

CANOE slalom

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MAGAZINE

VOLUME 4, NUMBER TWO

MAY 1988



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CANOE slalom

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Special Features

- **Pool Slalom**
by A. Longrigg
- **Coaching Juniors**

by W. Endicott
- **Can Canoeing & Exams
Mix**
by Fiona Waller
- **The Sweep Stroke**
by Alan Edge

Next Issue

- **Europa Cup Preview**

Regular Features

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HOLMEPIERREPONT IN FLOOD!
Photo by Pete Astles



SALLY MASTERS HAMBLEDEN DIV. 1
Photo by Pete Astles

SELECTION '88

CANOE SLALOM IS TO BE INCLUDED IN THE 1992 OLYMPICS

The Savage Worlds may turn out to be a superb event in an expansive country, but for the European nations the logistical problems of an event in the US of A, and the costs incurred to get a team across the pond are giving a wealth of problems.

The net result of this is small teams! In fact, this year the teams are the smallest since the mid seventies, and even so the paddlers are contributing the lions share of the money. So with selection for so few places it was always going to be tight. The new selection system would be tried to the utmost, and race performance was going to be crucial. The controversial pre-selection of Liz Sharman made the ladies team even tighter.

The graveyard on the Tryweryn was the first race. A short course, fast on the bottom half, but with a tricky little section on the 'rough' section, was going to test control and bottom half fitness, but with a winning time in the low 140s clear runs were crucial. Fox, in the 'perception' boat that he now paddles after Nomads problems proved Grandtully was a good indicator by winning the Mens K1 by 2.5 seconds, Ian Raspin a good second, Melvyn Jones 3rd, and Rias Samith 4th. Last years worlds team looked to be fighting it out amongst themselves. Rob Wright was tucked in 5th, but he had a lot to do.

In the ladies, Liz pulled a good second run together to win handsomely from Karen Davies, with Jane Wilson, in 3rd place, close behind. The Fox family celebrated a 5th from Richards sister Rachel.

The old dog Hedges bounced the upcoming C1's with Delaney, Wherton and Marriot stacked up behind, whilst the C2 event was a predictable affair between the scots Meckle and Brown, and the Bath Boys, Richardson and Thompson finishing in that order, with Staffs and Stones Smith and Brown 3rd.

A week later the Circus appeared at Holme

Pierrepont, where Liz got into a long thin pointy boat and gave the sprint girls a run for their money finishing a close 3rd in the 500m event. This opened the field up for the rest of the ladies to set out the last place as Karen Davies had effectively won the 1st race, (Liz being pre selected) Rachel Fox promptly showed them all how to paddle Holme Pierrepont, and will be accompanying her brother to the USA. Jane Wilson and Penny Bristle get honourable mentions for 2nd and 3rd place!

Gareth Marriot showed that living at Nottingham can be useful, sometimes as he waltzed in nearly 10 seconds up on Bushy, with Delaney 3rd to oust Mike Wharton, who sets a youth worlds ride as compensation.

The C2s swapped places but as only 2 were considered of a high enough standard Meckle, Brown and Richardson, Thompson are internationally experienced and justify the trip, but no one else really did. The mens K1 event hotted up with Fox a mile in front, and Raspin Second, it looked like a battle between Jones and Smith, until 2nd runs sorted it out. 1st Fox, 2nd Jones, 3rd Wright, with Russ 4th, and Ian Raspin 7th. The simple points system operates - Jones has 5 points - selected wright has 8 point (5 + 3) and so does Smith (4 + 4) while Raspin has 9 (7 + 2). The ruling is clear - 1st race result events - and Russ Smith squeezed out the still improving Rob Wright.

Perhaps the new system has its problems - Liz Sharmans situation being an example - but it has major advantages - no cries of stitch up, clear results and only yourself to blame. The best sight for the supporters of a fixed system, was Brian Fuller noting youth C1 results down adding the points up closing the file and knowing the selection. With modification, I think its a system that we can make work, but for some of the other teams and development work it may work less well. That's a problem we will meet shortly!

J.G.L.

Current Affairs

Change of Address

Roger Fox/Jennifer Munro - New at 117A
Queens Drive, London N4 2BE

Congratulations

Alan and Sue Kennedy and Roger and Lesley Annan are expecting additions to their respective household in the near future.

Wildlife at One

The life of a slalom development officer is never dull. The view through the office window at One O'clock would have a BBC film crew salivating. 2 pairs of ducks, one with family of 8 ducklings
1 stray cat

Various Bossy Birds (Pheasant just left for sunnier climes)

Apple blossom coming out

Fells looking greener

Spring is in the air

Next time you call the S.D.O. I hope you feel guilty at distracting her from this panorama.

Bib deposits

Bib deposits (for a new bib applications) **now £6.00**

Teamwork Trophy prizes

Argos vouchers or canoeing accessory vouchers on after they are being administered

by Dave Morgan. The winners are in this magazine - please contact him to iron out any queries if you are a winner.

Sad note

After many years of involvement Worthies sports and social club have pulled out of slalom organisation. Their remaining events will be run by Winchester. Worthies felt that the high cost of BCU club membership and the levels of levies meant they would for many years. My own slalom careers started at the Worthies run friendly Slalom at Longham, and they started the now regular slalom at Canford weir in the mid seventies, helping a small school canoe club to get involved in the sport. A friendly group of people. I for one will be sorry to see them leave the sport.

Foul language

This is a growing problem at events. This is a public sport and offense is given if foul language is used by paddlers on the course. Everyone is a little annoyed when they hit poles/miss gates - but that does not excuse foul language. It is a disqualification offence and organisers and judges are encouraged to crack down on offenders, as a further point, there is no easier way to confirm to a dubious judge that you touched a pole than to swear at the top of your voice. I've seen many a judge give a 5 based on the paddlers reaction rather than on seeing the pole being touched!

Novice events at HPP

Any Clubs who would like to volunteer to run an event on the HPP site please contact the executive.

Not admissible

Video evidence is not acceptable in support of a protest, remember it is not what happened but the judges perception of what happened that matters - no video film can help!

Moving house

If you move please tell your ranking list compiler so his listings can be kept up to date! Tell the B.C.U. as well so you still get your copy of Canoe Focus, (or perhaps not!?).

French Exchange

16 years old French Canoeist looking for similar for exchange during holidays. Keen slalomist/River racer - likes all sport except soccer - would like 3-4 weeks in the UK for 3-4 weeks in Provence.

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HAVE YOU JUDGES THIS SEASON? YES! NO!

read on

THEN YOU HAVE AN ENTRY TO THE JUDGES DRAW! SURPRISE! SURPRISE!

WHATS IS THAT???

read on

A draw will take place at the Llangollen International from all the Judging cards that have been returned and the following prizes will be given!

- 1st 25.00 Voucher ***
- 2nd 15.00 Voucher ***
- 3rd 10.00 Voucher ***

* If the winners are grade C qualifies judges by the International then the vouchers will be doubled.

YOU ALSO ARE ON THE WAY TO A SECOND PRIZE! SHOCK!!

read on

THIS TIME THE PRIZE COULD BE 100.00 VOUCHER! if you are a grade C qualified judge.

or a **50.00 VOUCHER!** if you are not qualified.

read on

This will go to the person who judges at the largest number of events in the 1988 season. Last year the winner was P Huntsman who had judged at 13 events.

Then you still have time to change your answer to YES!

South Easter Paddlers (SEP)

A self-help group of slalom paddlers

The idea for the group was not original, being based on and developed from, the Kent slalom Squad under Vince Lamph. Basically the principle was simple - a group of paddlers of similar ability could achieve more for each individual than the paddler could easily do for him or herself. This works in several different ways:-

1. A group can more readily afford good coaches at low individual cost.

2. Paddlers can get together at individual ranking or judging events to video or take spilt times of themselves and top paddlers to pinpoint weaknesses in their own skills.

Parents have been involved both with transport and helping the coaches by erecting gates, timing etc., while at the same time listening and learning themselves so that they can help their own paddlers more. Parental assistance is essential as the group covers a wide area. The similar abilities of the paddlers helps both coaches and the slalomists themselves and more than one coach has been surprised to find

all the group equipped with log books and wrist stop-watches!

The entry standard of the group is good div. 3 and the aim is to get the paddler to div. 1. At this level training becomes more individual and an increasing amount of time is spent outside a group environment. Hopefully these paddlers will eventually return to help the less experienced members of the group to also reach div. 1 and prem. standards.

Coaching has been held at a wide number of sites including Shepperton, Holm Pierrepont and the Tryweryn and we have been grateful for the services of many excellent coaches including Alan Edge, Martin Hedges, Rob Wright, Ian Raspin and frequent advice from many others.

It is possible that with the greater number of white water sites in the North and correspondingly more top paddlers, ours is a unique need of the South. However, it seems to be an idea that could be used in other areas which lack organised coaching.

G.D. Nevin



COACHING THE SEP GROUP.

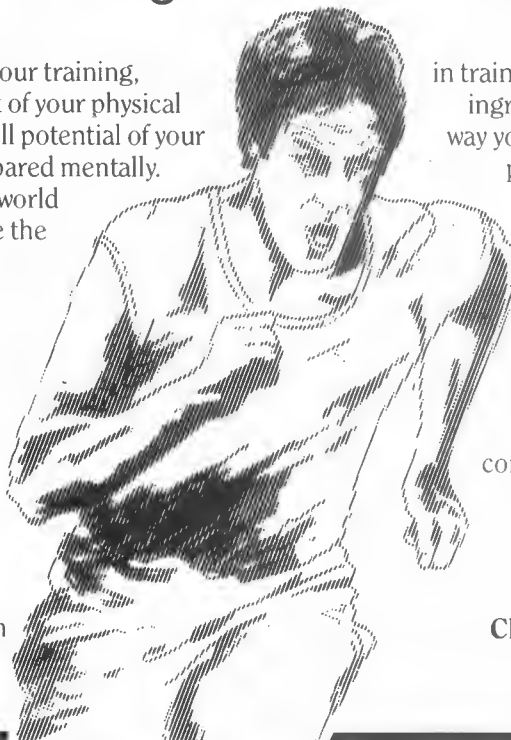


WHERE'S YOUR BOAT RUSS?
Photo by R. Morris

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International Canoe Federation



NATIONAL WATER SPORTS CENTRE, NOTTINGHAM.

It is hoped that every club will make up a party for at least one day for this opportunity of seeing slalom at its best.

The International Competitors will be practising on the course from

Monday 8th August

Wednesday 10th August RAPID RACING

Friday 12th August Official Practice

Saturday 13th August EUROPA CUP from 09.15 to 15.30 — 1st and 2nd runs

Sunday 14th August ROBIN HOOD AND MAID MARIAN CHALLENGE
from 08.00 — 16.30 hours.

ENTRY FEES

Monday 8 to Friday 12 August inclusive

Entry Free

Car Park £1.00 Coaches £5.00 Mini Bus £2.00

Saturday 13 and Sunday 14 August

Entry £2.00 per person

£1.50 for under 14/reg disabled/OAPs

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10 tickets for one day — £1.80

10 tickets for two days — £3.20

10 tickets for week including car park

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

Enclose S.A.E. and cheque made payable to Slalom Committee.

Can Canoeing and Exams Mix?

Two years ago it seemed that everyone was telling me to give up canoeing until I finished my 'O' levels. 'Your exams are too important to be blown just because of canoeing!' and 'You can't do both!' were words that I heard often. However, I found a way to do well in both and I hope that I can help you by explaining how I did it.

At the age of fifteen I knew I had to do well in my exams, as I desperately needed certain qualifications to be accepted for my chosen career. However, I am not fortunate enough to be able to sail through exams by sheer luck, so I had to do a lot of studying. Until it is possible to get full sponsorship for canoeing, qualifications will give you a good chance to get a decent job to finance it yourself. Remember parents cannot possibly buy you new boats and pay your entry fees for ever!

The best way I found to combine paddling and studying was to work out a timetable for both and stick to it! Mine was as follows:

In my final year at school we were given a choice of activities for P.E. and I chose swimming and used it as part of my training schedule.

I started revising in October (for my mocks in January) and carried on until my exams were over in July. This may seem very early but by starting then I was able to go to slaloms every weekend, even near my exams. Revising from October until July may sound like a long stretch but slaloms and training broke it up.

Remember that all the work is worth it in the end. I am now in Division 1, got 6 'O' levels in one sitting (with reasonable grades) and have a job that finances my canoeing.

If I did it so can you! Exams and canoeing CAN go together.

Good Luck

Fiona Waller (17)

| | 9 - 4 pm | 4 - 5 pm | 5 - 6 pm | 7 - 8 pm | 8 - 9 pm | |
|-----------|--|---|-------------------|----------------------------|----------|--|
| Monday | School | Come home from school relax watch T.V. etc. | Training on gates | Come home and study | | |
| Tuesday | School | | Study | Rest | Study | |
| Wednesday | School P.E. in afternoon | | Training on gates | Come home and study | | |
| Thursday | School | | Study | Circuit training at a club | | |
| Friday | School | | Study | Rest | Study | |
| Saturday | (When not at a slalom revise for a couple of hours in afternoon) SLALOM | | | | | |
| Sunday | (When not at a slalom paddle on local weir 10 am - 12 noon) SLALOM | | | | | |

IS YOUR SWEEP STROKE RIGHT?

The following article is an extract from the technique section of the new Slalom Handbook written by Alan Edge.

'The forward sweep stroke is often learned in one arc from bow to stern. However it is rarely used like this in practice. It is normally split into 2 phases.....'

1) The turning Sweep

Lean as far forward as is comfortably possible and rotate so as to inset the blade close to the boat, DRIVE FACE of the paddle (curved or pulling face) facing away from the boat. The paddle arm should be extended but not stiff with the top arm in approximately the normal paddling position. If this arm is too low it makes the stroke slow to set up and reduces the leverage.

The paddle is then swept around in an arc to a point just past the body. It will usually be followed by a bow rudder or forward power stroke on the other side or sometimes a repeated sweep.

The **Turning Sweep** is the most efficient combination of turning and forward power.

2) The Steering or Stern Sweep

As you will soon realise, paddling slalom boats in

a straight line is most easy. The key to doing it successfully lies in being able to perform a stroke from level with the body to the stern of the boat. This is in effect the '2nd half' of the full forward sweep.

The **DRIVE FACE** is pulled backwards from level with the body in an arc to the back of the body. It is possible to 'hang' onto the end of this stroke for extra rudder effect.

The **Steering or Stern Sweep** can be included in the normal paddling style whenever needed. It combines forward propulsion and steering better than any other stroke, especially in situations where the bows are to be kept up.

Always look carefully at the direction the water is flowing. Rather than force the bows upstream against the current, would it be better to pull the stern downstream using the current to help?

Both phases of the forward sweep stroke should be practised separately and then combined with normal forward paddling as the situation requires.

The new Slalom Handbook is available, price £2.05 inc p&p, from the :-

Slalom Development Officer,
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High Street, Garstang, Preston PR3 1EB



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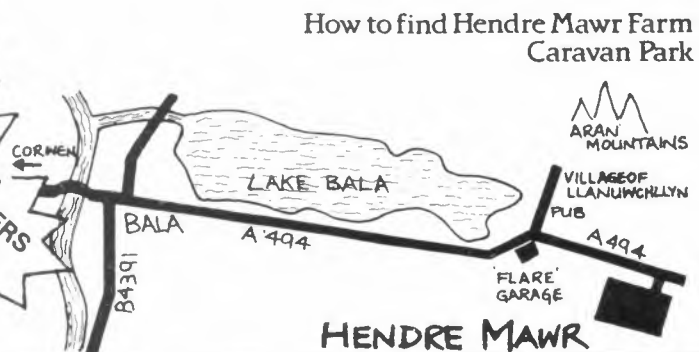
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Ladies K1

- | | |
|---------------------------|-------|
| 1. Longrigg/Francis/Jones | 51.00 |
|---------------------------|-------|

Division 1

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- | | |
|----------------------------|-------|
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| 2. Kelly/Cooke/Bradshaw | 78.00 |
| 3. Tyndall/Rawding/Simpson | 75.00 |
| 4. Hardman/Nicholson/James | 60.00 |
| 5. Day/Knowles/Crook | 45.00 |
| 6. Neale/Parker/Holden | 36.00 |
| 6. Cameron/Porter/Gormal | 36.00 |

Ladies K1

- | | |
|------------------------|-------|
| 1. Simpson/Weaver/Eyre | 75.00 |
| 2. Moore/Wolfe/Jones | 54.00 |

Canadians

- | | |
|-------------------------|-------|
| 1. Wardem/Horseman/Hunt | 75.00 |
| 2. Green/Lord/Clough | 54.00 |

WHAT ARE THESE AWARDS?

Last season saw the introduction of the Teamwork Award its aim is to increase interest and participation in team events at Premier and Division One Events.

For many years there has been the National Team Championship which has recognised the winning teams in each Division. The aim of the

new award is to recognise the winners and those who compete regularly.

Teams unaltered must compete in a minimum of three events from which they gain points and the best four events will count to the award.

In order to create a prize fund for this award a levy of 1.50p was placed on each team entry at Premier and Division 1 level. This levy has raised about 900.00 which has now been distributed to the top third of the teams competing. Each team member has been given the opportunity of an ARGOS voucher or a Canoe Trade voucher to their team points value. The following Canoe Traders have agreed to accept the vouchers:-

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WILD WATER

The Teamwork Awards will operate again, through the 1988 season in Premier and Division One. So if you have not yet formed a regular team DO SO! You too could possibly gain a share of the prize fund.

Backroom Boys

The Backroom Boys

Two of the ingredients of a slalom competition are the paddler competitors and the parent competitors. Many of the latter began their paddling life with their children. Syd Edge has been more than a paddling parent because his input into the sport has been great and particular to him though some of his story is the experience of any in slalom today.

It was his wife, Betty Edge who really began it all. Dad and the lads had done a bit of pottering about in canoes but was Mum who went to the first meeting in Bolton and then volunteered her husband to be a founder member of Bolton Canoe Club. This was a move she and her daughter were to regret from time to time as Syd was soon left with no spare time and a backlog of jobs to be done - we've heard it all before!

Betty never paddled herself and the elder boy, Martin dropped out after a while - an accident with a two seater tourer an argument with a tree and a broken back could hardly have helped. This was when the family discovered that a breakout technique in a canoe toboggoning on ice is not as easy as on moving water. It was the

year the Ribble was frozen!

The Edge's first boat was a kit - a glass fibre hull with a wooden deck and built in the days when glass fibre was an innovation - way back in the 1960's. Syd and elder son Martin put in many paddling miles in the boat, often on the Dee but also with Lakeland Club in Scotland and the Lakes. Those were the days when Alan was just a nipper and not up to the long trips but he picked up the paddles just as soon as he could.

Syd soon found himself Chairman of Bolton and twenty odd years in the hot seat is a long time. Connection with Lakeland were maintained and the Club and the Edges were pointed in the direction of slalom when they began to help Lakeland run Stangethwaite by working on the communications side.

By 1967 Alan was into slalom and a friend in the club made him a boat off a KW3 mould and Dad visited the Tail to cheer Alan on.

By 1970 Bolton Canoe Club were ready to run their own events and chose Halton on the Lune as their first venue but at the last minute they had to cancel due to an access problem on one of the banks. It was a major setback to the clubs




ambitions. Syd continued to go to slaloms and helping quietly in the background. He was too modest to be a judge - in those days judges were awesome with knowledge and expertise so Syd helped with start and finish. Although he did not think that he knew much about judging it was not long before everyone realised that Syd knew 100% more than most of the best of them and he was soon co-opted onto the Judging Sub-Committee after having become a section judge.

As the father of one of Britains's top paddlers he found himself going to World Championships - to Skopje, to Spittal when Albert Kerr won the gold. Jonquiere was the year syd retired and sadly Syd was not able to be on the bank when Alan won the Team Gold but he was able to be part of the welcome home party. He was in Bala in '81 and then to support the Team he went to Merano, Augsburg and Bourg even though Alan was not paddling himself.

To-day he is 73 years of age and still paddling a tourer but not so often - his shoulder is a nuisance. He is also not seen at every Premier event though he is still very much part of the slalom scene.

Thank you Syd for your input into the sport.

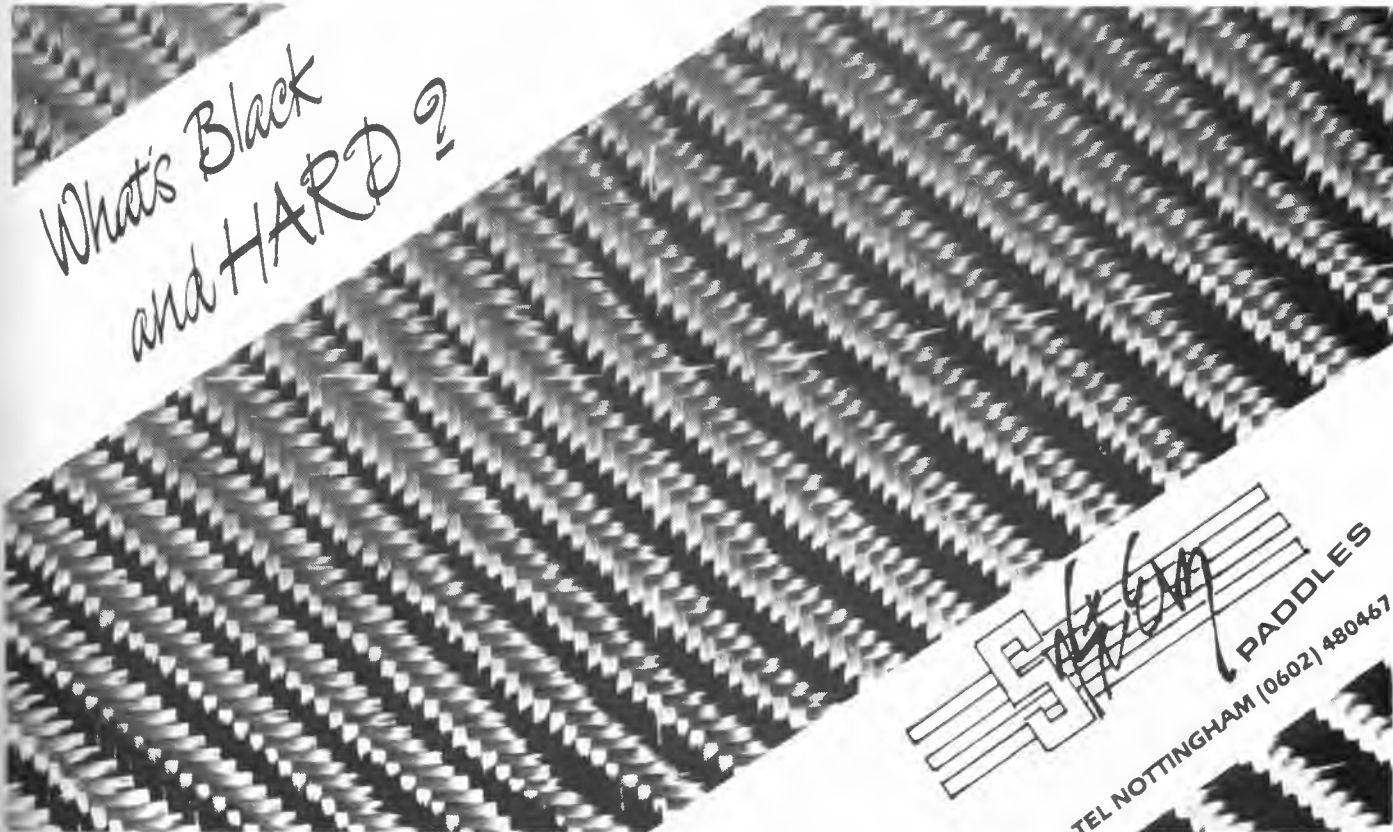


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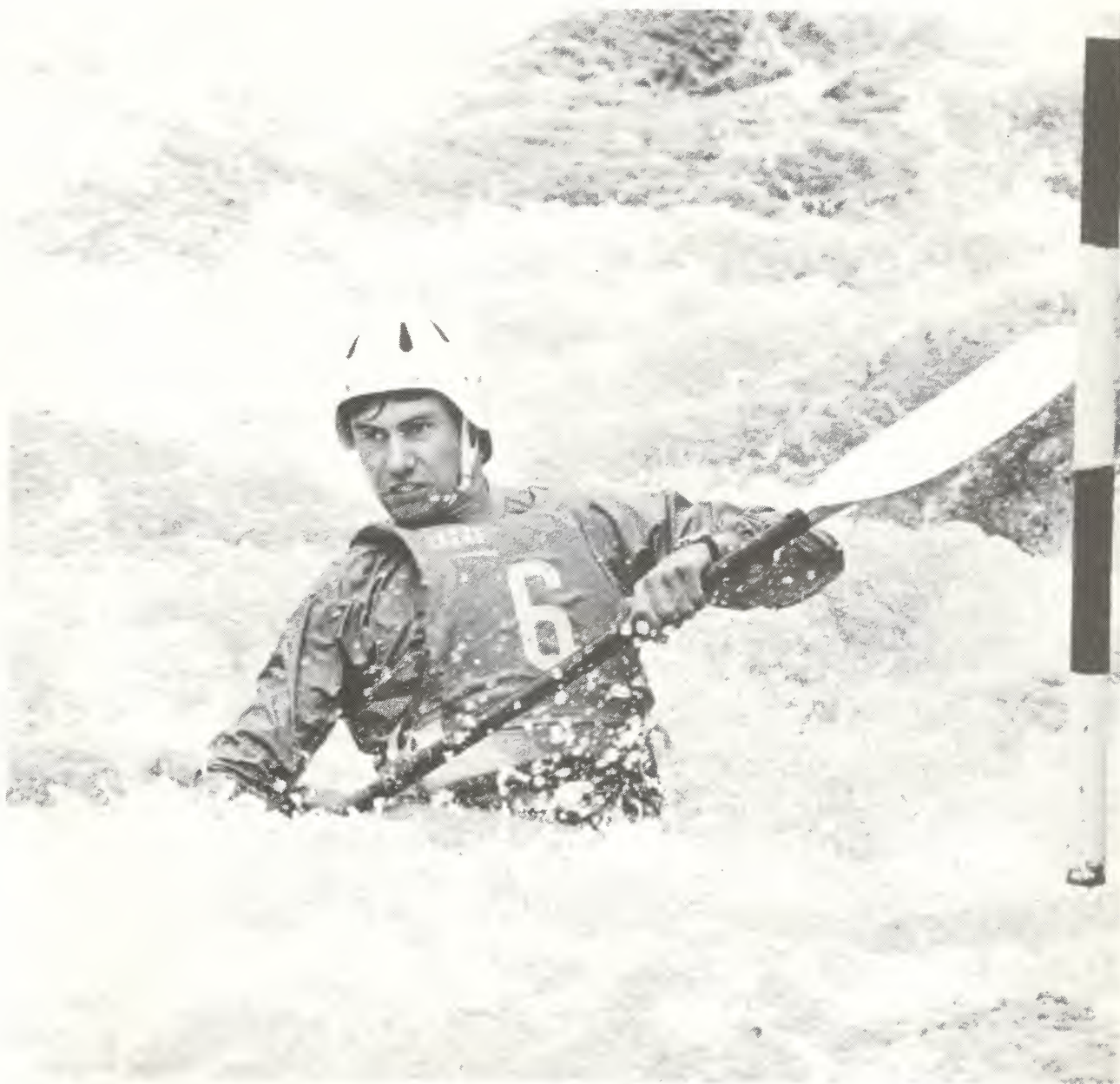


What's Black and HARD?

ISOSPORT

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ROB WRIGHT — JUST SQUEEZED OUT!
Photo by R. Morris

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Coaching Juniors

COACHING JUNIORS (and their parents!)

A Word about Parents

Parents can indeed create headaches for the coach. Some of them seem to have a greater stake in what's going on than the kids do. We must recognize that the 'athletic triangle' consisting of coach, child and parent, is inevitable in youth sport programs. While you may sometimes wish they would stay home, many parents want varying degrees of involvement in the program. You may find it possible in some cases to channel their genuine concerns and good intentions in a way that supports what you're trying to accomplish.

Sometimes parents put excessive pressure on their children. All parents identify with their children to some extent and want them to do well. But for some parents this identification process goes too far and the child literally becomes an extension of themselves.

Coaching would be so much easier if everything that went on involved only me and the kids. sometimes i feel that parents forget that this program is run for the kids. They are often more of a problem than the kids. I don't need nine assistant coaches.

when this happens they begin to define their own self-worth in terms of their child's success. They become 'winners' or 'losers' through their children. The child must succeed or their own self-image is threatened. For such parents, more is at stake than just a game, and the child of such parents carries a heavy burden.

What can you do as a coach to counteract this tendency? We have already discussed some ways in which the positive approach of encouraging and rewarding effort rather than outcome helps to reduce pressure. By communication to your players that the important thing is that they enjoy playing and develop their skills not that they must win you can help them develop a more desirable attitude toward participation. If you can get the parents to understand and reinforce this approach you



Photo by R. Morris

can benefit both the player and the parent. It may be important to communicate openly to Some coaches have found it useful to have a kids can detract from the potential that youth sports can have for enjoyment and personal growth.

Some coaches have found it useful to have a meeting with parents before the season to discuss this issue. If we can get the parents working as part of a team trying to achieve a common goal.

We can reduce the chances that misunderstandings will result in problems. Here are some topics that could be covered at such a meeting:

1. Your appreciation of their interest and concern.
2. The goals of the program.
3. The specific approach you plan to use. (A description of the positive approach and why

you favour it may actually teach the parents some useful principles that they can apply in relating to their children).

4. How they as parents can assist in attainment of the programs goals
5. Your willingness to discuss with them any problems that might arise

Sometimes parents will disagree with what you're doing. Perhaps they won't like the fact that you seem incapable of recognizing the latent superstar abilities of their child. Or maybe they know the right way to teaching kids how to catch fly balls. The main thing is not to get defensive. Listen to what they have to say even if you don't agree. You can afford at least to do this while recognizing that you are the coach and have the final say. You may find some of the suggestions useful. But also remember that no coach can please everyone and no one can ask any more of you than that you be the best coach you can be.

'Parents.....any comments?'



JUDGE THAT!
Photo by R. Morris

Letters

Pre - Selection of Liz Sharman

Dear Secretary

Stafford and Stone Canoe Club wish to express deep concern at the decision of the Slalom Executive to pre-select Liz Sharman for the 1988 British Team.

Liz, a member of our club, should be given every opportunity to participate in both slalom and sprint for British in 1988. However, the Executive would appear to be setting a very dangerous precedent in going against the clear decision reached at the 1987 Slalom A.G.M. ie. no pre-selection for Europa Cup and Pre-Worlds teams. Surely the only sensible approach would be to call a Special General Meeting to resolve the matter one way or the other. Planning a retrospective motion before the 1988 Slalom A.G.M. is not an acceptable approach and where on earth do the Executive stand should that motion fail?

Yours Sincerely,
Andy Neave

Dear Mr Neave

Whilst your letter to the Hon. Secretary, copied to the Director BCU for attention Sports Management Committee was not included in the business of their meeting held last night, it was

passed to me for my attention as the content referred to Slalom Committee business.

I have to inform you that the Slalom Executive did not feel able to call a Special General Meeting, not through lack of desire to do so but

a) past attempts to call a SGM have been both expensive and abortive

b) in the nature of the decisions made and the reference to the 1988 AGM, a SGM would only be an effective forum if a large number of people, not Executive members, felt one should be called. This is a matter for individual Clubs to consider.

Your attention is drawn to para 6.2 Slalom committee Construction ie. the regulations necessary for calling a SGM and should such a request be made, a meeting will be held as quickly as possible. Otherwise, there will be opportunity for full debate at the 1988 AGM.

Referring specifically to your letter, the Executive looked at every possible method of allowing fair treatment to Liz and could not come up with a formula which is not against the selection policy decided at the 1987 AGM.

Should retrospective approval not be forthcoming at the 1988 AGM, I believe that the Executive members are quite clear as to the course of action which would be expected from them.

Yours sincerely
Roger Annan - chairman



LIZ SHARMAN — No. 1!

POOL SLALOM

Crystal Palace 1988

Rarely has there been such an exciting slalom event at Crystall Palace. Paddlers from all over Great Britain showed real enthusiasm and determination with closely fought contests on Saturday. It was refreshing to see a complete range of ranked paddlers putting up such a good show.

Those winning through to the Sunday heats included past finalist, Andrew Wronski, the Clough brothers and Paul Brain, who not only paddles for Britain in the C2 event with Chris Arrowsmith but is a force to reckon with in C1. Keith Brown of Scotland recorded the fastest time of the day.

Andrew and Richard Fox gave Sunday a marvellous start with a neck and neck race to the penultimate gate when Richard made an incredible turn to clock the fastest time of the heat with Andrew 1.3 seconds behind him. Many more very fast times were recorded during this heat where the winners of the Saturday heats met our top international paddles. The friendly rivalry between Ian Raspin and John Hansell, both members of Tees Kayak Club, resulted in an unprecedented dead heat on time. Unfortunately a two second gate penalty cost Ian a place in the semi-finals.

The ladies world championship silver and bronze medallists, Myriam Jerusalrai and Liz Micheler added extra interest to the ladies event, and congratulations must go to Cynthia Berry a most accomplished all rounder who beat Liz to gain a place in the semi-finals and win the regional medal for Scotland.

The C2 event was enlivened by the addition of an eskimo roll which had been omitted for this class on Saturday and caused problems for one pair. The finals between Russ Smith and Melvyn Jones gave us the fastest times of the weekend with Melvyn 0.3 of a second faster than Russ but picking up a two second penalty which relegated him to the silver medal position.

In the ladies event Miriam and Jane Wilson battled fast and furiously against each other wit

The C2 final gave the crowd another thrill when Chris Arrowsmith and Paul Brain broke a paddle on their roll and negotiated the last two gates with the bow man paddling with his hands in a desperate but unsuccessful bid to pas the finish line before their rivals Clive Richardson and Colin Thompson. They failed by 0.6 of a second winnig the silver medal.

Jane collecting a two second penalty, but still determined to put up a good show and finishing 1.6 seconds ahead on time but losing the gold medal to Myriam.

RESULTS

Pool Slalom February 21

Men K1

Russ Smith
Melvyn Jones
Richard Fox

Ladies

Myriam Jerusalmi
Jane Wilson
Lynne Simpson

C1

Gareth Marriott
David Corke
Paul Brain

C2

Clive Richardson/Colin Thompson
Chris Arrowsmith/Paul Brain
Andrew Clough/Ian Clough

Regional winners

Andrew Wronski Cagoule presented by Splashsport
Cynthia Berry Tee shirt presented by Canoe Sport
Paul Brain Tee shirt presented by P & H
Clough/Clough Carry bags presented by Style

Alan's Answers.....

Well, there hasn't been an overwhelming response to the first issue. Perhaps you all agree with me (heaven forbid!) or perhaps you're all half asleep. Putting pen to paper is very *demanding* I know, but please, please let me know if there's life out there....Somewhere.

Did any of you spot the deliberate mistake? Slipped in deliberately by the Editor - No? The last of my 'answers' focused on the 5 sets of choices available to any paddler when they prepare a gate sequence. They should have read:-

1. **Wider** boat path v. **Tighter** boat path
2. **Faster** boat speed v. **Slower** boat speed
3. Less energy needed v. More energy needed
4. Safe penalty-wire v. Riskier penalty-wire
5. More stable (drier!) v. Less stable (wetter!)

Special mention goes to John Dickson from Oswestry for the first correct definition of W.I.T.O. -which means wide in (on approach) TIGHT OUT (on exit) He also rightly gives the example of an upstream gate in the current as a gate where W.I.T.O. would not always work. On such a gate it is usually best to go in sideways under the approach pole and stay tight all the way round. You might call this 'T.I.T.I.' on the 'Yugo' method....! In fact if you watch the top Yugoslation Kayaks (Cizman in particular), they seem to spend most of their time with their spraydecks under the poles! Strength is very necessary for this type of paddling and there's a greater risk of penalties **but** the choice of **tight** or **wide** will always be open to you.

Remember!

To help you decide on the path of your boat the following 5 things have to be considered:-

1. Approach line
2. Conditions in and around the gate
3. Exit line
4. Your fitness/strength
5. Your technical ability

These affect your **boat path** and **choice of strokes** on **every** gate.

Please keep the questions **and** comments coming in. Anything and everything will be answered...

Dear Alan,
What is the best choice of strokes for right downstream stagger sequences? I always seem to end up in reverse half-way through a sequence! Any suggestions?

signed, Dennis H, - Middlesborough

Dear Dennis,

A very common problem, especially for lower division paddlers, juniors and LKI. Reverse or sideways presentation in staggers is usually due to over - rotation caused by too many '**uncontrolled**' sweep strokes on the downstream side. Most common is the hard sweep 'after' a gate which kicks the bows sideways in the direction you want **but** also starts the stern swinging in what is usually very fast water. There are two solutions

1) Following the sweep stroke **as quickly as possible** with a 'stern sweep' on the other side. This controls the rotation and keeps the bows up. (a stern sweep starts level with the body and pulls to the back of the boat in an arc - it can also be held as a rudder if necessary)

or

2) Forgetting the sweep stroke altogether. Instead slicing the inside blade across the gateline and putting in a hard lower jerk/pull which can become a stern sweep if necessary. This stroke is identical to the on side 'slice and pull' stroke of a CI. Since the advent of new rules, top Kayak paddlers have become more skilful at this stroke especially in rough water. It is the most effective method on tight, close staggers because it keeps the bows facing downstream. Go away and practise it, till you are confident of doing it anywhere on the river.

A.E.

Dear Alan,

I have recently started some slalom coaching in our club. It is with absolute novices and on flat water. And we have a copy of the basic technique models in the Slalom Handbook. I have great difficulty in describing the 'approach line' to paddlers. They often understand what strokes they are meant to do but are in the wrong position to do them! Any help would be most welcome.

signed, Andy K, Dringford

Dear Andy,

The current 'Buzz' word is '**Pocket**' and it sounds like you need it! The 'pocket' is defined as the area of water '**which you do the gate from**'. The first habit to get any slalomist into is to identify the 'pocket'. In the early stages it is a good idea to sit them in it so that they can feel what its like. Ask them the question - if you had a

free run at this gate, where would you start from? This is a really good habit to get them into because in order to do it properly they've got to look at the gate **before** and the gate **after**. In fact all the 5 considerations mentioned in my introduction affect the choice of the pocket. Its all part of the process to get the paddler to **prepare** where the boat is going and what the paddlers are to do. If they've made a decision then they can tell someone on the bank to watch. That someone can then tell them whether they actually did what they intended to do. This type of 'observation feedback' can be effectively provided by non-technical supporters along with observations on what other good paddlers are doing in the same situation. So - always be ready to ask your paddlers - where is your pocket on this gate? Then Why? If they can answer those 2 questions - they are beginning to prepare their 'TRACK' (see last issue).

Yours Alan E.

Dear Alan,

What are problems of too much flat water gate training? We are a small young club with only flat water gates to train on during the week. Should we be looking for more variety - especially with youngsters?

signed, K.B. Bristol

Dear Kevin,

I would place this at the top of the common mistakes list! Flat water gate training has advantages and disadvantages. I'll go through them.

Advantages

1. The best environment for learning basic techniques.
2. Usually the most convenient and accessible venue, especially midweek little or no travelling expense required.
3. Training is easy to control and therefore more attractive to someone with a busy schedule.
4. Flatwater on flat/moving water puts a fair account of 'resistance' into the training. Acceleration never gets any help from the current. Turning the boat in 'dead water' situations requires strength.

Disadvantages

1. Certain strokes are 'over practised' which are

not always suitable for rough water situations.

2. There is a significant difference between confidence on rough water and flat water. This can lead 'crisis' situations at events where there may be a feeling of inadequacy when faced with rough water moves under pressure.
3. Too many past gates on flatwater can lead to injuries in paddlers under 16 years. Stress fractures of the forearm, tino-synovitis in the wrist are two of the most common.
4. Flatwater gates are boring! Youngsters can be put off permanently by having to do too much organised repetitious work on flat gates.

My opinion on flatwater gate training is that up to the age of 16 years old - two sessions per week (Mon-Friday) are ample. Certainly don't stop them going canoeing if they want to - But in another type of boat or away from the gates. Experience in Canadian boats, downriver and sprint boats can be invaluable at this age. Get them to realise that slalom boats are not the 'be all and end all'.

At weekends whitewater gates, river tours, river races, surfing, regattas will provide the balances development that they need. It also helps them to decide that they're choosing the right discipline!

Remember it is far easier and quicker to teach gatework, than it is to teach the confidence and ability to handle whitewater. Ours is a whitewater sport - don't let them forget it!

A.E.



JIM JAYES
Photo by Pete Astles

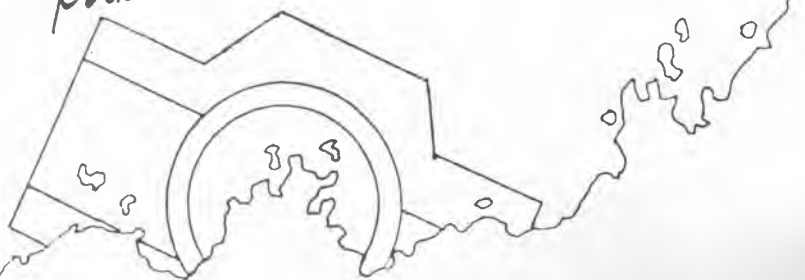
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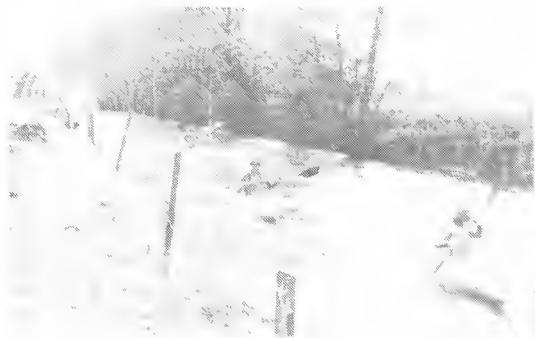
Red Locks Newbury Slalom Site

The site is well suited for such a venue. It is situated in a quiet leisure area, close to Newbury's town centre. Access and amenities are good, along with good Novice/Div 4 water in May, with Novice water level in September.

They have in the past used the football pitch adjoining the site to camp on and the touch lines for car and caravan parking. Drinking water and chemical loo's are available on site, with the flush variety outside the near-by Leisure Centre.

The water is a combination of a small weir pool to begin with, followed by a flowing river for the remainder of the course. In May the water level is usually interesting, which can tax the absolute beginner but make the Div 4's think. The weir is a single shallow shoot, with eddies either side. In past slaloms the first 6-7 gates have been placed in the pool area, with 1 perhaps 2 gates in the main flow, usually there are two crosses near the top of the main flow.

The September's course is much more suited for Novices, the weir is generally shut right down, with a small dam to aid people getting out of the weir pool.



The remainder of the course is typical of this level of competition, making as much use of the 15-20 foot wide river section. The gates are grouped around judging areas, involving short sprints between them. Each section of gates tends to have been evolved around a particular gate sequence, such as breakouts and staggers. The whole course usually tests a paddlers repertoire of strokes.

For the mum and dad left high and dry in the bank, the weir pool offers a clear viewing area, (and usually close to the refreshments



marquee!). Running down the bank you have to look through a number of trees, but where a side stream enters, makes use of this wider area for the final gate section (pictured).

As mentioned a refreshment marquee sells a variety of hot and cold food with all the usual trimmings. Along side the control and timing tents are canoeing traders.

The event had been over-subscribed in numbers in the past so get any entries in early. The prizes are of a high standard, with Newbury Canoe Club's personalized medals, and others.

In 1986 and again in 1987 Newbury CC ran an event for the under 14's last year called the Canoe Sport National U14 Championships. This provided young paddlers to compete against one another for the Championship Title and unbelievable array of prizes, ranging from helmets through spray decks and Carbon paddles to kevlar canoes!

This year the event is again being run on the Monday after the May Novice/Div 4 event but called : The Daily Express National U14 Championships. To accommodate this prestigious event the course will be closed for a short period on Sunday night so that a more demanding course can be set. The event is open to all kayak paddlers who qualify in age, with an Officials event for those of us who don't.



RESULTS

MUD, MUD, **f!!*f! MUD

FAIRNILEE SLALOM 1988

Glorious isn't quite the word I was thinking of...however there is no doubt of the quantity or quality of the thick, brown sludge that developed over the control/campsite area at the weekend. Having been threatened with having stone dumped onto the bridge above the competitors heads on the Sunday, the organiser was anticipating a new dimension to slalom...5 points deducted for each direct hit by flying debris whilst negotiating the course? Thankyou the stone never materialised and it was only the weather conditions which caused the organiser headaches. Whilst everyone was diving for their wellies on Saturday the water level refused to stay still resulting in more than a few hiccups to adjust poles and bearers. The flow of water at Fairnilee has been changed somewhat by the building of a dam half-way across the river to enable workmen to repair the old bridge. This means that the river is now channelled through the left hand side of the bridge only resulting in a section of faster water which the course designer put to good use. The increased volume of water made the team runs interesting and entertaining with a fair sprinkling of swimmers and some pretty big scores run up. One notable exception to this was the winners of the Division 3 Team event Holden/Ratcliffe/Green, who were 103 points ahead of their nearest rivals, and were all at least Junior 16.

Because of the course problems and shortage of judges the event ran pretty late on Saturday and it was decided to postpone the second judges run until Sunday afternoon. The organiser trundled off to the 'Disco' in Selkirk with her motley band of helpers resolving to get up early in the morning. Thankfully the water level stabilised and Sunday got off to a good start with (short lived) hazy sunshine. The water was almost perfect for Ian Simpson's course, a course on which it was not hard to get every gate, but one where it was hard to get each gate cleanly and get a fast time. The individual runs of the Scottish Universities Championships provided perfect examples of how and how not to paddle the course. Keith Brown notched the fastest time of the weekend, beating Dave Crosbee who led after their first run, to retain the mens' title (incidentally Keith also retained his British Universities title one week later), and Fran Young from Strathclyde University achieved the highest individual score of the event.

One of the few complaints of the weekend was from a competitor who said that, as he approached the hardest section of the course the gate judge was laughing at him so much that it put him off! Some people have a strange sense of humour for sitting in the rain for two hours? Sorry.

Well done to Charlie Robb who finally gained promotion to Division 1 after a near miss at the end of last season, obviously the 'winter training' paid off? The event somehow finally ran 10 minutes ahead of schedule (SSH!) causing a certain judge to miss his second run. (Rumour has it that the organiser had put her watch forward a week early).

The prize giving was duly performed (at the request of some of the Competitors and their relations) in a less muddy part of the field...the middle! Someone commented that it looked as though four herds of cows had had a 48 hour marathon disco attempt. The winners duly squelched and skidded their way to collect their prizes and that was that for another year.

Ps. For those of you who travelled up from South of the Border..PLEASE DON'T FORGET TO BRING THE SUN NEXT YEAR...WE HAVE PLENTY OF WATER OF OUR OWN.

Yalding Div 4 March 19/20

A low entry meant that many local paddlers missed the best water and one of the best courses (which are usually pretty good) here for some time. River maintenance required that the automatic sluice a source of constant irritation at previous events be permanently open and the recent rain provided a suitable water level for shooting the sluice.

On the Saturday lack of entries made the team event a non-event rain encouraged those there to the river-side pub for the log fire and a meal.

Sunday dawned bright and sunny and the event was ready to start on time. I suspect that this was helped by the organiser advancing his watch an hour a week early!

Good and inexpensive home cooking was available all weekend and an attractive range of prizes was presented at the end of a day free

from water problems although beset by communication difficulties.

Anon.

RESULTS Shepperton Div 2

Shepperton Div 2 had a lot going for its this year - and only onething against; Llangollen Div 2 at the same time. Some people even drove past Shepperton on their way to Llangollen. This is something that needs to be sorted out before next year as Div 2 events in the South are (or should be) a treasured asset. The problem was exacerbated by Shepperton rather shooting themselves in the foot by stating 'no late entries' onthe start sheet!

However there were over 80 entries in the individual events who took advantages of Rob Wrights excellent course on better than average water to provide a hard fought contest. The course was possible for all but required skill and speed rather than luck to produce a good result. It was not as cold as previous Div 2s with few problems from wind (excpet for spectators). Judgeing stints werę generally stort and cheatp hamburgers and hot drinks were available throughout the event.

To alleviate the parking problem off-the-road parking was provided free and the entire event was run in a friendly and efficient manner.

G.D.N. RESULTS Mens K1

- | | |
|--------------------|------------------------|
| 1. Nick East | J18 Shepperton 145 |
| 2. Andy Stuart | J16 Shepperton/SEP 145 |
| 3. Anthony Harding | Shepperton 153 |

Ladies K1

- | | |
|-------------------|--------------------|
| 1. Corrie Johnson | J14 Newbury 193 |
| 2. Sarah Crowe | J18 Shepperton 193 |

C1

- | | |
|-----------------|--------------------|
| 1. Gary Gibson | Dundee Racers 186 |
| 2. George Woods | Shepperton/SEP 186 |

C2

- | | |
|-------------------|--------------------|
| 1. Domoney/Morgan | Shepperton/SEP 174 |
|-------------------|--------------------|

Teams

- | | |
|------------------------|------------------|
| 1. Stuart/East/McCalla | Shepperton 1 179 |
| 2. Waine/Able/Harding | Sheperton 2 184 |

Judges

- | | |
|----------------|---------------------|
| 1. Rob Wright | Shepperton 124 |
| 2. Chris Hendy | J18 Shepperton 131 |
| 3. Kim Gaster | J18 Hammersmith 137 |

Cardington Div 3 March 27/27

We were able to arrive on the Friday evening and see teh course but not in time to paddle before the water was turned off. It was good to see the artificial rocks extending down the course but there were still quite a few of the disliked boards on the lower half, which were to

claim more victims during the weekend. There was no need to get up early on the Saturday morning as the water was only turned on at 8.00 and then it was time to try out Dave Browns latest creation. Much of the course was good but there was a large element of luck in the surges around gate 16 which were worse than usual.

As normal for a Cardington Slalom the event ran well and close to time and results were quickly displayed on the computer monitor. The weather was cold and windy but the gates themselves did not swing unduly. After the team event the slalom sprint was very popular and there were lots of prizes for each division.

On Sunday the water had changed somewhat from Saturdays practice but unfortunately only judges and late arrivala had access to the water for free practice. Again the event ren smoothly and prize giving was well attended for the large number of prizes. The increased use of plastic rocks is a welcome improvement and should spread most of the way down the course this year; which can only enhance an already good event.

G.D.N. RESULTS

Teams

- | | |
|------------------------|--------------------|
| 1. Hill/Ralinson/Coles | Shepperton C1s 192 |
| 2. Jesson.Pooley/White | Viking A 221 |

Mens K1

- | | |
|-------------------|--------------------|
| 1. Robin Wilson | Staffs & Stone 133 |
| 2. Russel Pooley | Viking 135 |
| 3. Chris Skelding | Kinver 144 |

Ladies K1

- | | |
|----------------|---------------|
| 1. Sue Carr | Broadland 157 |
| 2. Helen Pizey | Cambridge 193 |

C1

- | | |
|----------------|----------------|
| 1. Sean Jesson | Viking 135 |
| 2. Andy Hill | Shepperton 135 |

C2

- | | |
|----------------|-------------------|
| 1. Croft/Croft | Slalom Sports 193 |
|----------------|-------------------|

Officals

- | | |
|--------------------|--------------|
| 1. Nick Ackroyd | Bradford 108 |
| 2. Mark Bayles | Viking 111 |
| 3. Kevern Kerswell | Newbury 112 |

Appletreewick Div. 2 Slalom 12/13th March 88

After a four hour journey and a bad nights sleep due to heavy snoring by a fellow club member I wearily stalked my way across sodden fields to the slalom site. This location is a beautiful setting out in the Yorkshire Dales, no shops no disco's just plenty of mud wind rain and snow, with a pub at the entrance to the site. Although at first the river level was mediocre, during the afternoon team runs had the river rising beneath them about 6 - 9" making it very interesting,

Len Shackelton had set his course well. Again as at Llangollen a steady flow of paddlers paddled open practice time with the least distraction from others giving them good use of the course, then organised runs up till 10 minutes before the ranking event began.

Team runs ran without any hitch with some good teams getting it together but as water levels began to rise, gates 7 & 16 began to give a few problems. Gate 7 was below the top fall, creating a nasty boil with a strong pull to the left, but still gave 2 options to retake the gate, if missed. Gate 16 was a tight upstream below a slight stagger on the bottom fall. This gate was all about concentration and discipline, if you switched your head quick enough to concentrate on the gate it was dead easy but as most did look for the rocks below it and sure enough as a magnet those rocks will get you. Once again there were 3 other options if missed breakout left ride the wave high into 16 drop low and have a hard paddle back up or right between the two rocks which I'm sure Len had measured to be a boats width between. Congratulations to the C2 team who gave a good example of how to do it, a pity they only had 1 run, but paddling should come before parties lads.

Saturday night was a windy snowy affair the morning appeared at first calm, but as the day progressed the wind picked up and in came the

snow blowing into the faces and pads of the judges who did a good job all weekend. The water level had dropped to below Saturday mornigs level, but no complaints and the event began on schedule. The slalom was run spot on with only 1 official protest so top marks go to Jenny Davies and Leeds Canoe Club for a good canoeing weekend, also thanks to Pete Wignall for giving us a sneak preview of his Mud Ballet routine.

HALTON RAPIDS DIV. 2 SLALOM 19/20 MARCH 88

Halton Rapids, on the river Lune, just north of Lancaster has a vast river span when good water levels appear. With high winds and heavy rain all Friday night most were glad to get to sleep, after long journeys or erecting the course, wondering if there would be a slalom at all. The site itself is on private grounds surrounded by an engineering works with rubble the only sign of what used to be control and dry changing rooms, with brick groins running into it at various angles, developing good stoppers and high riding surfing waves throughout the course. By early Saturday morning quick course maintenance was required as poles and number boards had gone missing overnight 2 gates were

left out leaving a 20 gate course of 7 upstreams and 13 downstream with a team gate spanning the end of a surfing wave. With water levels fluctuating during the weekend once more it was important to study the water as waves either got higher or had moved it felt to paddle on such good water with no risk of breaking paddles (except Dave Harrison). I had recieved no complaints about the course set by young Gerard Smith, an U18 division 1 paddler from Ribble so well done to him. The course was very testing with every paddler having to save energy if possible by getting the right lines through each section.

The top 6 gates were a stagger with 2 upstream 7 was left out for Saturday then gate 8 a sharp breakout on the far bank gave a slight breather before a high ride across through 9 which had a fluctuating wave right through it. Then it was essential to keep a straight line or the slack had a nasty bite to it before 10, a wider approach was usually quicker and safer. As 11 was left out some at 10 stopped to compose themselves before turning for 12 which put you onto a surging wave which then gave a sudden thrust through 13, which was also the team gate into slack water 15 metres below 14. Gate 13 gave many problems but also many cries of delight when taken cleanly but 2 other options were there for those who missed it first or even third time, 14 was a hard paddle upstream towards the main groin which had some healthy boils below it. From here it was back across the waves into a stagger and onto the usual finish.

Llangollen Div. 2 Slalom

This the first slalom of the official season saw Kinver get off to a flying start with paddlers winning team prizes and individuals getting reasonable results. The water level was a bit dissapointing and the weather varied from frost snow, rain and high winds to short calm site was situated just below the Horse Shoe Pass, in a valley set at the side of an ancient Abbey built in the year 1200, facilities on the site were very good toilet block with shower and hot water just right for the conditions and time of year.

The Mile End slalom site is on its way to being perhaps one of the best venues of the year still requiring a few alterations but I'm sure time will give you all you need on a mid-week training session or a full comprtition weekend. Changing facilities on this weekend were a blessing to most the sales floor converted in to control refreshments area and a general place to chat over the results on teh computer before your card appeared.



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