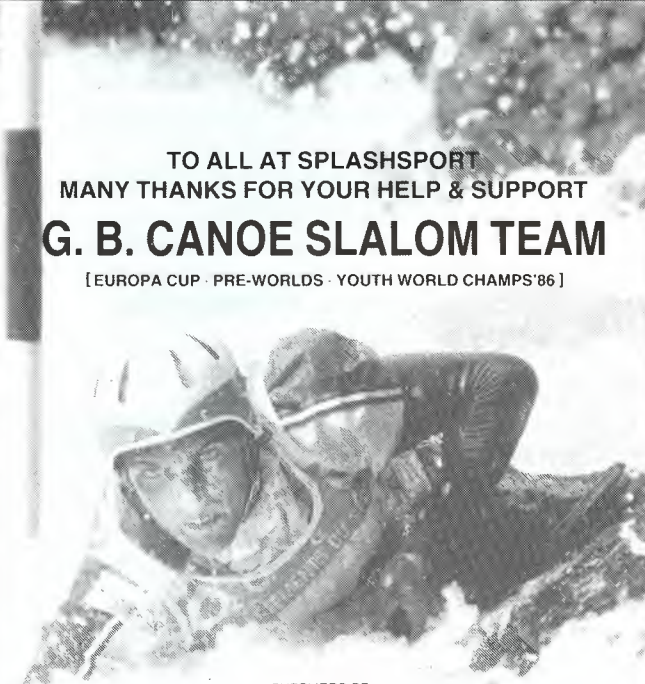
### BBC NOTTINGHAM & PUBLICITY FOR HOLME PIERREPONT

To help us improve the publicity for canoeing and Holme Pierrepont in particular we wish to hear from any groups who plan a day or more paddling there. Who knows you may even hear yourself on the air.

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

JENNIFER 3 MORETON AVENUE,  
HARPENDEN, HERTS AL5 2EU

Tel. 05827 3583 — answer phone (sometimes!)



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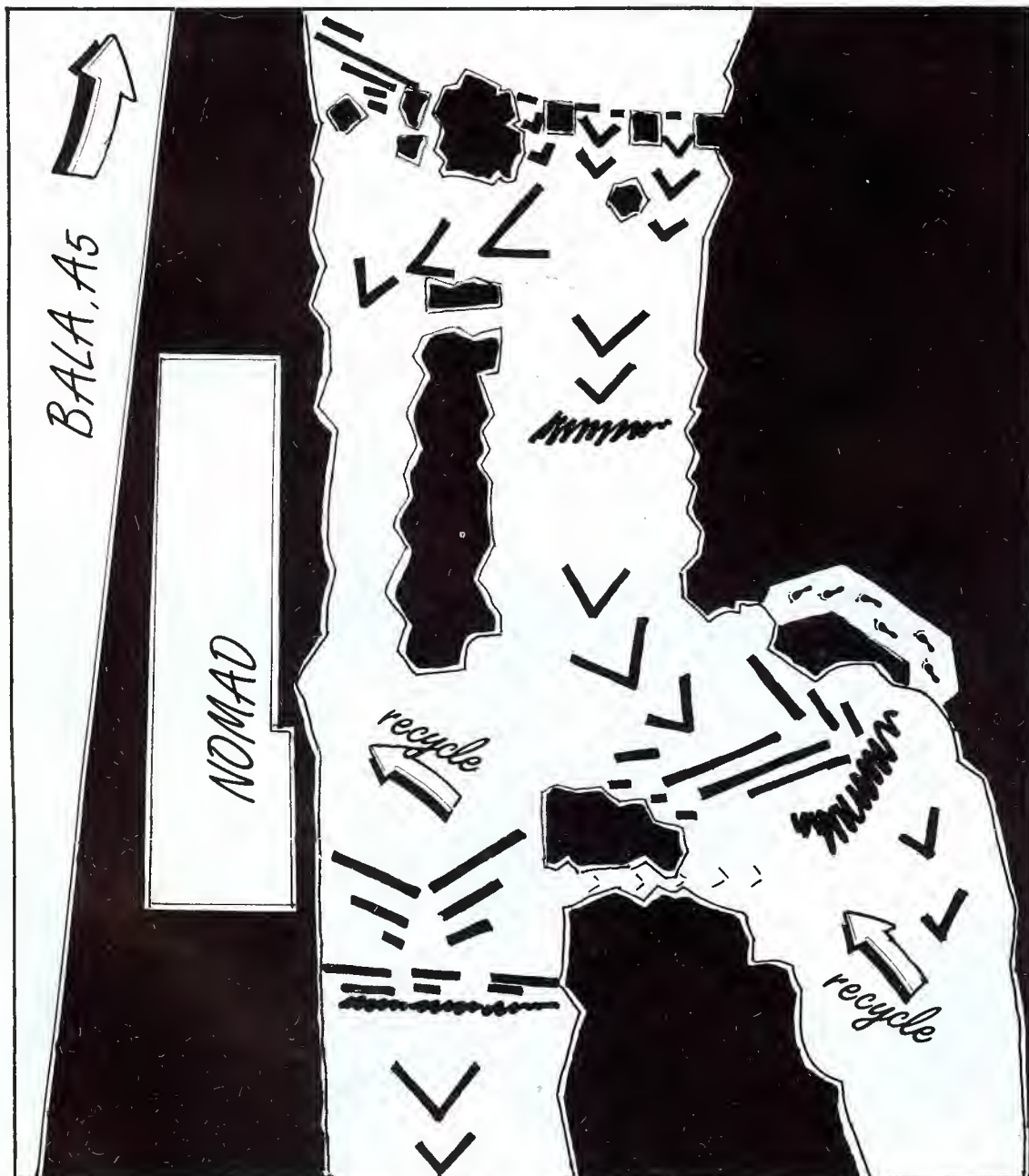
# Llangollen — Britains other new Training Centre

Last issue I looked at the training possibilities on Nottingham's new artificial course. This site, however, has not been the only new development on the training scene. Nomad Canoes recent purchase of Mile End Mill in Llangollen and a house on the opposite bank has given the company unlimited access to one of the best sections of the River Dee.

Llangollen resident Jim Jayes was quick to seize on this new found training opportunity and 20 gates soon appeared across the Dee. The white plastic poles are adjustable from the water and many have been weighted to improve stability in windy conditions. The Tombstone rapid just

upstream of the Mill buildings marks the start of the course, which continues downstream for approximately 250 metres.

The top section provides good moving water gate conditions with enough width in the river to stretch some moves out to include a bit of a grunt. The small stopper in the middle of this section adds a bit of excitement, especially in high water when 360 spins and paddle twirling can easily replace serious gate training. Paddling back up to repeat a course is nearly always feasible. In higher water there are two options for this as the factory side channel of the top island fills up with more water.



Sketchplan of the NOMAD TRAINING COURSE showing main river features — drawing by Andy Gladwin

### Best Training Options — Top Section

- Repeats of 45 - 75 seconds
- Easy paddle recovery
- Physical ferries. Upstreams on opposite sides using full width of river.
- Upstream eddy hopping. From Factory — Stopper 20 - 75 seconds zig zag from one side to the other — Good inducement for regurgitation!
- Endurance laps (At a good water level) 60 sec course downstream, continuous paddle round island back to start.
- Technique — Good for wide staggers and slight offsets from start to factory and for basic flat/moving water moves in low water. In high water good for a grunt and boat control on ferries in fast water.

The lower section is best at medium to high water levels when a diagonal wave breaks to give end leaping, back hiping, boat crunching, hair wetting manouvres. The best eddies are on the left hand side and in most conditions the good technical moves are from the river right side using the diagonal wave to blast into a fast eddy turn.

### Best Training Options — Bottom Section

- Technical moves using waves/stoppers.
- Technical ferries across broken water.
- Speed courses 20 - 30 seconds.
- Speed/strength endurance intervals - e.g. 30 secs on 30 secs off.

Both sections can of course be joined together for runs of around 90 seconds, these can be made longer and more physical by using the ample river width. A short walk is necessary to return to the start.

For a final race tune up try slalom sprint style courses — very fast very open — up to 60 secs top to bottom.

Coaches should ask permission to go round to the left hand bank, this gives the best options for viewing and paddler communication. For video operators a good spot is on top of the factory roof.

Check in facilities and bib issue are available at the Nomad Shop. You are advised to report before paddling as there is a charge for use of the training site. Car parking and a temporary changing shelter are available next to the put up point.

Casual canoeing is not allowed, under any circumstances on other sections of the River Dee.

Forthcoming events at Llangollen are a Division 2 Slalom on May 16/17 and a Division 4 and Novice on August 15/16. At other times the course can be booked by organised groups for training sessions, alternatively coaching can be arranged through the Nomad staff.

For further details contact: Maggie at Nomad Canoes, Mile End Mill, Llangollen, Clwyd LL20 8AD. Tel. 0978 861444

RICHARD FOX



RICHARD FOX — SET BACK TO WORLD'S PREPARATION



## 'Inner Mental Training for Peak Performance'

### A 12 week course by audio cassette in mental training for competition

By Dr. Lars-Eric Unesthal,  
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Review by Alan Edge:

The importance of being 'mentally fit' for competition has only been considered seriously in the last 10 years. Great strides have been made in the physiological preparation of athletes to the point where there is very little we do not know. Psychological developments however have not kept pace and there is still a great deal that we expect our athletes to cope with, without any real help at all.

How much time do you spend preparing yourself or your athletes mentally, compared to physically?

Canoeing is a 'training intensive' sport where a great deal more time is spent training than competing. This can lead to:-

- boredom and lack of motivation in training.
- extreme anxiety and unnaturally high expectations when the 'competition' eventually arrives.

Dr. Unesthal's 'Inner Mental Training' course has been used successfully with the majority of

Sweden's National Teams and has been used by several top GB paddlers to prepare themselves for the mental pressures of competition. The 3 cassette package covers all aspects of mental preparation including:

- Goal Setting • Muscular Relaxation • Mental Relaxation • Mental Rehearsal • Activation Training • Startline Suggestions, etc etc.

The course is followed using a normal type player or personal walkman with the emphasis on regularity just as in normal training. Daily sessions last between 7 - 20 minutes and there is an excellent accompanying handbook containing background information and instructional notes. The course takes about 12 weeks to complete.

I discovered the course only at the end of my paddling career. My experience is that it can be of great help 'in life' generally, not just in preparing for the startline. It will help you cope better, whether in the office, in the boat or just trying to get to sleep at night!

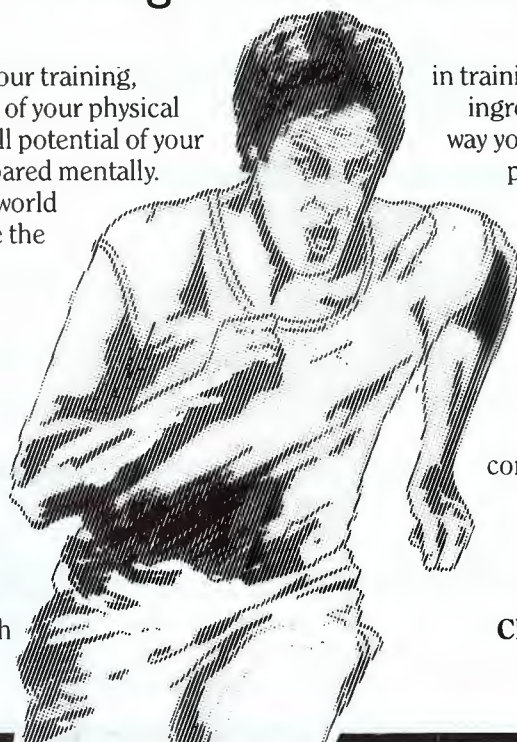
If you are serious about that medal, check it out!

For more information contact: Paul Younger, Audio Expression, Moulsham Mill, Parkway, Chelmsford, Essex, CM2 7PX. Tel. 0245 465329.

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in training and competition. The vital ingredient is of course you and the way you apply the information in the package but it has been proved successful by top performers in all kinds of sports.

To find out more about this unique programme call Paul Younger on Chelmsford (0245) 465329 or send 50p for an information pack to the address below. The complete programme is available at £22.50 plus 50p postage and packing from:

**Audio Expression,  
Moulsham Mill, Parkway,  
Chelmsford, Essex CM2 7PX.**

# **SLALOM TRAINER SLALOM COACH 1987 COURSES**

Course for parents, paddlers and instructors who wish to obtain knowledge and experience to help them in their coaching of slalom competitors are available as follows —

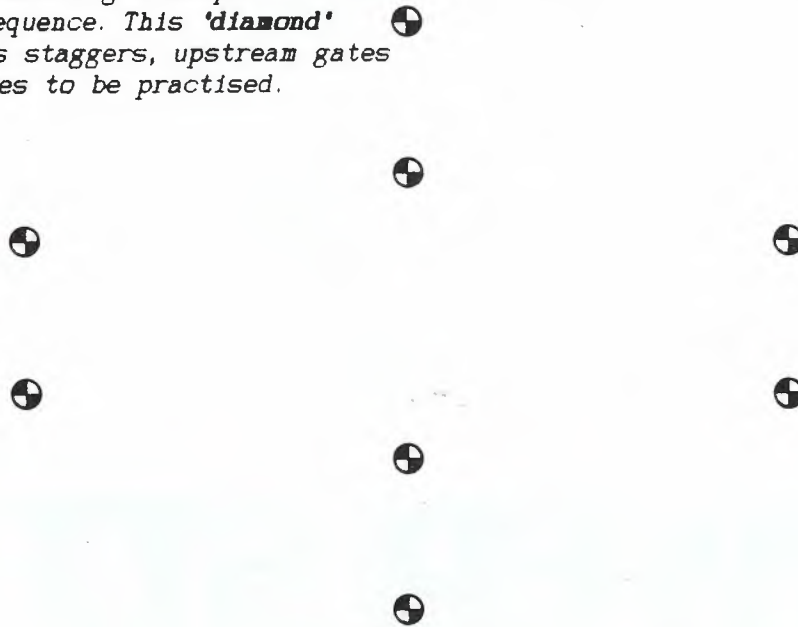
For further details on the courses contact:- Alan Edge, National Slalom Coach, 25 Crawshaw Avenue, Pudsey, LEEDS LS28 7BT

- 9/10 May Competition Trainer Course, **River Washburn, Yorkshire.**
- 23/24 May Competition Trainer Course, **West Midlands (venue to be announced)** 'Canoesport LIANDYSUL Trainer Series'. NB. If your club or region wish to apply for a sponsored course, contact the National Slalom Coach.
- 6P7 June Competition Coaches Course (Canadian C1 & C2)  
**Holme Pierrepont, Nottingham.**
- 27/28 June Competition Trainer Course, **River Dee, Llangollen, N. Wales.**
- 15/16 Aug Competition Trainer Course, **Llandysul, S. Wales.**  
'Canoesport Llandysul Trainer Series'.
- 19/20 Sep Competition Trainer Course, **Craster, Northumbria.**  
'Canoesport Llandysul Trainer Series'.
- 26/27 Sep Competition Coaches Course, **Llangollen, N. Wales.**
- 10/11 Oct Competition Trainer Course, **Leicester, East Midlands.**  
'Canoesport Llandysul Trainer Series'.
- 21/22 Nov Competition Trainer Course, **Banbury & District Canoe Club, Bucks.**
- 5/6 Dec Competition Coach/Trainer Course (Venue to be announced).

# Guidelines for Developing Slalom Technique

- To start slalom training an elaborate training course with a full course of gates is not necessary. Basic techniques can be developed on any piece of flat water where gates can be hung. All that is necessary is 4 gates hung in diamond formation with the wires about 2-3 boat lengths apart. (fig 20)
- Training gates should be easily adjustable for height and position from the water and are usually hung on wire, terylene or polypropylene baler twine.

Fig. 20 Diagram showing a simple training gate sequence. This 'diamond' formation allows staggers, upstream gates and reverse moves to be practised.



## WARMING UP

Before you begin to train and practice your new slalom skills it is necessary to devise a warm up for use prior to training sessions or competition.

### Why does the body need warming up before exercise?

- (i) To protect against injury.
- (ii) To prepare the body so that it can perform more efficiently.
- iii) To enable it to focus attention mentally on the aims and goals of the competition or training session.

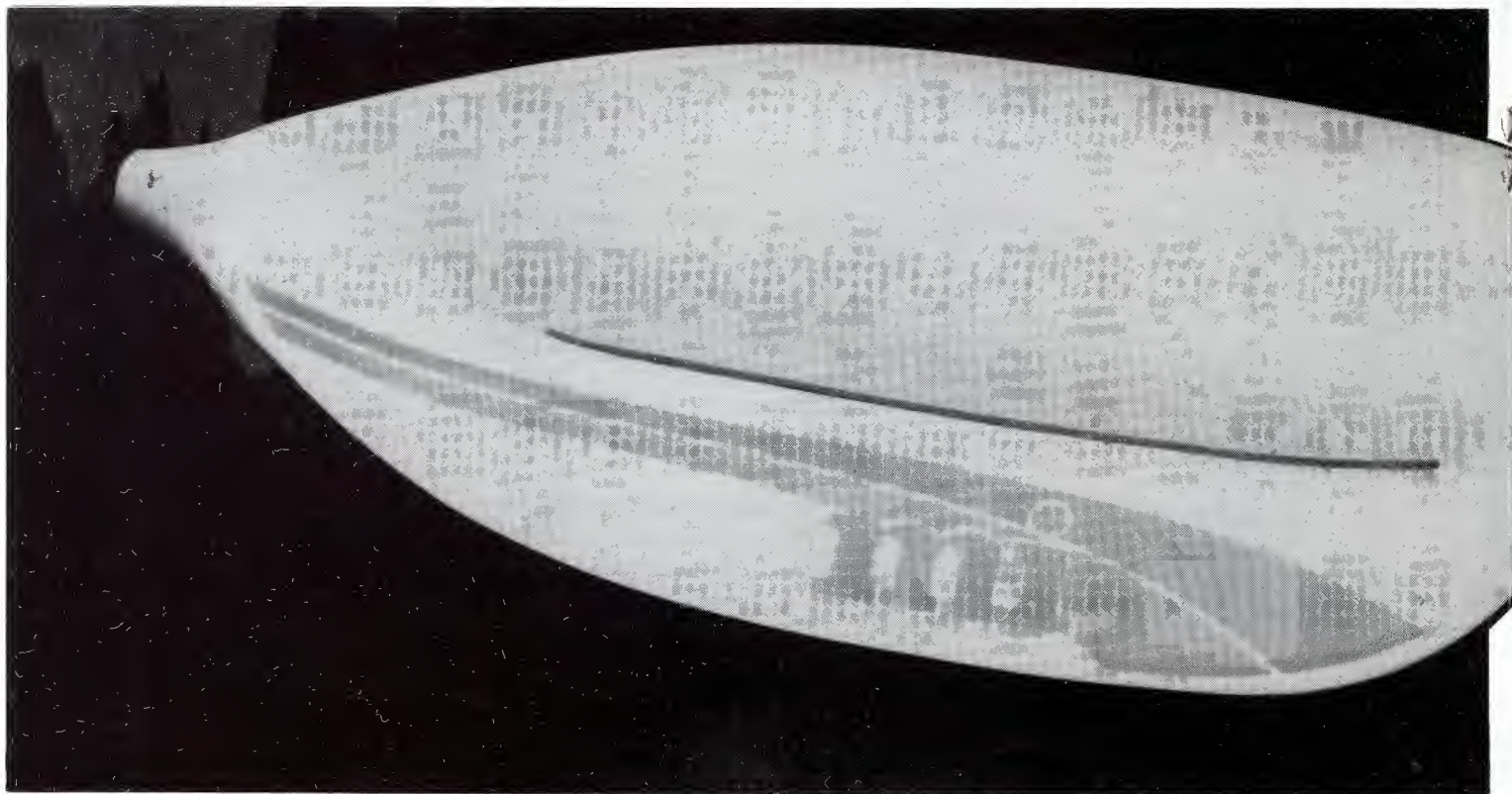
### What should be included in a warm up?

- (i) **Stretching exercises** to increase and maintain good range of movement. They stretch the muscles, tendons and ligaments that are about to be used. Every slalomist should have a flexibility routine that covers the whole body. Avoid the old method of bouncing into stretches; the best way is to contract a muscle and then stretch it slowly as you relax (for more information on stretching see Bob Anderson's book 'Stretching' available at BCU HQ).

- (ii) **Running** to raise the heart rate and stimulate the cardio-vascular system. Jogging easily for 5-10 minutes, interspersed with some short sprints will help prepare the heart and lungs for exercise.
- (iii) **General upper body exercise.** Press ups, pullups and sit-ups are typical examples. Also there are many active and stretching exercises that can be done with a paddle. Amounts will vary from person to person. Don't over do it and always leave plenty of rest between each set of exercises.
- (iv) **Paddling warm up in the boat** after a warm up on the bank specifically warms up the paddling muscles and joints. As with running this can vary from steady state paddling over a period of 5-10 minutes to short flat out sprints over 10-20 seconds. Always make sure that you rest for at least twice as long as you work.

Go through your repertoire of slalom strokes. This warms up and stretches your canoeing muscles in the most specific way possible.
- (v) **Mental rehearsal** of the 'plan' or strategy of what is about to be done. This 'minds eye' preparation helps concentration and prepares the whole body for action.

# POWER STEERING



**Warm down** is also necessary for the body to cool gradually during rest periods and at the end of each training session. Gentle slow paddling during rest and for five minutes at the end will help your body to cool down and prevent stiffness later.

### Points to note

A warm up should be suited to each individual and this can vary greatly from person to person. It should be suitable for any slalom site and it should not rely on there being slalom gates to use.

At a slalom competition don't be shy about warming up on the river bank. Those who don't bother may well be those you beat!

**GOOD WARM-UPS SHOULD BE HABIT FORMING ----- YOU ALWAYS NEED THEM EVEN WHEN YOU THINK YOU DON'T**

**Below are some useful tips on how to learn and develop the models in this chapter. Remember these are only basic models that provide a correct sequence of strokes to WORK FROM. They give a starting point from which to tackle most common slalom situations.**

1. It is a good idea to **practice the sequence of strokes away from the gate to start with.** This will help with the rhythm of the strokes and may highlight any problems with individual strokes. If this is the case always refer back to the basic stroke section and practise the strokes separately.

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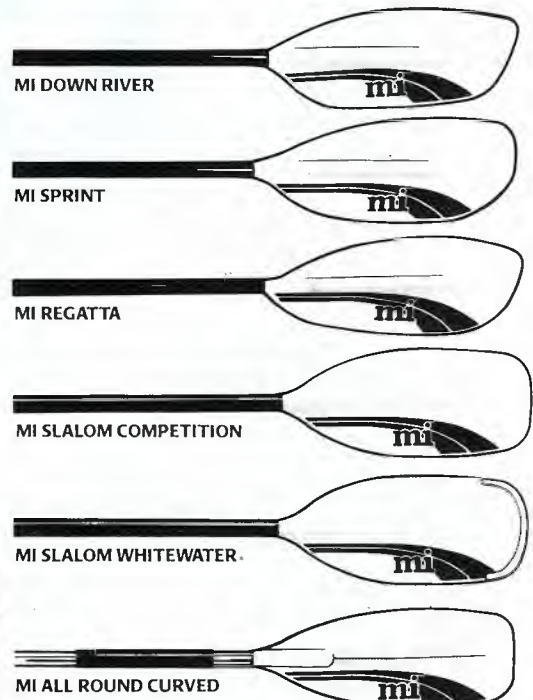
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2. **Gate techniques need to be practised slowly to start with** and then gradually picking up the speed once the basic pattern is correct. Do not get bogged down taking too many times until the sequence has been mastered.

3. **Always begin new techniques on flat water.** However it must not be forgotten that slalom is a whitewater sport and every effort should be made to transfer these skills onto moving water as soon as possible.

4. **Do not attempt to learn new techniques when tired or in an exhausted state.** Only put them under realistic slalom pressure when they are mastered.

5. **Always complete a sequence once it has been started.** Do not keep stopping every time a mistake is made or it will be found difficult to learn the pattern.

6. **It is very useful to seek visible cues or 'targets' to aim at.** These are marked \* on the model diagrams. They can be trees, rocks or even waves. They might even be just a **mental marker** like '3 feet from the bank pole' or '6 inches from entry pole' etc. They will help develop **CONSISTENCY** of repetition and are invaluable in **PLANNING** the course.

These points have been concerned with helping you learn the **'HOW' OF SLALOM TECHNIQUE**

Once the basic pattern of strokes has been mastered you can start to tackle the **'WHEN' OF SLALOM TECHNIQUE**

- It is vital to understand **WHEN** a particular stroke or boat position must be used. You have got to learn to recognise situations so that you can decide for yourself which techniques to use. In the lower divisions 'free practice' allows this to be done by trial and error. However, with progress up the divisions this is less and less possible and the skills of visual preparation from the bank must be developed.

- **As already mentioned the models are not always used in their basic form.** The following factors affect the choice of the model or any adaptations that you might make:-

a) **ENTRY and EXIT GATES.** The position of the gates **BEFORE** and **AFTER** greatly effects which technique will be used. Always look at the gates as part of a sequence or pattern not just as individual problems. In training keep changing the position of entry and exit gates so that the best technique is recognised without resorting to trial and error.

b) **GATELINE CONDITIONS OR RESTRICTIONS.** Each gate has its own particular problem. Are there boils or currents on the gateline? How deep is it? How close is the bank? How high are the poles? These all effect the choice of the technique to be used.

c) **YOUR OWN PHYSICAL LIMITATIONS.** Is it gate number 3 or 23? Will you have enough energy left to do the move you have chosen? Only you know your physical limitations and they must be taken into account in the choice of techniques.

---

Some General Points:-

i) **Remember that ultimately the position of the boat is more crucial than the actual strokes used.** Different strokes can be used to achieve the correct position and/or faster time. For instance if your first attempt at a sweep stroke did not have the desired effect, **REPEAT THE STROKE** and rejoin the sequence.

- In this way, a breakout may need 2 initial sweep strokes or 2 bow rudders(double-pump) to best cope with the conditions affecting it. Only YOU can make that decision and it may have to be taken on the spur of the moment as conditions dictate.

ii) **Try to see each move in your 'minds-eye' BEFORE you do it.** Start to see yourself going through the gates as you look at them. Eventually you will be able to do it without looking at the gates. **This is called mental rehearsal and helps you make a PLAN.**

iii) be meticulous about penalties, especially those that are repeated. Try to be certain about what happened, **BEFORE** you have another attempt.

The following section lists some common faults in slalom techniques and provides some reasons as to what might be causing them.....

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# National Junior (U14) Championships

25 th M a y

Organising Club: **Newbury Canoe Club**

Due to heavy sponsorship from **Canoe Sport, Llandysul**, Newbury Canoe Club has applied to the Slalom Committee to change the title of the event to:

**CANOE  
SPORT**

**National Junior (U14)**

**Championships**

Newbury Canoe Club would like to thank the following organisations for their kind donation of prizes:

## National Champions

Canoe Sport, Llandysul,  
Two Kevlar Nomad Extra Canoes.

## Reserve Champions

Delapre Developments, Northampton,  
Two Premier Delepre paddles on carbon shafts.

## Third Prizes

Bush Sport, Windsor,  
Two Bush Sport Neoprene Spraydecks.

## Other Prizes

Nomad Canoes : Two 'Style of Hull' Caguls.

M A Y 2 3 rd / 2 4 th  
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The Organiser would like to thank

**WATERWAYS**  
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of Poole, for their generous sponsorship of this event.



# SUPPORTERS TRIP TO WORLD SLALOM CHAMPS BOURG - JULY 13 to 20 1987

Two minimum cost options are available as shown below. Accommodation would be in the Bec Rouge Hotel about 40 minutes from the slalom site. The hotel is owned by an English couple, Cathy and Collin Bland, who have been hosts to the Slalom School. Located high in the magnificent scenery above Bourg the area around the hotel offers summer skiing and windsurfing as well as spectacular walks. The below prices do not include insurance, which is approx. £5 or £15 to include skiing. **Time is very much at a premium as details must be finalised in the next 2 weeks** so please notify the co-ordinator immediately if you are definitely interested in going. Don't delay sign up today! Your country needs you to support our team!

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1. Based on approx. 12 people travelling **£255** to include:—  
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2. Based on minimum of 30 people travelling **£195** to include:  
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## “JUST IN TIME” a cautionary tale for Parents

Are you proud of the way your offspring is shaping — training enthusiastically; getting stronger and moving up the divisions? I know I was!

Then, one day, there was a complaint of minor back ache which developed into “bloody agony, sometimes after a heavy session.”

A routine visit and check up by the doctor — even with an X-ray - brought no relief. “No apparent problem — don’t worry he’ll grow out of it” — you know, the usual thing.

Well, a few more weeks went by and it didn’t go away and, — following some timely advice and a recommendation, father and protégé ended up at a sports physiotherapist.

After eyeing him up and down he pronounced “same old problem with you youngsters — especially canoeists. You build up your muscles which become too strong for your skeleton and pulls you out of shape”.

Well, I don’t profess to understand the technical jargon but he made it quite clear that (at the age of 17) “you have just one more year to sort yourself out! Otherwise you are destined, by the age of about 25, to be a bent old man!”.

He identified and demonstrated to me

1. A rib out of place.
2. Several vertebrae out of position.
3. A tilted pelvis which manifested itself in one leg being over one inch shorter than the other!

I’m surprised he was still walking, let alone canoeing!

I enjoyed the next 45 minutes or so, following a thorough relaxation and massage, watching my son being “manipulated” — loud ‘clicking’ noises as various components were re-arranged, “That’ll teach him to take some notice of us when we tell him to sit up straight, in future” I thought.

Seriously though, at the end of the session, with him standing in front of me a **different** shape, and with (hopefully) nothing worse than temporary strapping and a week off canoeing and any training (“What, a whole **week!**?”), I mused on what might have been had we not done something **in time**.

The moral to this tale?

Its all there in the coaching manuals with plenty of advice about being careful about pushing our youngsters too far. But its not really aimed at us — we’ve got it all under control and he wouldn’t do anything to damage himself, would he? — well wouldn’t he (or she); and would you know anyway?

I think may advice, in retrospect, would be:- If you have a youngster in training — at say two-yearly intervals — seek professional advice.

And, at age 17, have a check anyway.

**Otherwise it may be too late!!**

## Identifying Faults in Canoe Slalom

The following pointers may help you to identify faults either from the bank or on video:-

a) Boat slowing down. Did it need to? Was the line taken too tight and the pole too close? Was there a loss of momentum or a lack of acceleration? The head is a clear indicator of this. **WATCH THE HELMET!**

b) Boat not flat or too much lean. **WATCH FOR SIDEWAYS DRIFT OR END OF BOAT PENALTIES CAUSED BY BOAT ANGLE UNDER A POLE.**

c) Gate exits especially on breakouts. **COULD THEY BE TIGHTER!** Did overturning occur on staggers? Could the boat be travelling in a straighter line towards the finish?

d) What was the ‘**TARGET OR CUE**’ of the paddler on approaching a gate? These help the paddler concentrate and provide something to aim at.

e) What was the **PATH OF THE BOWS?** What height were they? Were they safe?

f) Stroke choice. **WAS IT THE RIGHT TYPE OF STROKE?**

g) Stroke length. **TOO LONG OR TOO SHORT — WHERE DID THE PADDLE ENTER THE WATER?** Tape on the back and front deck is a useful marker to help spot this.

h) Was a stroke positive or negative? **STEERING, BRAKING OR PULLING?**

i) Did the paddling show a **LACK OF RHYTHM?** What problems can this cause?

j) Lack of confidence. **WAS A STROKE LEANT ON INSTEAD OF PULLED ON?**

k) Was a paddler’s **SAFETY MARGIN** acceptable? Remember ‘Just touched’ is as costly as ‘Just got my head in’! Especially under the new rules.

l) It is important to focus on things done well. If there was no definite plan then they may not be repeatable. A major part of being skilful is the understanding of why something works. Only with this understanding can skilful techniques become consistently repeatable.

Most of these points refer to aspects of the paddlers’ “**PLAN**” This should be prepared before the practice run and ought to take in every decision that needs to be made. This is then rehearsed mentally ‘in the minds eye’ as it it was a ‘dry’ practice run. The ‘make it up as you go along’ syndrome should be avoided at all costs!

Always ask yourself what caused the mistake. **WRONG CHOICE OF MOVE OR STROKE, OR WAS IT THE RIGHT CHOICE DONE INCORRECTLY?**

# Letters

Dear Joe,

I am writing to you on a rather personal subject in the hope that my problems may be answered on F.A.C.'s problem page.

For the past two years I have been an active Canadian paddler. My activities have been mainly in C1 but over winter I developed an interest in C2 paddling. Although not outrageously promiscuous, I have had several partners in recent months. I have now found myself a steady partner and we are aiming for a high ranking by the end of this year.

In the light of the recent furor over aids, I have become increasingly worried about my chances of becoming infected with the virus whilst in a C2. What measures (if any) should I take to protect myself? Are bush-shorts sufficient to prevent the passage of the virus in the course of intensive competition? Is it wise to share knee-pads? Should I turn celibate and resume Kayak paddling? I hope you can help me.

Yours worriedly, 'TW' Windsor

Dear Sue,

Yet again I feel it necessary to bring to your notice that I am not entirely satisfied, with regard to the date of issue of the slalom calendar year book. The date of issue of the year book affects only a few clubs at the beginning of the season, the Worthies Sports and Social Club is one of the Clubs most affected, holding a novice ranking event usually on the second weekend in March.

We are obviously not the only club so affected. No doubt other clubs organising not only novice but higher divisional ranking events, would wish to see the year book produced somewhat earlier than at present.

The ideal situation would be to have the yearbook distributed before the end of the year, but this is a physical impracticability due to the time available to the printer, Ed ECCLESTONE,

Ed does a fine job one for which he is well qualified and well suited.

It may seem that we are therefore between the devil and the deep blue sea. If I may offer a compromise suggestion, that the provisional calendar sheet be distributed during the beginning of DECEMBER. I take the point that the A.G.M. is not held until the end of NOVEMBER, but surely it would not be impractical for the Slalom Executive to meet at the beginning of NOVEMBER to discuss proposed dates for the following season, and to place the events evenly throughout the country in order to avoid as far as possible clashing of similar events within for example a fifty mile radius. Any changes to be notified to the printer prior to the third weekend in DECEMBER, this would, allowing for the Christmas period, give the printer the whole of JANUARY to print the yearbook and have it ready for distribution in the first week in FEBRUARY.

This system would therefore give clubs holding events in the early season, an opportunity to attract more interest in their events and make them a viable proposition.

Yours sincerely STEVE MANSBRIDGE

## EDITORS NOTE

It has long been a problem that the early season events have not been well publicised due to the year book being unavailable until the exhibition. The executive are unable to change the preparation for the year book, and the winter calendar is designed to overcome this problem. The calendar goes to all B.C.U. members in November, and should contain accurate details of the March and April events. Information on these events should be sent to the executive by the end of June to enable the winter calendar to be prepared. Hopefully this will help solve the early season problems. In future the March, April dates should also be printed in Slalom Magazine.

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# RICS

## Open Slalom Sprint Championship & White Water Weekend

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It will be open to all Canoeists with any related involvement in surveying.

**Saturday 17** — River open for White Water paddling, White Water rafting and Slalom practice.

**Sunday 18** — RICS Open Slalom Sprint Championship.

For the Championship there will be an overall prize on handicap and separate division prizes from premier to Division 4.

Entries on the normal Slalom Entry Cards stating Division and involvement in surveying to:

**Contact Organiser — Colin Brown (RICS Sprint)**  
**Scottish Canoe Association, 18 Ainslie Place, Edinburgh. EH3 6AU**



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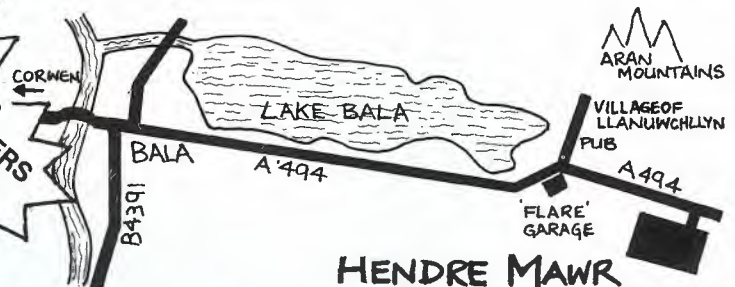
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# Results

## Durrgate Novice 14th/15th March

We were the only ones who braved the cold by camping on the Friday night and cold it was, falling to several degrees below zero. The campsite was some distance from the slalom site but was well equipped with showers and toilets — if one could find the key.

On the Saturday we were later getting to the site than intended as the RAC had to be called out to start the frozen car, but we need not have worried as although the course was complete there was little activity on it. Practice soon showed the course to be good both for novices and judges, with both safe and fast moves on many gates.

There were few team entries and the impressive new timing gear was under used. Unfortunately the automatic electronic start and finish that was to go with it still had design bugs and wasn't ready in time.

Sunday was warmer and sunny and the individual events ran reasonably to time. However results were very slow being posted. At the Prize Giving there were lots of prizes, including an excellent 4 judges prizes, although I feel that it was a mistake at a novice event to award several people with more than one trophy in the same class.

All in all a pleasant weekend with good paddling and friendly organisers.

<b>K1 MEN</b>		
1. Carl Jones	Llandysul	147
2. Ian Wynne	Tonbridge	155
3. Robert Pearce	Bridgend	156
<b>K1 LADIES</b>		
1. Cara Jones	Llandysul	205
2. Suzanne Freeman	Winchester	226
<b>C1</b>		
1. Ian Shorey	Soton U.	178
2. Robert Harley	Albany Park	184
<b>C2</b>		
1. Howe/Shorey	Soton U.	212
<b>TEAMS</b>		
1. Jones/Price/Roberts	Scratch	289
2. Gaunt/Gaint/Hill	Winchester	305
<b>JUDGES</b>		
Div. 1 Phil Lawrence	Warren	129
Div. 2 Chris Smart	Winchester	148
Div. 3 Chris Helgar	Wcrthies	143
Div. 4 D. Thompson	Hastings	143

## Yalding Div. 4 28th/29th March

As usual this was very much a one man band, with help primarily coming from the junior club. 70 mile an hour winds and floods on the Friday night didn't help either and most of the course was eventually erected by midday Saturday. Low water down stream and the automatic sluice staying open gave spectacular canoeing conditions, but the presence of a steel cable across the arches in the middle of the course and a foot or two under the water made some paddlers wary. The cable was closer to the surface on the Sunday and the organiser was able to fight the cold racing current and cut it free of two arches.

On Saturday the judges stayed away in droves in the appalling weather and credit is due to those who braved the weather to permit the team runs and first judges runs to take place. The clubs own communication gear also operated well through out. During the afternoon the cafe tent was very popular with vast quantities of coffee and delicious home-made cake being consumed, as well as hot food.

Sunday was totally different with warm sun and a lower level of water but still plenty to be challenging. There were more judges on the Sunday and because the water and course were different the Jury decided that only Sundays run should count for prizes. Interestingly, members of the jury came 1st and 4th in Sundays run.

The warm end to the weekend helped a great deal and coupled with the good, constant water and a reasonable course the event could be considered successful. The weather remained good for the prize giving and generous number of attractive, ribboned medals were well earned.

I think that it is worth mentioning that I received the results Wednesday after the event — by far the quickest from any event for a long time.

<b>K1 MEN</b>		
1. D. Thompson	Hastings	122
2. Alan Timms	Marlin	127
3. Mark Stevens	Marlin	132
<b>K1 LADIES</b>		
1. Yvonne Chapman	Reigate	171
<b>C1</b>		
1. Toby Morgan	Kent SS	140
2. Grant Mockler	Fulham	142
<b>C2</b>		
1. Bennett/Wright	Dudley	135
<b>Teams</b>		
1. Stevens/Davis/Timms	Marlin	159

## Dobbs Weir Div. 4/Novice 11th/12th April, 1987

The course was erected in brilliant sunshine on the Friday. The flow of the river had increased due to recent heavy rain making the course very difficult. Subsequent modifications to the course and the weir on the Saturday morning made the course easy enough to paddle for novices.

Saturday was bright and sunny but with a very strong gusting breeze causing the poles to wave about. Practice went smoothly with the odd paddler hogging the white water at the top of the course.

Twenty teams contested the two team events in the afternoon. Large amounts of penalties were collected by most teams in the trying conditions as gates moved in the wind. The winning novice team was from N.E. London Poly and the winning division 4 team was from Southmere.

There was an early start of 8.30 on Sunday for some of the 136 paddlers who were to take part. Conditions were better as the wind had died but the sun did not appear until after the event had finished. The water level dropped throughout the day so the weir sluice gates had to be altered to maintain the conditions.

All the competitions were very close. The course was not a long one with the average run times for the division 4 classes being 132 seconds for the men and 173 seconds for the ladies. The closest event for promotion places was in the men's novice with 9 promoted out of 44. It ended with three paddlers tying in ninth place, the final promotion place decided by best other run.

There were more division 4 paddlers than novice in all of the four classes, men, ladies, C1 and C2. All the Canadian events were quorate but nobody was fast enough to be promoted on the K1 rule.

I would like to thank all of the judges who all worked very hard spending at least four hours each judging on the Sunday

<b>DIVISION 4 MEN</b>		
1. David Powell	Shadwell	
2. Iain Crewcock	Hawks	
3. Alex Johnson	Stubbers	
<b>DIVISION 4 LADIES</b>		
1. Caroline Bluffield	St Albans	
2. Lucy Yates	St Albans	
3. Cathy Monk	Bcw.	
<b>DIVISION 4 C1</b>		
1. John Miller	Southmere	
2. Iain Grewcock	Hawks	
3. Andy Henias	Newbury	
<b>DIVISION 4 C2</b>		
1. Varcoe/Soar	St Albans	
2. Hamling/Sexton	PC4	
<b>NOVICE MEN</b>		
1. Crispin Bennett	Herts	
2. Ian Tonks	LOF	
3. Diarmuid Russell	Eyot	
<b>NOVICE LADIES</b>		
1. Angela Hampton	LOP	
2. Cheryl Tonks	LOF	
3. Susanne Beardmore	LOP	
<b>NOVICE C1</b>		
1. Barry Clague	Bcw.	
2. Paul Ireson	Stubbers	
3. Rod-ski Grundy	Locals	

## Selection for Bourg Worlds 1987 Results

<b>MENS K1</b>		
R. Fox	(preselected)	
M. Jones	(Winner Grandtully 1)	
R. Smith	(Winner Grandtully 2)	
I. Raspin	(2nd Race 1, 3rd Race 2)	
<b>LADIES K1</b>		
L. Sharman	(preselected)	
G. Allen	(preselected)	
K. Davies	next best results from	
S. Ward	Grandtully 1 & 2	
<b>C1</b>		
M. Hedges	(preselected)	
M. Delaney	(winner race 1)	
R. Doman	(next best results race 1 & 2)	
G. Marriott	(Discretionary place) (4th at HFP)	
<b>C2</b>		
Richardson & Thompson	(winner race 1)	
Keane & Wolkenstein	(winner race 2)	
Rance & Horsman	next best on results	
Meikle & Brown	from race 1 & 2	

The trips will be  
Czechoslovakia — 16th, 17th May  
Training Camp at Bourg — End of May  
Merano — 13th, 14th June  
Bourg — (leaving 8th July)

# Results

## Dedham Mill Div. 4/Novice 4th/5th April

This site only has interesting water only after rain and this year there was so much rain that the water was interesting both to the paddling judges and the organisers as the trees for the gate lines were 15 feet from the bank — on the water side! The net result was no course until well into Saturday and the organiser was swimming from tree to tree with lines. This coupled with rain all day did not make for a good start to the weekend.

Sunday was warm and dry, lifting spirits considerably and helping the day get off to a good start. Camping was free — a nice touch but I'd rather pay a small fee and the money go to hiring timing and communication gear as the lack of it caused results to be very slow appearing.

The course was typical of the site and unimaginative but erected under difficult conditions. Also the extreme nature of the jet precluded its use in the course so it was freely available to judges. During the event an excellent standard of rescue was provided with at least three rescue boats on the water at all times and judges were regularly supplied with coffee during their short stints. In addition the food tent provided a limited range of excellent food snacks at cheap prices.

In summary an event with many very good points and the problems that did occur were exacerbated by the organiser's inexperience — but next year he'll be experienced won't he?

### NOVICE

#### K1 MEN

1. R. Osborne	Broadland	195
2. Griffith D.		216
3. A. Parry		228

#### K1 LADIES

1. S. Carr		226
2. K. Kingston	London Univ.	315

#### C1

1. R. Hewett	Minstone	250
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#### C2

1. Knight/Knight	Sudbury	300
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#### TEAMS

1. Hill/Carr/Osborne	Scratch	323
2. Howes/Coward/Snook	London Men	349

### DIV. 4

#### K1 MEN

1. P. Mickley	Maidstone	205
2. A. Stuart	Shepperton	207
3. J. Davison	Ipswich	214

#### K1 LADIES

1. L. Briscoe	Richmond	327
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#### C1

1. M. Dimond	Windsor	256
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## Shepperton Div. 2 7th/8th March

One of my New Year resolutions was not to write another scathing report of a Shepperton Slalom so I am glad to be able to write one without breaking my resolution. Changing water conditions over the weekend did cause problems over the weekend and the rain/snow

all Saturday didn't help, but throughout Saturday the event ran to time and changes in water level did not need major changes to Rob Wright's excellent course (although it should be mentioned that some C1 paddlers were slightly disadvantaged) Most problems occurred on the Sunday when increasing water required the lock-keeper to change the sluice configuration several times and it was necessary to de-rank mens K1 1st runs and abandon C1, C2 and ladies 2nd runs. This was fortunate as things had run well until then but without prompt and efficient action by the organisers, in conjunction with the jury, it might have been necessary to de-rank the entire event.

Parking is always a problem at the Div. 2 and so many paddlers have their own transport so it was useful that it had been possible to arrange free off the road parking for many of the cars.

Food was still a bit basic but all the signs are there for this year's events at Shepperton to be run to the high standard that the considerable talent in the club is capable of!

#### K1 MEN

1. K. Gaster	Shepperton	143
2. J. Stemp	H/Smith & K/Ham	147
2. P. Edelstyn	Kingston Poly	147

#### K1 LADIES

1. A. Clayton	Adur	190
2. J. Ayres	Banbury	194

#### C1

1. R. Comer	Windsor	166
2. D. Gooding	Hemel	179

#### C2

1. Winter/Snelling	Windsor	182
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#### TEAM

1. Coles/Smith/Westley	Scratch	185
2. Robertson/Laing/Pycroft	Regents	189

#### OFFICIALS

1. R. Wright	Shepperton	121
2. B. Gaster	Shepperton	130
3. G. Blaney	Waltham	132

## Denham Court Novice Slalom

The grounds of Denham Court House provide a superb site for slalom paddlers. It is indeed a great shame that this is liable to have been the last slalom here. The demise of the GLC has meant the imminent sale of Denham Court House.

Whitmore Canoe Club had erected a course supplying many options, the top section being a daunting forest of green and white poles. The course designer (Tony Shenton) gave novices a good test. Clever upstream gates combined with high water levels to catch out the unwary.

Appalling wather on the Saturday tested the patients of both paddlers and organisers. It was to the organisers credit that the team event, ran very well. This was, unusually won, by an all Canadian team. The weather did endeavour to ensure that the banks were as sodden as the paddlers.

As Murphy's Law dictates Sunday was a warm and sunny day. The sunshine did seem to improve both tempers and standards. Judges were treated well with short stints and frequent reminders!! The individual runs went off very well with only one or two minor hiccups.

A good spread of prizes ensured that many people forgot the muck and misery of Saturday and went home happy.

One can only hope that the organisers, led by Will Ableby manage to negotiate a return to Denham, or at least discover another site. This Slalom is traditionally used as the first Slalom for many local clubs to introduce novice paddlers. Special mention is due to the refreshment tent who seem to work on the "Windmill" theory, we never close!

#### NOVICE MENS K1

1. Paul Mew J14 B	Windsor & D
2. Neil fawkes J16	Woodburn Sc
3. Craig Hudson	Windsor
4. Phillip Jenkins J14	Windsor & D
5. Mark Black	Marlow CC
6. James Shepherd J14	Langleybury
7. Robert Edwards J18	PC4
8. Gregory Carpenter J	St Albans
9. David Pimm J14	Hawks

#### NOVICE C1

1. Keith Lowe	Whitmore C.
2. Chris Carter	Hemel Hamps

#### NOVICE C2

1. Harry/Kitcher	Albany Park
2. Lowe/Carter	Whitmore/He
3. Grewcock/Grewcock J	Hawks

#### NOVICE LADIES K1

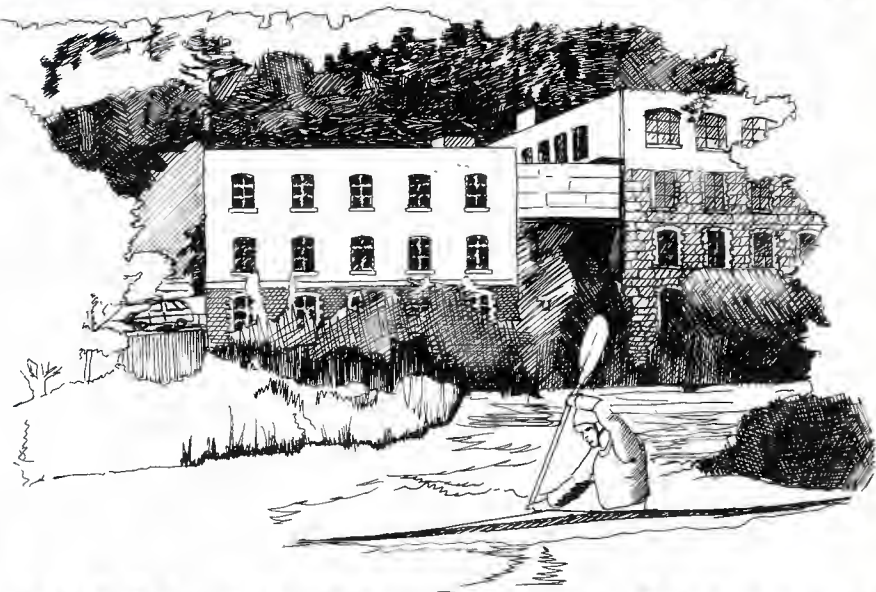
1. Vicky Phillips	Nomad K.C.
2. Jo Taylor J18	Welsh Harp
3. Nicola Butcher	Abbots Lang
4. Anne Hounslow	Hawks
5. Anne Barrie	Nomad K.C.

## REMINDER TO CLUBS —

Have you ordered your copies of the new handbook — SLALOM CANOEING — AN INTRODUCTION.

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