

CANOE slalom

£1.00

MAGAZINE

VOLUME 1, NUMBER ONE

FEBRUARY 1988



SPECIAL FEATURES:
1988 BREAKTHROUGH • AGM REPORT
THE SHEPPERTON VIEW • PRE COMPETITION TRAINING

The Extra and the New Extreme

Competition Kayaks for the High Performer

The art of Slalom



Contents

CANOE slalom

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The official magazine of the B.C.U. Slalom Executive,
45/47 High Street, Addlestone, Weybridge, Surrey. KT15 1JV

The views expressed in this magazine are not necessarily
those of the Editor or of the Slalom Executive

SUBSCRIPTIONS

Subscriptions may be obtained at £6.00 for 6 issues post paid
from Slalom Magazine, 7 Sparrow Close, Little Haywood,
Stafford. ST18 0JX.
Special rates for overseas readers.

ADVERTISING

Rates for the next issue are available from the Editor -
Telephone 021 454 5690

COPY

The next issue
Copy to reach Editor by 24th April

Cover Photo by T. Tickle

Special Features

- **Breakthrough 1988**
by R. Fox
- **A.G.M. Report**
by J. Lyons
- **The Shepperton View**
by K. Orledge
- **Junior Winter Training**
by G. Nevin
- **Pre-Competition Training**
by Alan Edge

Next Issue

- **Stroke Sessions For All**
by Bill Endicott

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TONY PRIJON WORLD CHAMP 1987
Photo by P. Astles



RICHARD FOX N.K.C. CHRISTMAS DINNER
Photo by P. Astles

Editorial

1988 sees a new Slalom Magazine. A new team helping to produce the only slalom specific magazine in the world, including Alan Edge — ex World Team Champion and B.C.U. National Coach for Slalom and White Water, top International Coach Bill Endicott, Slalom's Press and Publicity Officer Jennifer Munro and Gary Nevin a member of the Press Publicity and Marketing Committee, and someone who is highly active in the non elite divisions.

This editorial team will be led, as before, by myself, but hopefully this wider input will solve the problems of insufficient copy and elitism that have dogged the magazine.

New aims for the magazine as well. The previous editions have been unashamedly elitist, revolving around premier and division 1. In the future regular features on lower divisions, smaller events, local clubs, and or some of the more active, less well known faces of British Slalom. A regular problem page by Alan Edge, features on top class racing from Richard Fox. We will still welcome articles, reports and information from anyone on anything to do with slalom — I'm sure you'd enjoy seeing your name in print and showing your friends.

Photographs will still be an important element of the magazine. Tony Tickle, Pete Astles, Ian Crosby and others will continue to provide excellent photographs. With their help, and the support of our advertisers, some of whom have been very helpful over the last 3 years, we will produce a bigger magazine, with more pages, more content and more photos. There will be no change in the subscription rate of £6 for 6 issues, post paid, but the cover price will go up to £1 per copy — so take out the subscription and guarantee it every time.

The other issue this editorial must raise is the future conduct of A.G.M.'s. There is a report elsewhere on the actual events of the A.G.M., but Roger Annan, the Chairman, raised the major problem of votes, and this must be solved before the next A.G.M. This may seem a

mundane and boring issue to you all, but I will say that it is the most frightening thing in Slalom at the moment. The problem is with the use of proxies at the Slalom A.G.M. It has been practice to allow clubs to give their vote to a representative, who may gather together 3 or 4 votes, and use them as they think fit. This helped some the Scottish clubs faced with a 1000 mile round trip, they would pass their vote to the S.C.A. representative, who would use them as per their instructions. This year the same system was allowed for the W.C.A. The problem became obvious by the end of the meeting, when one block vote was almost bigger than all the others left in the meeting, so that effectively the casting of that vote controlled the meeting. I am sure that these votes were cast responsibly and correctly, but that doesn't mean that a dangerous situation doesn't exist should these votes fall into the hands of someone with other interests than slalom.

For instance, I had no vote, but halfway through the meeting someone who was leaving offered to leave their vote with me for me to use, without knowing how I would vote on the remaining issues. I refused, but othe votes were passed around.

It is the chairmans job, and his right, to chose a method of solving this problem, but I would suggest that in future the use of proxy votes must be made motion specific and user specific — i.e. that a proxy must only be used where the user has written authority from the club where the votes originate, and clear instruction as to when they should be used — though not necessarily an instruction as to which way they must vote — this could cause the secretary of the meeting a little more work, but it would stop the passing of votes around and the risk of block votes being badly used to damage the sport. The Chairman can no doubt discuss this with the executive and with other interested parties, but I think his decision needs to be publicised, perhaps in this magazine, before the next A.G.M.

BUSHSPORT

NEOPRENE SPRAYDECKS

The Business

45 Mill Lane, Windsor, SL4 5JG. Telephone Windsor (0753) 867801

Current Affairs (News & Info)

Daily Express Sponsors National Under 14 Championship at Newbury

negotiations for 'Kayak' 1st prize
at advanced stage.

NEW PROPULSION BLADE

Material price increases have created difficulties in supply of Kevlar and Kevlar Carbon Propulsion Blades. However, an epoxy glass blade is now available and will be sold alongside the successful carbon version. The glass blade is built in the same way as the carbon blade and includes a tough aluminium insert. Although marginally heavier than the full carbon paddle, the epoxy glass paddle still weighs in close to 1000g. Prices start from £69.99 for an aluminium tube, rising to £85 for carbon tube. A new distinguishing feature of these blades will be their brightly coloured backs. Watch out for

pink and green flashes! Further details from Wild Water, Glasshouses Mill, Paleley Bridge, Harrogate, HG3 SQH, 0423 711624.

RAFTING AND ITS PLACE IN SLALOM A WEEK-END OF FUN SPONSORED BY THE RICS AND THE PRUDENTIAL

At the end of last year I went up to Scotland to the RICS week-end. The Royal Society of Chartered Surveyors were holding their annual conference at The Glen Eagles Hotel, no less. Part of the entertainment programme for their delegates was the opportunity to take part in rafting and to watch a Slalom Sprint. Liz Sharman and Russ Smith were amongst those who made the journey to Tully.

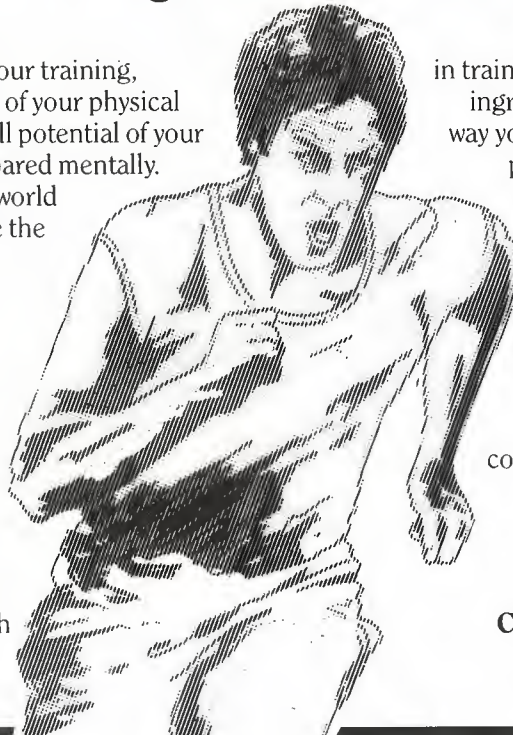
The sport must be grateful for what that week-end did to help publicise the sport among the land agents and landowners nationwide. Not only were they able to watch the canoeing a river running well after overnight rain, but they were able to experience the real thrill of being close to the rushing, foaming liquid so many of us paddle on.

A few minutes of a slalom's time given over to rafting is the best possible way of attracting sponsors. They can bring their children, their

PEAK PERFORMANCE Through Mental Training

You've put everything into your training, pushing yourself to the limit of your physical ability – but to attain the full potential of your training you need to be prepared mentally. Whether a club novice or a world champion the ability to tune the mind and concentrate on producing that peak performance is vital.

This 14 week course on cassette and book, written after years of research by Lars-Eric Unerstahl, Professor of Psychology and himself a national athlete both on track and field will assist you to attain maximum performance both



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.**

friends and their clients along to enjoy a day of spectating and participating in white water fun. And what is a few minutes of rafting time if it helps the sport.

WHO IS PAM?

'Pam is planning to do that.'

'Who is she, never heard of her?'

'You mean you don't know?'

'No, should I.'

The above snippet was part of a conversation which took place after the Slalom A.G.M. We were discussing democracy, its place in sport and then we drifted on to the press, the importance of freedom of the press and importance of media coverage for our sport. In this context it was inevitable that Pam should be mentioned.

And it was a shock to learn that one of the best known personalities in Slalom had never heard of Pam. An introduction is obviously necessary.

P.P.A.M. stands for Publicity, Publications and Marketing and is one of Slalom's important Management Committees. Until the end of last year Ed. Ecclestone as Chairman.

When PPAM produced its report for the AGM the committee was full of eagerness and optimism. It had been a good year, the first; Winter Calendar had been a success and the second one was in production; the Yearbook had not only been ready by the beginning of the season but was bigger and better than previously; the new handbook, 'An introduction to Canoe Slalom' was a success; the promotional leaflet 'An introduction to Canoe Slalom' was a professional red and white glossy job and later in the year the Noviče Calendar was added. Other good things happened in 1987 including the Press officers Conference, not to mention some of the best press coverage the sport has known including three quarters of an hour on Grandstand. Much is included in the work of PPAM. Much was achieved under the Chairmanship of Ed Ecclestone.

Then, as if to slap PPAM in the face its Chairman was not re-elected to the Slalom Executive.

We cannot turn the clock back. It has happened and PPAM must ensure that it does not fail its chairman or its public again.

PPAM is one of Slalom's the Management Committees. In 1987 there were five Management Committee, each chaired by a member of the Slalom Executive with another member as a convener or secretary and with a general membership of slalom paddlers,

supporters, and Executive members.

As Chairman of PPAM, Ed Ecclestone brought to the committee his immense experience and knowledge of both printing and the sport as well as a rare ability, that of chairing a good, decisive meeting. Since he was not relected to the executive he can no longer be Chairman of PPAM and the sport and the committee must be the losers.

Jennifer Munro

National Press and Publicity Officer

HARVEY INTERNATIONAL WESTERN AUSTRALIA

Mens K1

- | | |
|----------------------|-----|
| 1. Russ Smith | GBR |
| 2. Richard Macguire | AUS |
| 3. Matthew Pallister | AUS |
| 8. Ian Bownes | GBR |

Ladies K1

- | | |
|---------------------|-----|
| 1. Myriam Jerusalem | FRA |
|---------------------|-----|

TRAVEL GYM

Champion Sports are distributing a neat little training aid which is ideally suited to the needs of the paddler. The Travel Gym contains a skipping rope and stretchy rubber exercise band. It is this piece of equipment which has great application for canoe training and conditioning.

Stretching and warm up exercises are easily performed using the travel gym, and a quick routine can be worked out following the diagrams supplied with the product.

A number of shoulder strengthening exercises will be particularly useful for paddlers with weakness in this area. The travel gym is available in 3 different band strengths which means everyone from gran to Rambo can find a workout to suit themselves. Cheaper than a multi-gymn installed in the home, quieter than isokinetics, Travel Gym is a useful fitness and warm up aid which costs £12.99. A video is also available at £9.99.

Contact Champion Sports for details.

THE EUROPA CUP OR WHAT WILL THE BLOOMER OF 1988 BE?

The highspot in 1988 will be the finale to the Europa Cup at Holme Pierrepont. As everyone knows, being European Champion is next best to

DID YOU KNOW...

All Delapre blades are now made from special resins and are heat treated to a hardness approaching that of epoxy.

DID YOU KNOW...

All Delapre blades have a full length central spine tube of pre-formed aluminium alloy.

DID YOU KNOW...

Premier blades for slalom K1 are made in two sizes; standard, and the larger 700 series, both in red, blue or pink.

DID YOU KNOW...

Premier blades for C1 are also made in two sizes; standard, and the new 700 series (a superb slimline square ended blade). Red, blue and pink as well.

DID YOU KNOW...

Powerblades are more efficient than any other blade of similar size and they are now available for polo, slalom, (three sizes for K1 and two for C1) and superdrive racing assymetrics. Powerblades are pale blue with white drive faces.

DID YOU KNOW...

The whole range of Delapre blades can be seen at:

NO LIMITS, Trent Boulevard, West Bridgeford, Nottingham. Tel. 0602 813222.

FOUR SEASONS KANU, 44 The Bank, Barnard Castle, Co. Durham. Tel. 0833 37829

or at DELAPRE DEVELOPMENTS, Fetter St. Northampton. Tel. 0604 22175.

DID YOU KNOW...

That you can buy a true slalom economy paddle complete for around £29; the very best competition paddle for around £80, or a pair of high performance blades on their own for around £40 – **Delapre... of course.**

being World Champion. It is a coveted title and the event attracts competitors from all over the world including down under and the Americas.

Even before the British team set out for the World Championships at Bourg last year planning for this prestigious event had begun. It is to be no last minute, hastily put together, run of the mill slalom. The organising committee is in full swing with a day which begins at 6.30 in the morning with prayers for fine weather from 8th to 15th August. A quick bite at breakfast is followed by a round of telephone calls to cash in on the cheap rate before 08.00 hours. Then there is paper work, planning, meetings, more phone calls and finally a bite at supper and bed at around midnight. C'est la vie normale!

The Gang of Four is the main organising group:-

Chairman:

Roger Fox, ICF Qualified

Technical Competition Director:

Jim Croft, ICF Qualified

Services and Administration:

Mike Carter

Public Relations and Publicity:

Jennifer Munro

To give them backup and support are the various Management Committees — Competition Management; Development and Technical; and Publicity, Publications and Marketing. The organisation does not stop there but stretches into the world of the professionals and even into the throbbing heart of London's City and the land of the British Broadcasting Corporation.

Before the close of the 1987 slalom season there were meetings concerned only with television and its requirements — the kind of organisation, the back up, the fringes, frills and all necessities before the BBC could be offered a production as slick and professional as anything which has ever appeared on Grandstand. The technical discussions on timing, visual display units, instant access to penalty points and public address systems have been as detailed with complicated complexities as the computers which will be used to effect the results.

There have been on camera locations; a camera set three feet high may show the paddlers facial expression but at two inches it will give a better impression of rushing water, the thrill and the excitement. How to capture this drama of motion which is slalom?

Negotiations with the BBC are now in an

advanced stage and soon it is hoped that all the necessary signatures will be applied to all the documents and we will be able to tell you the full extent of the television coverage of the Europa Cup. Not that that should be an excuse to stay at home — do that and you might miss seeing yourself on the video later on! An outline of what is on offer is given below:-

**A GRAND WEEK OF CANOEING
WILL TAKE PLACE AT THE
NATIONAL WATER SPORTS CENTRE,
HOLME PIERREPONT, NOTTINGHAMSHIRE
from 8th to 14th August, inclusive.**

THE ARTIFICIAL SLALOM COURSE
HAS BEEN BOOKED FROM
8 - 14 AUGUST, 1988

The Programme for this week at Holme Pierrepont, Nottingham is:-

8th & 9th August

International Slalom Training

10th August

RAPID RACING

11th August

International Slalom Training

12th August

pm is non stop practice

1 run per competitor

13th August

EUROPA CUP SLALOM

followed by International Canoe Federation Prize Giving.

14th August

ROBIN HOOD AND MAID MARION

CHALLENGE

an international, invitation slalom

Nottinghamshire is a great holiday area with its wealth of legends, historical buildings, sporting facilities, countryside and entertainment. There is something for everyone and something for all tastes and all the family. As well as the canoeing in the country park arena of the National Water Sports Centre, the 'shopping precinct' will include craft stalls, local traders as well as the canoe trade; side shows are planned such as a demonstration of dog handling or a fly past by the red Arrows and a Punch and Judy show along with bands, music and all the fun of the fair.

What about these bloomers then. Obviously if we knew what they were we would not make them, we may only be humans but we are hard working ones. It has been suggested that the biggest bloomer anyone will make is to stay away from Holme Pierrepont and miss the Europa Cup and the Robin Hood and Maid Marion Challenge on the 13th and 14th August, 1988!

ACCOMMODATION IN NOTTINGHAM FOR SUPPORTERS

Camping — write enclosing an s.a.e. to National Water Sports Centre, Adbolton Lane, Nottinghamshire. NG12 2LU

Telephone 0602 821212

Hotels/Guest Houses etc. write to Accommodation Office, County Hall, West Bridgford, Nottingham. NG2 7QP
Telephone 0602 823823

ACCOMMODATION IN NOTTINGHAM FOR THOSE WITH A SPECIFIC JOB

Please write with s.a.e. to:-

Europa Cup Accommodation Officer,
12 Holmscroft Road, Luton, LU3 2TJ

SPONSORSHIP OR ADVERTISING QUERIES

Please write or phone
RICHARD KERSWELL,
24 Birch Road, Tadley, Hants. RG26 6QS
Telephone 0735 63161

N.B.

Paddlers in division II or above wishing to use the course during the week should send a stamped, self addressed envelope to the:-

Director, Europa Cup Slalom,
12 Holmscroft Road, Luton. LU3 2TJ

DEXTROSOL COACH OF THE YEAR AWARD

The Slalom Executive is looking for nominations for this prestigious award. Any coach who has made out standing contributions in slalom coaching at Club, Regional or National level in 1987 may be nominated.

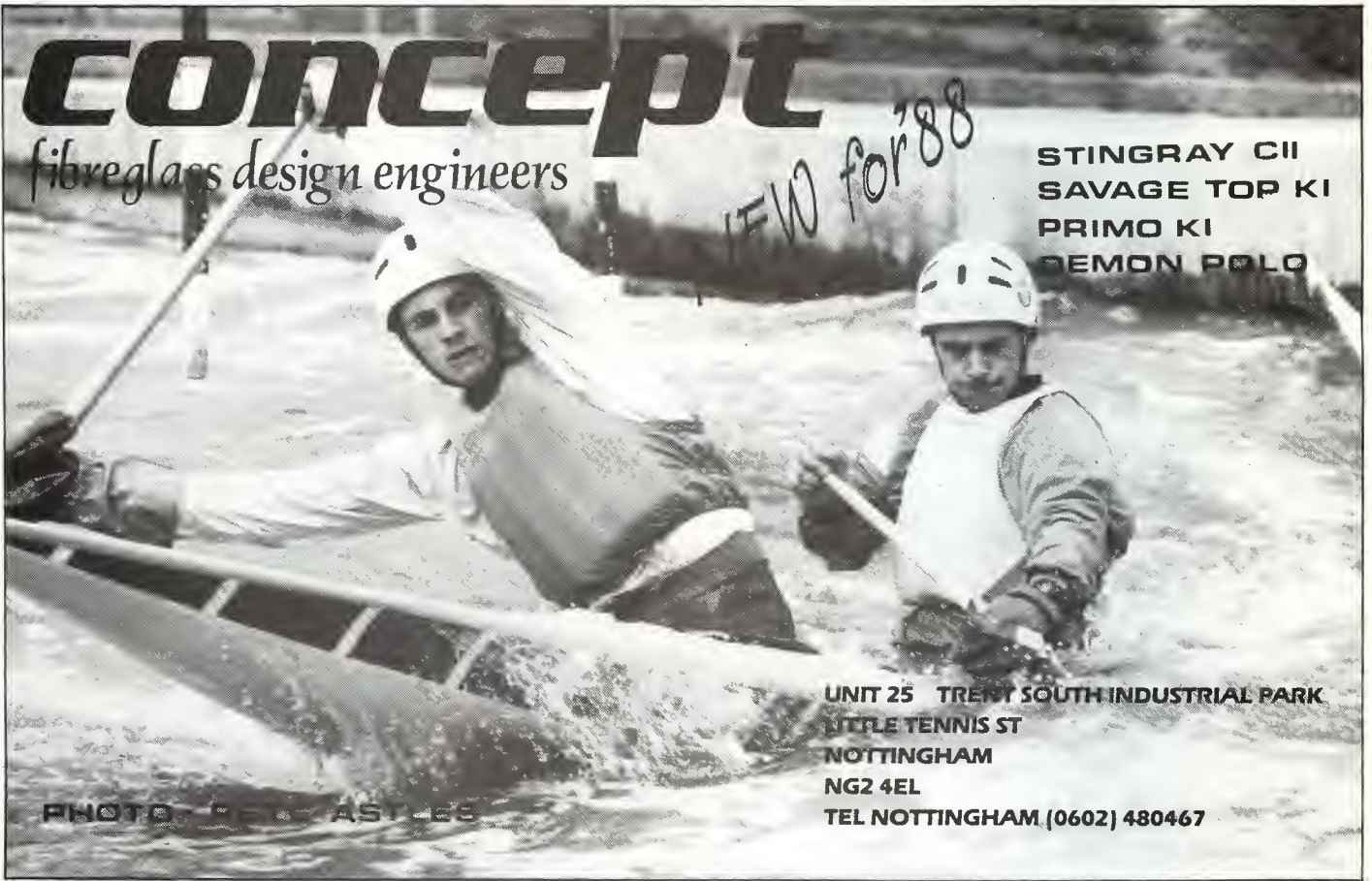
Achievement may well be in the areas of 'squad formation and development', elite performance, encouragement of disabled groups etc.

Coaches of all levels will be considered - for Junior and Senior groups - male and female.

Nominations please immediately and must be received before 6 February 1988 to Sue Wharton, 1 Barnacre View, High St Garstang, Preston, PR3 1EB.



Photo by P. Astles



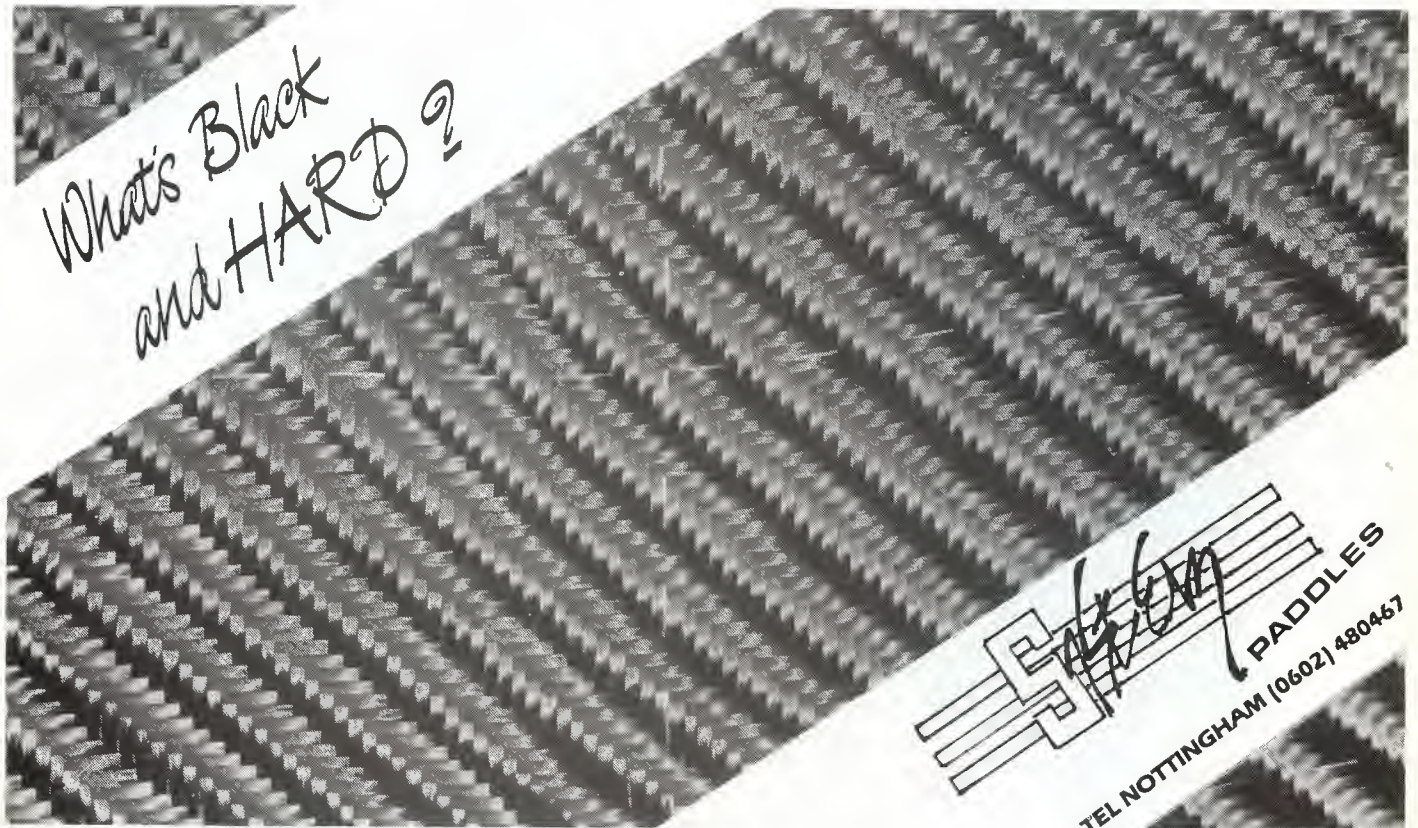
concept
fibreglass design engineers

FEW for '88

STINGRAY CII
SAVAGE TOP KI
PRIMO KI
DEMON POLO

UNIT 25 TRENT SOUTH INDUSTRIAL PARK
LITTLE TENNIS ST
NOTTINGHAM
NG2 4EL
TEL NOTTINGHAM (0602) 480467

PHOTO BY ASILES



*What's Black
and HARD?*

ASILES PADDLES
TEL NOTTINGHAM (0602) 480467

WELCOME TO NIGEL WINTERS our new Equipment Hiring Officer for 1988 season. Hearing our plight at the AGM, Nigel just couldn't resist the challenge - an Officer of Cheltenham Canoe Club, he is determined to continue the good work that Alan Bayles has done over the years!

He asks that Organisation apply early for TUTTI and his address is 12 Castle Hill Drive Brockworth Gloucester GL3 4PJ.

CHANGE OF ADDRESS -if you change your address during the 1988 season, it is **your** responsibility to inform your Ranking Compiler as BCU HQ do not carry your slalom records so it is not done automatically.

WELCOME ALSO TO TWO NEW MEMBERS OF THE SLALOM EXEC - Tony Arrowsmith and Steve Ackroyd, both outspoken and willing to work!

Also, look at all those new Bib Issuing Persons - we haven't lost Keith Ratcliffe who has issued Division 3 Mem K1 Bibs - he has moved to pastures new and will now be responsible for Division 4 K1 Men Ranking Compiling.

AWARD OF MERIT goes to Norah Small, Junior Team Management for many years! Its largely through Norah that coaching and facilities have improved so much over the years - she has fought for recognition for the Junior age groups. Norah hasn't been well but we understand she has made a full recovery and we look forward to seeing her again. Congratulations!

SPONSORSHIP - There does appear to be misunderstanding about this - **ANY** amounts of money or sponsorship in kind **MUST** be declared to the Hon Sec Dave Morgan 8 High Park Drive Heath Bradford. This even applies to grants from Local Authorities, Spots Council etc. Information is treated in strictest confidence and needs to be given so that you retain your Amateur status.

HOT GOSSIP - SEX AND THE KAYAK PADDLER.

Following the trend set by a certain leading paddler, a number of the K1 men's squad have developed a penchant for the foreign female species. Phone lines have been buzzing between Halesowen and Augsburg, not to mention the odd 737 from Birmingham International Airport. Meanwhile some personal photographs of a certain young lady were sent

airmail from the USA to one of the squad, while another paddler was leaping on a Jumbo in search of a Bicentennial Sheila. Not to be outdone, certain coaches were reported active behind the iron curtain, presumably taking the lead from Gorbachov's glasnost in order to reach a few intimate summit agreements. It is thought likely that an improvement in East West communication could lead to several team trips to Czecho.

A concerned onlooker interviewed the KI coach on the subject of kayak Casanovas. He reported that a high correlation had been found between contact with the opposite sex and absenteeism from early morning sessions. He theorised that providing all normal precautions were taken and that the paddler focused his thoughts on the ultimate run during all nocturnal activity he could see many advantages for paddling performance in the long term from international romances. He suggested that a paddler with a foreign girl or boy friend would be more highly motivated to make international teams in the future on the grounds that they would have a productive method of reducing pre race tension at the competition site. Indeed the coach reported that at the last KI training day motivation and performance levels were extremely high. A team management spokesman said that there was no intention of recommending the same activity to the junior paddlers. It was felt that apart from moral reservations about extra curricular sessions, the juniors would need more time to develop the art of performance on and off the water. In the meantime, he said, they must concentrate on the job in hand.

1988 BIBS

New season about to commence — apply for your Bib early and please remember that all paddlers from Div 4 right through to Premier Must wear their Bib at every Ranking event.

Please send the following to your Bib Issuing Officer:

BCU/SCA/WCA membership card or a photocopy showing current membership Cheque for £5 made payable to BCU Slalom Committee or Bib voucher.

Large strong self addressed envelope with postage for 150 gm.

Registration form (but you can complete this later — no need to wait for it to arrive with your yearbook)

BIB ISSUING OFFICERS**K1 Ladies**

Divisions Premier and 1

Mike Carter

5 Clarendon St., Bedford MK41 7SQ

Divisions 2 and 3

Pete Irvine

3 Basil Green, Orton Longueville,
Peterborough. PE2 0AW

Division 4

Barbara Hill

59 Macadam Way, Penrith. CA11 9HE

Canadians

Divisions Premier, 1, 2, 3

Pat Lawrence

189 Fairwater Drive,
Woodley, Reading. RG5 3JQ

Division 4

Sue Blair

125 Bull Baulk, Middleton, Cheney,
Banbury. OX17 2SP**K1 Men**

Premier

Terry White

7 Pitstone Close, Stafford. ST16 1TT

Division 2

Alan and Peter Doyle

101 Hollingwood Lane, Bradford. BD7 4AY

Division 3

Anne Bell

52 South Park, Lytham St. Annes, Lancs.

Division 4

Jean MacInnes

65 Dunster Road, West Bridgford, Nottingham.
NG2 6JE**GRANDTULLY****Self Catering Cottage to Let**

2 minutes from slalom site.

Sleeps 4/5, centrally heated.

Available from Sunday evening April 3 -

Saturday am April 9, 1988.

Please contact Sue Wharton for further details

Tel. 099 52 4579

**BRITISH CANOE UNION
SLALOM COMMITTEE
RANKING LISTS 1987**The promotion/demotion positions determined by the
Slalom Executive on Sunday 29th November, 1987.**Men**

Premier to Div. One	Less than 20 pts.
Div. One to Premier	Promote better than 330 pts.
Div. One to Div. Two	Less than 140 pts.
Div. Two to Div. One	74.0% and better
Div. Two to Div. Three	110% and worse
Div. Three to Div. Two	Promote 75% and better
Div. Three to Div. Four	115% and worse
Div. Four to Div. Three	81% and better
Div. Four to Novice	120% and worse

Ladies

Premier to Div. One	Less than 10 pts.
Div. One to Premier	Promote better than 100 pts.
Div. One to Div. Two	Less than 40 pts.
Div. Two to Div. One	Promote 68% and better
Div. Two to Div. Three	110% and worse
Div. Three to Div. Two	70% and better
Div. Three to Div. Four	115% and worse
Div. Four to Div. Three	80% and better
Div. Four to Novice	120% and worse

C1

Premier to Div. One	Less than 10 pts.
Div. One to Premier	Promote better than 280 pts.
Div. One to Div. Two	Less than 200 pts.
Div. Two to Div. One	175 pts. and better
Div. Two to Div. Three	75 pts. and worse
Div. Three to Div. Two	180 pts. and better
Div. Three to Div. Four	75 pts. and worse
Div. Four to Div. Three	175 pts. and better
Div. Four to Novice	10 pts. and worse

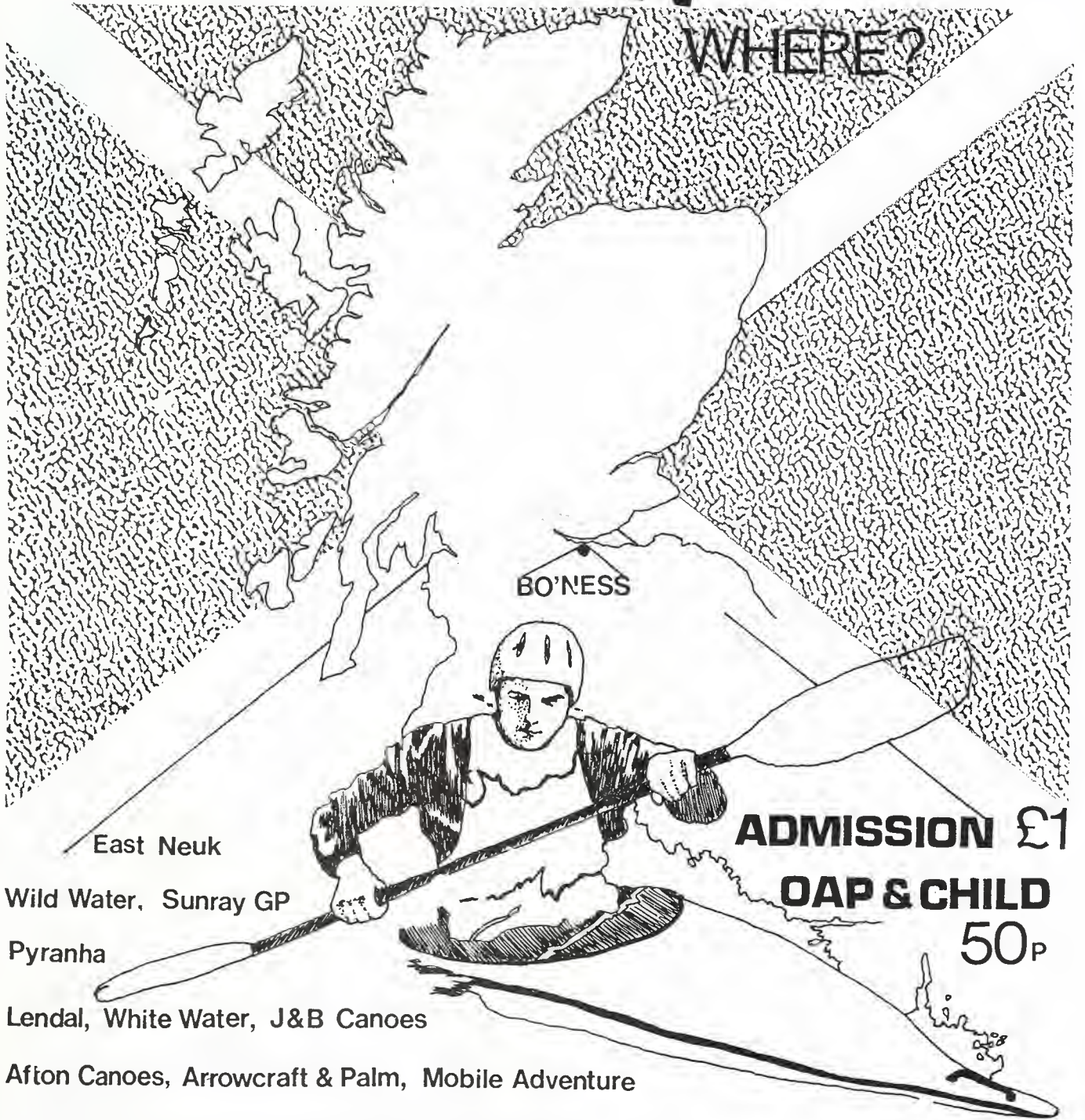
C2

Premier to Div. One	Less than 10 pts.
Div. One to Premier	Promote better than 275 pts.
Div. One to Div. Two	Less than 100 pts.
Div. Two to Div. One	150 pts. and better
Div. Two to Div. Three	50 pts. and worse
Div. Three to Div. Two	150 pts. and better
Div. three to Div. Four	50 pts. and worse
Div. Four to Div. Three	150 pts. and better
Div. Four to Novice	10 pts. and worse

NOTE: S.S. Paddlers not included in demotees

S. E. WHARTON
SLALOM DEVELOPMENT OFFICER

1988 SCOTTISH CANOE EXHIBITION



East Neuk

Wild Water, Sunray GP

Pyranha

Lendal, White Water, J&B Canoes

Afton Canoes, Arrowcraft & Palm, Mobile Adventure

McNulty Seaglass, Wavesport, Peel Wyke Boat Hire

ADMISSION £1

OAP & CHILD

50P

26 & 27 MARCH

BO'NESS RECREATION CENTRE "B.R.C."

Junior Winter Training South

G.D.N.

Junior Winter Training South

On December 12th the first day of the first weekend of this new scheme for training upcoming junior paddlers got under way at Newbury.

The training idea grew from two roots. First Nora Small's winter training which, although now discontinued for two years, has provided many of the country's top paddlers for some ten years. Secondly, the winter development training run by Dave Morgan for the last two years. From these developed "Junior Winter Training North/South". An application and selection series of three weekends during the winter months.

Out of the large number of applications sent out 34 paddlers were selected for the southern area, including 9 junior ladies, and these, together with the 8 principle coaches, 8 assistant coaches, 2 video camera operators and 3 administration staff crowded into the large Newbury club house at 9 a.m. on the chilly Saturday morning; the whole place looking much like a B grade film set.

This logistic nightmare was ably handled by Brian Fuller who gave instructions on how the morning was to run. It was to consist of an 800 metre sprint, 2 x 50 metre sprints and two short gate courses, from the results of which paddlers were to be allocated groups.

Things went quite well but a little slow towards the end and although the sun was shining it was decidedly chilly. Coaches and staff then retired to wrestle with columns of figures (who forgot the computer?) to split the paddlers into similar groups. The split was based on similar levels of fitness rather than technical ability although there was obviously correlation between the two.

After a quick lunch the squads, each with 3 to 5 paddlers were allocated coaches and 4 groups went on the water while the remainder had their ears bent on the topic of "winter training programs". Probably the imparted knowledge terrified many of them. They were expected to work all winter!! Certainly the unpopularity of the 800 metres sprint gave a fair idea who **was** fit (very few) Then the groups changed around and the group on the water came off and when dried went through the video that had been taken of them, with their respective coaches. This chance to have their paddling viewed and discussed by good coaches was to be one of the most universally appreciated aspects of the



"SO YOU WANNA BE RESCUED. . .?"

Photo by P. Astles

weekend and paddlers learned a great deal.

The site at Newbury had both flat and moving water and credit must go to Shaun and Dave Pearce who had set up the site for the weekend. It was very suitable for the requirements of teaching the main themes of endurance, forward paddling and downstream moves.

Changing facilities on site were limited as the two changing rooms were being used for the video analysis — a problem that won't occur at HP — but all sites have disadvantages and this one had far fewer than most!

On the Sunday two further water sessions and two more lectures completed the first weekend's training — one on warm-ups and flexibility and the other on goal setting — and after filling in a confidential form on their opinion of the weekend they were sent on their way with a reminder to dress warmly on the water in winter!

How did it go? Well, I must admit to a personal interest as the scheme was my idea and my neck is still on the block, but based on the paddlers comments the series has got off to a good start thanks to the tremendous organisation of Brian Fuller, the skill of the coaches (who have given of their time in order to help others reach their own standard) and the parents, many of whom are qualified slalom coaches and trainers, who assisted the coaches and stood in the cold operating the video cameras for hours. Also it must be recognised that without the overall control of Alan Edge and the permission of the Team Management Committee the idea could never have come into being.



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Breakthrough '88

R. Fox

1988-BREAKTHROUGH FOR SLALOM?

A lot of things have happened to slalom since the Munich Olympics. Remember boats like the Olymp Five and names like Sattler and Horn, paddlers at their peak in the early 70's. Remember too watching the Olympics themselves on tele, those big tubs banging their way down the course picking up 20 seconds for an outside touch? The East Germans winning every medal with the Brits and the Yanks out of touch expect for evergreen Jamie MacEwan who picked up a Bronze in the C1. Remember Albert Kerr taking the world by storm in 1977 in a Pyranha Elite? The emergence of a new breed of champions to take us well into the 80's and maybe beyond. Luginbill Hearn, Sharman and others. What about the faster course? only 25 gates now five second penalties and no reverses. Don't red and greens gates look strange on old videos? Boats too, space age technology and progressions in design have brought major changes of new techniques. Ask an East German what a pivot turn is and he'll probably tell you its something he learnt in the army.

Television has also brought change. Rapid Racing and Paddles Up together with coverage of every world championship since Jonquiere has made slalom an accepted television sport in this country. Books have been written, four of them by one prolific American, magazines started, coaching conferences held, slalom courses built, coaches appointed, and many things more. But get to the point. All of this is change, call it progress, steps in the right direction and whether we are aware of it or not, this year may finally see the breakthrough that many of us have been waiting for, and in 18 months from now canoe slalom could have secured its future, Let me explain:

This year the International Olympic Committee meet to ratify the programme for the 1992 Olympics in Barcelona. It has been confirmed by the president of the Spanish Canoe Federation that slalom has been included in the programme for Barcelona. It is possible that the IOC Congress at Calgary will confirm slalom's inclusion as yearly as February 21, which means that everyone should have fax machines ready at Crystal Palace to hear the news. But we shouldn't get too excited about this possibility it may take longer for news to filter through. Work has already taken place on the course at Seo d'Urgell 3 hours drive from Barcelona so our Spanish friends are obviously confident. The Olympics is step one.

Step two, still on the International front is the proposed launch of a demonstration World Cup event in 1988. This competition will comprise a total of seven races held in five different countries during two objectives of the World Cup are to raise the standard of competition, organisation and promotion of the sport at world level. Numerous representatives of the international media have said that a World Cup is of greater interest than isolated major events in canoeing because it provides the opportunity of following the progress of competitors and even getting to know their names! It also provides the chance for t.v. stations to exchange coverage of the series and get greater value for money if they invest in cameras at an event. Finally, the initial response from commercial organisations in Europe and America is very positive. A World Cup competition seems to have an appeal all of its own as far as commercial sponsorship is concerned, and we are fortunate that we are part of a sport that is photogenic enough to be worth selling.

Step three is on the domestic front, The Europa Cup in August at Nottingham. The opportunity to capitalise on a new national facility, organise a first rate major event, and through the television coverage on Grandstand show the sporting public of this country that slalom is very much a sport of the future, and one to be taken seriously. From what I have seen of the preparations I am confident that the television presentation will set new standards for the sport.

Three great opportunities for us to shout about slalom, and here are some of the things that we should do to actually benefit in terms other than publicity.

On the domestic scene get our act together as far as facilities are concerned. We are not that badly off in comparison with other countries and certainly not in terms of where we stood 10 years ago, but we can do a lot better. Look at our national centres, Bala and Nottingham, are they as good as they could be? are they thriving centres of co-ordinated training activity on well maintained facilities? This year we need to establish two training centres with staff coaches, one with the help of the Welsh Sports Council and Clwyd and Gwynedd County Councils at Bala and Llangollen, and one at Nottingham under Notts C.C. and the Sports Council. There is no reason why this can't be achieved if the project is given adequate attention. The benefits will not just be elitist. A training centres at Nottingham canoeing

instruction from the top down by involving the elite paddlers and coaches in the development of a canoeing programme and a new philosophy of instruction training and promotion. Sounds ideal doesn't it? but it happens in other countries.

The second major development I would like to see occur this year is a more professional approach to the management and marketing of the sport. If I am not mistaken slalom canoeing has had a number of major sponsors over the past few years, but they all seemed to disappear in a hurry. Remember Foster's and Russell Hobbs, and Sun Life Assurance at Bala in 1980. This year we have the opportunity to get things sorted out and develop a long term association with a commercial organisation that will really aid the development of all aspects of slalom in Britain. This needs to be given serious attention by the committees and the professional expertise lacking in many areas of slalom management at the moment needs to be engaged from outside if we are to close the deal that slalom deserves. If we succeed in getting this far then our paddlers can look to taking part and succeeding in step four of the international breakthrough, Savage River USA. This is where the great American machine could finally start to stir. If the World Cup and Pre-Worlds receive the publicity they promise we may all be in for a surprise. NBC may discover that in John Lugbill and Davey Hearn they have two all American heroes, the Right Stuff and all that. Two guys who just get on with paddling and beat the pants



SLALOM —
A SPORT WITH A FUTURE
Photo by P. Astles

off the rest of the world, every time, without fail. None of this mega million bullshit, just good old fashioned sport, the way it used to be. Pity there aren't any Russians or the story would be even better. Still, the point is Savage River should be seen worldwide t.v. because of the American interest and commitment, and hopefully the Olympic promise. That should up the market value of slalom, boost the coffers of the ICF, aid the development of the sport worldwide and make it easier for 12 year old Johnny to get the coaching he needs, get his name in the paper and get his dad's friend's company to buy him his new boat.

It all sounds a bit commercial I know, not at all how sport used to be. But what we should remember is that if we are playing the game and the rules have changed we need to learn the game and the rules have changes we need to learn the new rules, bend them a little and do our best to win. Today the rules of international sport very much involve television and sponsors. We need to recognise this and capitalise on it so that Canoe Slalom is not left behind and forgotten. More people need to be persuaded to take up more of the great lifestyle competitive sports instead of something sensible, cheap and, as I write, warm! In the words of Ron Emes Vice President ICF, sport is about participation and the competitive spirit and as long as this is retained, let's get out there and get all the t.v. coverage and sponsorship and facilities that we can and capitalise on the great slalom breakthrough into the wide world of gram up sports.

Talking of breakthrough a few other things could happen this year. In July our juniors will compete at the junior worlds and dare I suggest that we might have at least two junior world Champions in the form of Gareth Marriott and Heather Corrie? Nothing is ever cut and dried in slalom, I know that. But I think we are producing some good raw talent from the stable, and who knows one of the Kayaks could make it a hat-trick. If you're reading kids, the race is on. Train to perform, and whatever the outcome be satisfied that you did your best.

A final breakthrough for you to consider is the chance of Liz Sharman making it to the Olympics in the flatwater team. Despite a few doubting Thomases among the sprint squad, those of us who have seen Liz train and compete over the years know that she will be there and perform with distinction, such is her dedication and determination. Go to it Liz!

Pete Astles PHOTOGRAPHY

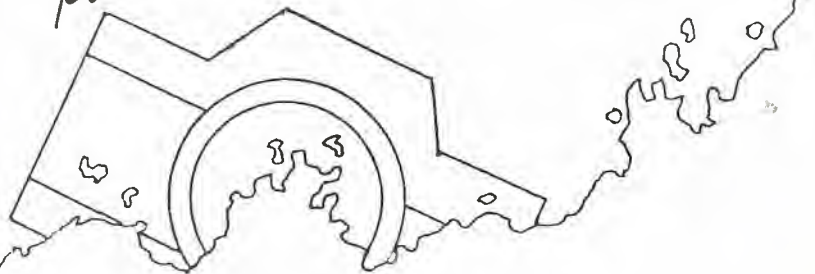
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A. Shepperton View Point

K. Orledge

Inter Club Championships The Shepperton View Point

This was the second year we had competed in the Inter Club Championships representing the London and South East Region. Last year we entered without a full team and managed seventh place so for this years event, with every position in the team filled, confidence was high for a top five placing.

The course set on the artificial slalom site at Holme Pierrepont was fairly easy and short, finishing before the bottom fall. It was basically designed by David Brown from Viking C.C., although he had plenty of help from those of us who arrived on the Friday to assist in course erection. However the sequence of gates 16 and 17 and the subsequent left hand breakout for 18 provided the lower division paddlers with an excuse to shed some weight!

With around 300 competitors the programme had to start early on the Saturday morning. Someone said official practice started around

8.00 a.m. With no free practice available it was important to ensure nobody from the team missed their practice run. Also we had the sight of the more experienced members of the team coaching the others on the best way to do certain gates, (unfortunately Adrian didn't listen).

The first event on the Saturday was the division four, three and two team runs. After a mediocre first run we were lying halfway down the field with things not improving much on the second runs, not a very inspiring start. However the ladies team of Pallet, Player and Bricheno turned in two good runs and only just missed first place by virtue of a first run 50 on the team gate and an upheld protest from Stafford & Stone. This was an indication of things to come.

We knew on paper we had the strongest Canadian team; Richardson and Thompson having just returned from the 'Worlds', Richard Domoney currently pushing hard for Premier and Tim Wooten ranked Premier in both Kayak and Canadian. The team duly produced the expected first place.

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The Premier and Division One individual mens event followed the team runs on the Saturday, this in accordance with Ranking Premier events but a new experience for the Division One competitors. Chris Hendry, just back from the Youth Team Tour showed good form in finishing third in the Division One event. It was now important to finish the day with two good results from the Premier men. After the first runs our main hope, Rob Wright, was down in disastrous 20th place suffering the effect of a bad back, and 10 penalties. However it all came together on the second run with Rob finishing 4th, (behind Smith & Raspin with Fox third, 5 seconds of the pace) and Tony Harmen in a 'steady' 19th place.

After the first days competition, Tees canoe club lead by 8 points ahead of ourselves with Stafford and Stone, the defending champions, pushing hard in third place only four points behind us. This unexpected high overnight placing put paid to plans 'for a few beers' Saturday evening. We knew with a couple of good performances on Sunday a placing in the top three was a distinct possibility.

The first event on the Sunday was the division four men. This is always an unpredictable category with certain clubs managing to catch that elusive 'hot' paddler who is steaming through the divisions just at the right time for the championships. Our division four paddler, Chris Smoker, performed well enough that we did not lose too many points to the clubs close to us.

The division three ladies provided us with our second outright win and sadistic spectators with the best entertainment of the day. Danielle Bricheno paddled two fine runs to comfortably win the class.

Adrian Gough, Division three men, had just returned from a weeks training in Augsburg, so the water shouldn't provide a problem and his previously questionable fitness should be improved. Anything less than a top five result would be disappointing. Adrian duly disappointed, paddling straight past downstream gate 13 on his first run and missing the stopper combination on his second. (I suppose we should have known better). Fortunately some good results followed and saved our Adrian from a small operation with a sharp knife.

After the division two events we were back in the hunt. Emma Player finishing fourth in the ladies and our third outright win came in the mens

event. This class had the closest results of the day with less than one second covering the top three positions.

The C1 events gave us a third place and a sixth place. Richard Domoneys third place being an outstanding achievement considering he was competing in division four at Duck Mill back in March of last year.

Clare Pallet finished sixth in the premier ladies, and Richardson and Thompson, being pushed very hard by the Clough brothers, won the C2 class.

The overall result now rested on the premier/division 1 mens team event. A position higher than tenth and we could not be beaten. First runs and things were looking good until gate 17. Somehow Tony, the second premier paddler in the team, missed the gate completely. With it being positioned just downstream of the main stopper it was an impossible task to get back for. So we were nowhere. The pressure was now on for the second runs. Everyone breathed a sigh of relief when the team finished eighth, enough to give us overall victory in the event, a £400 cash prize and a new boat of the clubs choice from the events' sponsors, Nomad Canoes.

Forth canoe club finished second, (I believe for the third time), 9 points behind with Stafford and Stone who kept every body on their toes throughout the day!, finishing third and the overnight leaders, Tees canoe club down in fourth place. Banbury took the prize for the top club without a premier paddler and Viking Kayak club (surprisingly) took home the prize for the club that put most into the event.

Once again this was a slick run event by Viking Kayak Club; friendly organisers and some healthy good spirited rivalry between most teams made this one of the best events of the year. Even the sun made an appearance.

One final point however, with this event growing in stature each year and with such, relatively, large prizes available surely there must be a case for providing a weekend in the calendar free from all other competition, so that each team has an equal chance to field its best team. (Heaven knows how much we would have won, by if we were not running a Division three event back at the club).

Kevin Orledge

Pre Season Preparation

Alan Edge

3 SAMPLE TRAINING SESSIONS FOR PRE-SEASON COMPETITION PREPARATION

These are aimed specifically at divisions 2-4 but may well be of interest to Div. 1 and Premier paddlers as well. REMEMBER: Always do your pre-planned warm up (see Alan's Answers) before you start any type of training. It helps you get the most out of the session, helps prevent injury and gives you a good idea whether it will be adequate on race day. There is a very fine dividing line between being nearly warmed up and doing too much. It needs working on in training until you know exactly what your body requires.

RECOVERY: Be as accurate as possible in timing the rest intervals, they are important. Also keep moving at 40% maximum throughout the recovery. Do not stop moving

SESSION 1 — COMPETITION SIMULATION

a) Design a course 180-200 secs in length. (This may have been several laps of your training gates. If so, try to make each lap a different course.) Don't make it too tight — 5/6 breakouts with 2/3 difficult downstream moves. To get the required length you may have to incorporate 2/3 sprints away from the gates to a marker and back.

b) Get out of your boat and prepare the course from the bank. Then before getting on, mentally rehearse the course from start to finish. Time this rehearsal and see how it compares with your actual finish time.

c) Go through your full competition warm up. This may include what you intend to eat and **when** on race day.

d) 3 full runs on the course. Time and score the practice run to see how effective your preparation was. Have at least 15 minutes between runs; so get out of your boat and change into dry gear. Don't forget to mentally 'review' your run before getting out and then to go through each sequence from the bank. Go through any changes to your 'mental plan' before getting on again.

Things to look out for:- Penalties — Where and Why? Were they repeated? Watch out for dramatic time differences between 1st and 3rd runs — you're aiming to get it right first time !!!

To make this type of session realistic you need some outside help. Enlist some 'parent power' — it helps 'clue' them in for race day.

SESSION 2 - SPEED/QUALITY SESSION

a) Design a full course as in SESSION 1, approx 180-200 secs. Select points for 3 lap splits. (approx 1 min in length)

b) Prepare it as in SESSION 1

c) Full competition warm up

d) 1 full run timed and scored with lap splits taken.

e) Have 3 runs on each split section trying to beat your full run split. Have at least twice rest to work.

f) Add up your best split on each section and compare with your full run time. The closer they are to each other, the better.

g) Finish with 1 more full run, trying to beat your best 'possible' time. If you succeed, you have some work to do! **or** you were taking it too easy at the start!

Be meticulous on penalties especially on the 'section' work.

SESSION 3 — SPEED INTERVALS

A) Full competition warm up.

b) 6 × 30 secs; — same rest, no gates.
3 minutes steady paddling — 50%

c) 5 × 40 secs; — same rest, open course, 1 breakout.

3 minutes steady paddling — 50%

d) 6 × 30 secs; — 10 secs rest, no gates.
3 minutes steady — 50%

e) 10 × 30 secs; — 50 secs rest, open staggers, 2 breakouts.

5 minutes warm down.

The 'no gates' intervals are better as mass starts for motivation. Coaches beware of having too many paddlers on the water for this session. You might not be able to finish these sessions to start with. Set yourself a target and keep adding on. Session 3 can be varied to suit any level of paddlers — see letter on rest intervals in Alan's Answers.

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Alan's Answers

Dear Alan,

No matter how much training I do I never seem to feel 'ready' when I get on the starline. In fact when the starter says 3-2-1-go! — I often feel weak and unprepared. It does not seem to be getting any better despite the fact that I'm getting fitter — Help!

signed, Brian K. - Brighton

Dear Brian,

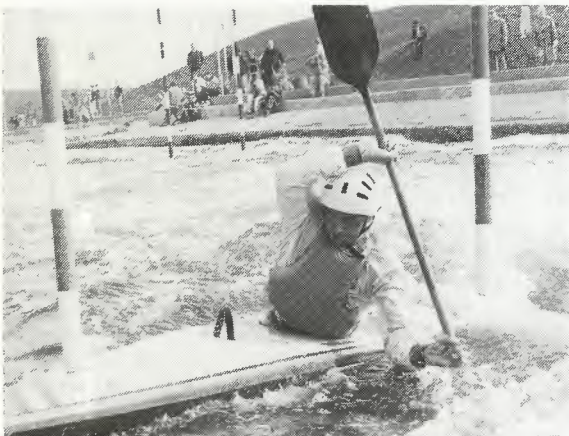
Being fit doesn't necessarily mean 'warmed-up' and ready to go! You have to work out a specific warm-up routine that prepares your body to work at race pace. Basically this means increasing the blood supply to the working muscles/joints that will be required during your run. Warm-ups can include:- running, general upper body exercise, stretching/flexibility work and of course paddling warm up in the boat. No two people will have exactly the same warm up — its very individual and needs constant revision and adaptation in your training sessions.

Some points to note:-

- never start with stretching; For it to be safe/effective you must be WARM.
- never work flat out in warm up for longer than 20 seconds and always have at least twice rest.
- Your warm up must be adaptable to any slalom site. It might have to be almost entirely land-based on occasion.
- Warm-down - always stay on the water at the end of your run for at least 5 minutes, gradually easing down your paddling. It helps you recover.
- Mental rehearsal should be an integral part of your warm up/down routines.

(see letter on mental preparation)

A.E.



RICHARD FOX
Photo by P. Astles

Dear Alan,

Looking back on my slaloms last season there was always one gate in every course that became a particular problem. These 'bogey' gates make me so nervous and distracted that they often lead to mistakes on easier gates. Whats the best way to combat this problem?

signed, Trevor H. - Manchester.

Dear Trevor,

A common problem and the solution lies in mental preparation. This may sound rather advanced but 'mental rehearsal' should exist in a basic form even at the very start of slalom training. No slalom gates should ever be done without first preparing them 'in the mind's eye'. This is more than just remembering the course (although it helps with that too!) — A good mental plan should include:- **boat position (TRACK)** especially between the gates, **what strokes to use** and **what pace** the boat should have (is it slowing down or speeding up?). Having this plan will help you deal with the harder sections of a course. Always try to think through the course as a whole, or in sequences, rather than individual gates. Do not dwell on the bogey section — continue on down the course. If you have difficulty 'seeing yourself' doing a move correctly then you might well have to consider another option. Gates should always be prepared in sequences; ie How they are affected by the gates before and after them.

Also use your mental rehearsal as a 'review' at the end of the run. Stay in the boat and as you 'warm-down' think through everything from start to finish. Only by doing this can you accurately compare what you intended with what actually happened. The its just a small matter of deciding what you are going to do next time!

Also practice your 'rehearsal' against the watch — then compare with your real time. Its a learned skill and you'll get rapidly better at it the more you PRACTICE. . . .

A.E.

Dear Alan,

I'm 15, in Div. 2, and I've been told by another paddler in the club that I need to improve my strength. Can you advise me because my father thinks that I'm too young for this kind of training.

signed, Ian L. - Leicester.

Dear Ian,

Listen to your father and be patient is the best advice I can give you!! At your age your strength should be allowed to develop naturally. Forcing it with specific strength work either in the boat or on weights/machines should not be attempted under 16 years of age (and even then with extreme caution.) The main reason for this is that 15 year old bodies are still developing and very prone to injury from specific gross strength work. In slalom 'POWER' is far more important than strength, especially for youngsters and lower divisional paddlers. The best description of power would be as 'fast strength' — the ability to exert a force AT SPEED. Slalom is a series of manoeuvres that require you to slow the boat down and then speed it up as fast as possible. My advice would be to practise moves that require power to re-accelerate the boat to race speed. Typical manoeuvres would be:-breakouts, full spins, crosses, back ferries, back offs, pivots. You will find that just by working on the technique aspects of these moves you will get stronger and more powerful. Some points to note:-

- always have a very good warm up before a strength/power session;
- always keeps the moves balanced right and left;
- Don't overdo it, 10 consecutive breakouts is too many!!
- keep the work interval 30 - 50 seconds
- keep the rest interval to 1½ - 2 times the work. If you shorten the rest it will increase the endurance element.

Remember to be effective power/strength training must be top quality — Race pace and no penalties . . .FAST AND CLEAN. . .

A.E.

Dear Alan,

Can you explain the effects of different rest intervals on the type of training being done. My training partner reckons the shorter, the harder, the better. . . Is he right? I'm confused! . . .

signed, Eric K. - Edinburgh.

Dear Eric,

Don't listen to your partner — he's confused to!!

The simplest way to explain the theory behind rest intervals is by 'how you feel when you have to start off again!'

The shorter the rest, the less recovery your body has, so the more tired you are when you have to start again — hence the more the endurance effect of the work. Anything LESS THAN the same rest (1:½ etc) will normally be training your endurance/oxygen systems. Obviously the quality of work will be put under pressure with 'less than' rest. Beware penalties!

As the rest is increased to being the SAME AS the work interval then you become more recovered and therefore more prepared to set off at race pace. However there is still not enough time for adequate recovery at 1:1 so towards the end of the work interval there is often an anaerobic requirement and lactic acid build up in your local muscles (arms, shoulders, trunk). This anaerobic/endurance training effect is well suited to the requirements of slalom.

As the rest is increased to being MORE THAN the work interval then you will be almost totally recovered at the start of each interval. The quality should be high with speed, power and acceleration of the highest order. This type of rest interval is best for competition preparation and any quality strength/technique work. Beware of cold weather if you are having 'more than' rest.

Also use the long interval to perfect your mental rehearsal techniques, (timing and accuracy etc.)

This might have cleared up the picture slightly. Obviously there are other variables in interval training other than rest. The following must always be considered alongside the rest interval:-

- length of work (in time or distance)
- number of repetitions/sets
- the pace of the work
- design of the gates
- the type of water conditions (including paddle back)

Also there is the problem of training in a large group. This may severely restrict your ability to shorten your rest interval as you might wish.

A.E.

Dear Alan,

As a 'coaching' parent I find that I am constantly telling my lower division paddlers to take wider lines into the gates. Am I right? What can I say to back this up when they see top paddlers taking much tighter lines?

signed, Mike H. - Sheffield.

Dear Mike,

Paddlers at any level are faced with the following 5 choices **WHENEVER** they prepare a gate sequence.-

- more stable (drier!)v. tighter line
- faster boat speed v. slower boat speed
- less energy neededv. more energy needed
- safer penalty-wise v. riskier penalty-wise
- more stable (drier!)v. less stable (wetter!)

It's impossible to generalise and say that the left-hand side of the line is always better than the right, or vice-versa. The abilities of the paddler and the particular situation will always be the deciding factor. **HOWEVER** for lower divisional paddlers, especially youngsters and Ladies, who are still learning basic slalom techniques and

who have less strength, power and watermanship, the following does generally apply.

“By taking a wider line into a gate the boat speed can be better maintained thus requiring less energy to re-accelerate, with less likelihood of penalties and with more confidence and stability.”

Remember the magic ingredient — W.I.T.O!!!!

A.E.

Special mention in the next issue for the first letter to A.E. explaining the meaning of W.I.T.O. Also — “When is W.I.T.O. not beneficial?”

Any further problems or violent disagreements to be sent a.s.a.p. to:

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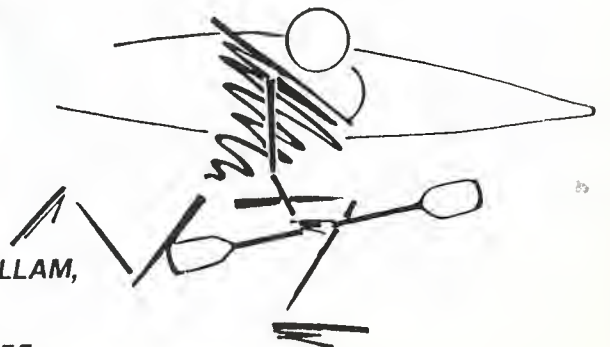
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Backroom Boys

THE BACKROOM BOYS

The sport of slalom needs both its competitors and its 'Backroom Boys'- event organisers, club secretaries, chairman, committee members not to mention the general dog's body who does what no one else will do to ensure the event happens.

At the top end of the competitors are paddlers like Liz and Richard, heroines and heroes, real personalities who are for most of us just a dream off achievement. For the backroom boys, there is no glamour of the floodlights their names appear in the yearbook, perhaps on club notepad but generally speaking no one knows who or what they are and do.

While the competitors get in their beauty sleep men like Mike Carter are beavering away at mounds of paper work until the small hours of the morning. This column, then, is to be the first of many and its purpose is to inform on the Backroom Boys and to say a public 'thank you' on behalf of the sport.

MIKE CARTER

I first met MIKE CARTER in Control. The event was in full swing and Mike, with quiet, unruffled efficiency was not only in control but was Control, he was co-ordinating start and finish, entering the times, taking in the penalty points and doing all the addition - without even an error! A three in one job. It was the same day that I discovered that if I wanted to know any detail about any paddler, British or international Mike would know; his detailed knowledge of the paddlers and the sport is legend.

The first part of Mike's story is typical:-

Mike was a fifteen year old school boy - Pete Bell went to the same school as Mike - he joined the Venture Scouts, whose unit was attached to Bedford Modern School. Paddling about in a canoe was the next step. Casual paddling inevitably deteriorated into slalom paddling and Mike was on the slippery rung of the ladder. His first slalom was Chester Weir and his second was Swarkstone - the forerunner of East Midland's Darley Abbey.

His first 'pot' was in 1972 when he won the Novice Team Event. Then it was Division 4 and one of his Team mates Roger Mainwaring - Roger was ranked 2nd to Richard Fox in 1982 and a member of the 1983 British World Championship Team to go to Merano.

But Mike could not be allowed to waste time by mere paddling, Viking Kayak club was short of a Slalom Rep and Mike was volunteered for the job. This meant attending the AGMs and being told by Margaret Bellord to take on the job of Ranking List Compiler! So in 1972 Mike's name appeared in the Year Book under the list of officials as well as Club Representatives. In those days the Year Book was a slim affair of a mere 72 pages catering for some 36 slalom clubs. By 1978 Mike was Ranking List Compiler for Premier Division, including teams, 1st Division K1 Men, and all the Ladies' Division. He was also a member of the Executive having been wisely co-opted the previous year.

There was still some time for paddling and he was and is a regular at Division 3 slaloms though due to illness he was unable to paddle last year. He is a Kayak paddler although a spell in a Canadian Boat took him into Division 1.

As relaxation from his job and Slalom he manages to find the occasional spot of time for a game of cricket in the summer and hockey in the winter.

His list of jobs and responsibilities says more than words can about his dedication and devotion to slalom:-

Chairman of Viking Kayak Club - 4th year
Slalom Secretary to Viking Kayak Club

The committees on which Mike plays an active part are:-

Slalom Executive

Executive Competition Management Committee

Executive Selection Committee

Bedfordshire Canoe Association

Cardington Management Committee - the artificial slalom course

Europe Cup Organising Committee - the Gang of Four

Event Organiser

Thank you Mike for your contribution to the sport.



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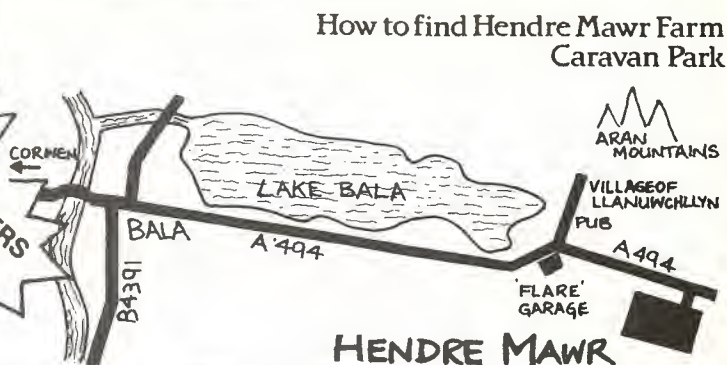
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A.G.M. Report

J. Lyons

A.G.M 87

A full room, with over 100 clubs represented greeted me as I arrived at 10.25. With the usual herendously long agenda in my hand I found a seat and waited for the action.

AGMs are slow starters! Last years minutes, various reports, the accounts and elections are not the most riveting but they are important, no less than the motions that follow. The Chairmans report suggested that although paddlers had achieved success in '87 there were other problems, financial, organisational and political. The New treasurer, Brian Tipper, underlined the financial problems this takeover from the overworked John Shackleton will be a relief to a man who has wished to resign for many months but with no - one to replace him, held the fort admirably. Brian emphasised again and again that we are underfunding ourselves and that the infrastructure of the sport is suffering. Timing and other equipment is showing wear and tear. He appealed for the meeting to increase entry fees substantially to help rebuild the sport.

The next major item was the election. The saddest loss here was that Ed Ecclestone, one of the tireless, overworked 'backroom' boys off slalom, suffered from a low profile and was not re-elected. He produces almost all the printed output of the executive and it is hoped that he will carry on working nights and weekends for the rest of us to enjoy the sport.

We then thrashed out the calendar - a major achievement. We moved on to entry fees which will rise next year so that the Premier/ 1 paddler will pay £8.00 for a single event (£12.00 for a double event) Division 2 + 3 paddlers (Youth and Senior) will pay £4.00, Division 4/N Seniors £3.00, Juniors £2.50. Team events remain uncharged.

Finally after nearly 4 hours of discussion and reports we reached the motions. There had already been some discussion about the use of 'proxy' votes year. The other problem is that of the huge agenda and the first two motions attempt to solve this. Two clubs must now combine to put in a motion rather than 1 only. The executive can now vet motions that are reports of previously defeated motion as reject them (subject to AGM approval). This may make more sense when we see a manageable agenda next years.

We moved to the team selection motions after a long and sometimes cerimonious debate the motion requiring that selection be based on results, not discretion was passed with about 10

votes to spare a further motion prevents paddlers attempting selection in more than 1 class of 1 selection event.

More motion on the mechanics of slalom organisation - a readjustment of the rating system for inquorate conclusion events, as a motion preventing high ranking paddlers to put hunt in C2 novice events with 'New' crew members.

The next motion is signification to all ladies. The AGM felt the speed of promotion meant that ladies were reaching Division 1 with insufficient experience. To ensure a slower rate of promotion, ladies will compete for points, as Canadians do in Division 2,3 and 4. Promotion will be for 220 pts from 4-3, 240 from 3-2 and 260 from 2-1 with 100pts for a win and 3 events to count alternatively 2 wins (200pts) will promote direct. Analysis of promotion rates of ladies more closely to men.

Motions on events followed. Event tickets from the B.C.V. will be usually for 1 novice event - thus enables people to try a slalom without having to fork out the £20.00 membership fee. A voucher system is also proposed to encourage new members of the B.C.U. to take part in slalom. Late entry fees were formatised - and it will cost you double to enter late, except in 4/N events where it will be 50p. Premier paddlers will be required to assist in judging at double premiers, and a new judges division has been created (see else where in this issue).

Timing at events has been a problem - especially with beam systems that either prevent the paddler from returning upstream to rescue, or are not complicated enough and are therefore inaccurate. Crash hats **must** be specifically designed for canoeing use.

Two find motions on current issues of note - the executive was asked to protest strongly the rise in membership fees. Though Trevor Barley, the new B.C.U. director put us a strong defence based on Holme Pierreponts £100,000 that we still owe. Finally the non event at the Tail and the relations with the W.C.A. and the Llangollen anglers were discussed. The complications of this issue left us in some confusion, but rightly we condemned the non occurrence of this event, though reorganising the problems that occurred, and noted that no precedent was set.

On this note we finally wound up - and thanks must go to the Chairman, his executive committee, and to all the stalwarts (about 40 of us) who saw the meeting to the Chairman and the executive the sport would not exist. Till next year....

Which Slalom?

G.D.N.

'WHICH SLALOM' is intended as a series of articles to introduce new paddlers to different slalom sites and encourage established paddlers to go to additional sites that are new to them. We hope that paddlers and slalom attenders will submit reviews for consideration; the idea being to give an impression of a site from people who have attended slaloms for several years so that an idea can be obtained of what to expect under different water conditions and under different organisers. Photographs are less than ideal this month but we would like several general photographs (preferably black and white) giving overall views of the site to be submitted with each article.

Old Winsor

Several slaloms a year are held at this site, all by Old Winsor Canoe Club. Camping and caravans are catered for alongside the river in a grassy field with lots of room for what is usually a large turnout of people. Spectators are at a disadvantage here as the course is on the other side of an 'L' shaped weir not readily visible from the near bank and only officials are allowed on the weir itself or in the boat which acts as a ferry (not for those of nervous disposition!). The answer, of course is to volunteer to judge; something which is best done in advance as there is rarely a shortage! It is also possible to paddle across to spectate but the boat would have to have a Thames licence.

Water conditions are largely out of the organisers control, except for local adjustment of sluices and can be quite flat or massive but

generally they are of a standard suitable for the division being run, with the weir being shot on a Div. 2 if the water is high enough. The club (which includes top C1 paddler Martin Hedges) has plenty of people capable of designing good courses and they usually do a very good job. Courses are the typical horse-shoe shaped weir ones, in a counter-clockwise direction and there are sharp current/eddy lines. The centre of the course sometimes has a holding stopper and the second half of the course is below the long side spillway giving a challenging side current. Access to and from the course is easy but paddlers do need to portage their boat for a couple of hundred metres.

A food tent generally provides adequate snacks and shops and pubs are a 15 minute walk away. Pub food is limited only and so if you are particular or on a limited budget bring your own evening meal! As I recall the best local pub is 'the Jolly Gardener' where canoeists are more welcome than elsewhere and the beer is good. They don't usually do food.

Drinking water is via a long hose and a tap and loo tents are usually above average in number and standard. There are public toilets in the village (locked at night).

And the events themselves? Generally well run in a considerate way with good prizes. Occasional delays in posting results as control is on the other side of the river, but otherwise above average. Recommended.

G.D.N.



NATIONAL U.14 CHAMPIONS 1987 WITH THEIR PRIZES — NOMAD CANOES FROM CANOESPORT
Photo by P. Astles

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