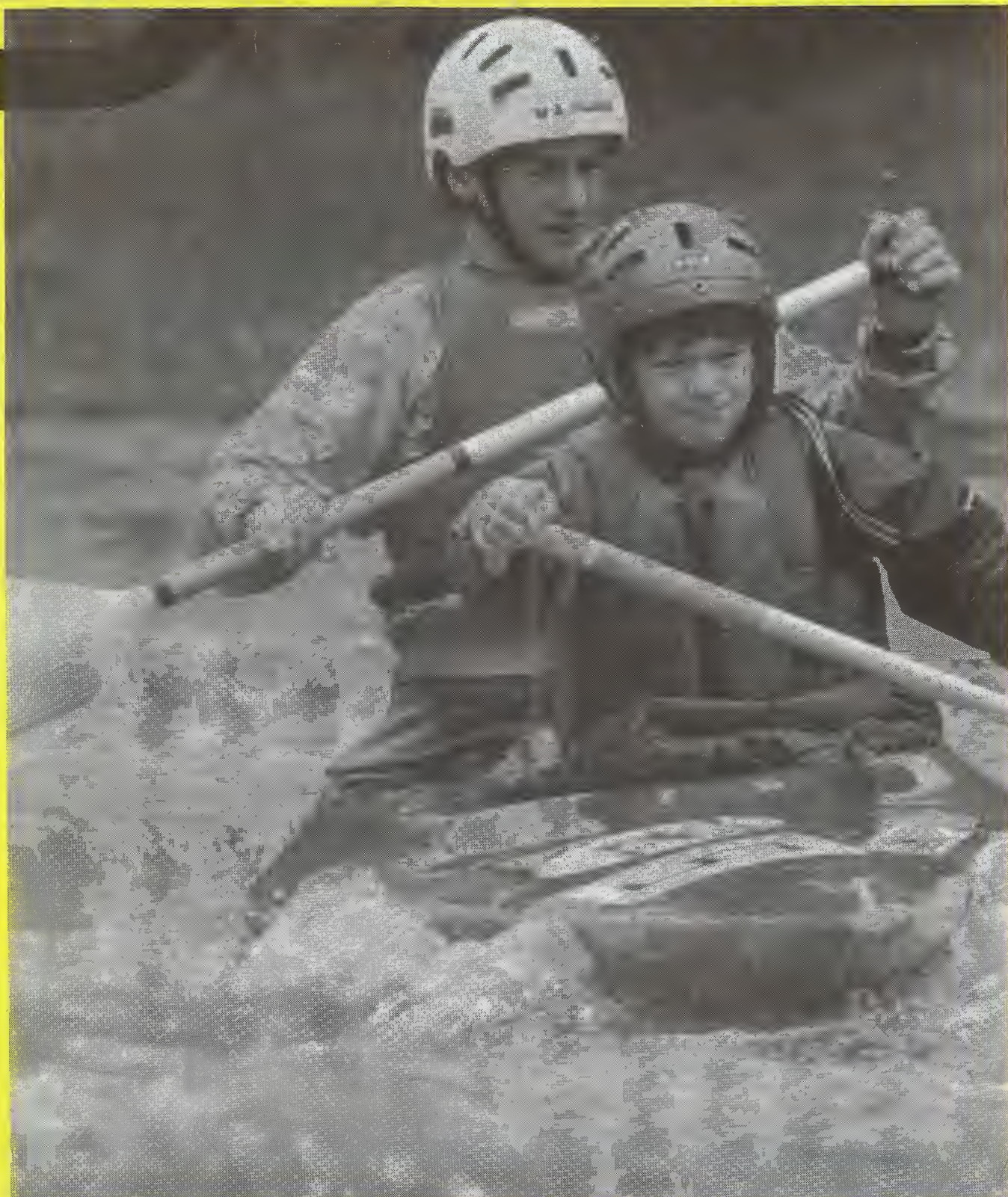


CANOE slalom

£1.25

MAGAZINE



SECOND TECHNIQUE INSERT INSIDE



JAMES CROFT WASHBURN DIV 1 6/7/May

Photo: Joe Mullholland

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CANOE slalom

1 Barnacre View, High Street, Garstang, Preston
 EDITOR: G.D.NEVIN
 FEATURES: RICHARD FOX
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The views expressed in this magazine are not
 necessarily those of the Editor or of the Slalom
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COVER PHOTO

"Little and Large" Ebry & Ebry Martley Novice
 Photo by Chris Worrall

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Portage at the weir.

Reproduced Courtesy LEN GURD, Coarse Fisherman Magazine

EDITORIAL and LETTERS

What's New ?

Well, the new format that people have been muttering about for months is here and I'm glad to say that it is not the hand-written photocopied version that some people expected. That is not to say that we have got it all together yet because there are still wrinkles to be ironed out but we hope that the new larger typeface will be more readable and the fact that the magazine is currently being computer-set and printed will eventually lead to greater flexibility of production and greater control over deadlines.

Copy

The success of the magazine largely depends on it's content and although we have several regular contributors who can be counted on we always need more views (from ALL divisions, Novice to PREM) in articles or letters, odd things heard on the river bank, results and write-ups and, of course, photographs. With the latter we have been very fortunate over recent months with contributions from Chris Worrall, whose excellent work is rarely done justice by the printing process, and in this issue we have photographs by newcomers whose work is also very good - KEEP THEM COMING!

All these people are unpaid, like the magazine staff, and their contribution to the sport in this way is much appreciated. So, those of you out there who have plenty to say about the content of the magazine please say it to us ; don't worry if you can't spell or if you feel that you're not too good with words, we'll always help. JUST WRITE !

LETTERS TO THE EDITOR -

Failure, or simply another step in the Learning Process ?

This is the question I keep asking myself. Having produced three out of four runs in the selection races, any one of which would have given me a place had it not been for a penalty, I get a deep feeling of sadness and anger every time I think about it.

Although I feel disappointed I don't really deserve to go, as I said in *Canoelist Magazine*, any paddler who can't get it right in four runs is not good enough. Although this is a tough approach it is true, so I put it down to another step in the learning process.

If you're a youngster who thinks you're going to be the next Richard Fox or Liz Sharman, as I did, take it from me the task ahead of you is not an easy one. You will have some triumphs but many disappointments, however if you stick in there and learn from these upsets, one day we will get there.

Train hard,

Ian Raspin

Editor's Reply -

We are all sorry not to see Ian's selection but he's young and will live to fight again. It is tough at the top and for every good paddler who makes it, four won't. Yet to get as far as Ian has is success, not failure. Think positive and keep it fast AND clean !

CARDINGTON REVISITED

Cardington Artificial Slalom Course (CASC) has always had a reputation as a boat-wrecker ; rightly or wrongly, this has been the common perception and many paddlers have done one event and vowed never to return. Certainly safety and rescues were particularly specialised arts at CASC, demanding a much higher level of experience than any other of the major national sites.

Now this has changed !

Most of the vertical baffle boards have been removed and replaced by fibreglass rocks, the only boards left are one row at the top and bottom to hold back enough water to make the course work, and these are not dangerous. Some "rocks" are hemispherical (the "Dolly Partons"), some are elongated and all are fixed by concealed threaded bars tightened by hand. Not even a spanner needed and no exposed nuts! (in-joke for regulars).

The course is now much safer and behaves more like a normal river, with falls, eddies and fewer surges ; the water is more consistent and keeps a reasonable depth in most places. It is a fast course, and needs more power than sprinting ability to paddle it well. With only 2 or 3 seconds between each gate, you need brains as well as brawn - it's a skill course not a grunt course and will suit the versatile well rounded competitor best.

From a coaching point of view it has some disadvantages, but these are outweighed by a number of good features.

The disadvantages are -

- 1) No long gaps, so sprint power must be tested on the main river, not on the course.
- 2) The course takes up to 2 hours to build and you need a few strong men to carry the rocks about. You can't just turn up and train.
- 3) It isn't quite like anywhere else, so not ideal for top division training on a regular basis.

However, the advantages are -

- 1) It's compactness makes controlling a session easy as long as you don't put too many groups on together. Visibility is good.
- 2) The adjacent River Ouse provides a flat water training facility.
- 3) It is variable, so no-one has much of a home site advantage ; it quickly finds faults in technique which a paddler may have learnt to hide or compensate for on the more frequently used sites.
- 4) It's quick and highlights those who can read the water, think and react fast.
- 5) It's safe.
- 6) There are no access problems but there are some rules to be followed.

Conclusion - It is useful for occasional training for the higher divisions and very suitable for training and competition up to Division II (I'm not sure about novice events as yet). The key is well planned coaching, good course design and most importantly - telling your paddlers what you are trying to achieve by using the facility!

P.S. The super-loo plays French music - 2p a go!

Report by **Ray Croft** - Slalom Coach, Sl Sea and Inland

CURRENT AFFAIRS

OOPS!

We would like to put right the results shown in the February edition of "Canoe Slalom" for the Banbury Div 3, 17/18 September 1988.

The three paddlers mentioned receiving part of the "splendid array of engraved glassware" as 1. J18 2. J16 3. J14 were in fact 15th, 16th and 18th in the Judges event, and not prizewinners at all!

The real results were:

K1M 1st Alistair Johnson
2nd Stuart Bowman
3rd Simon Eve

K1L 1st Debbie Sweney
2nd Lyndsey Morby
3rd Nicola Morris

C1 1st Kevin Campbell
2nd Keith Rawlinson
3rd Martin Wainwright

C2 1st Pumhrey/Clarke
2nd Twigger/Smith
3rd Holden/Ratcliffe

On the subject of results, and since good news never goes cold, the British Open Championships results in the December issue were also somewhat incomplete. 12 medal winners were omitted, namely:

K1L U14
1st M. Hodacova
2nd C. Johnstone

K1M U14
1st J. Croft
2nd L. Hoare

Class B Ladies

1st C. Daniels
2nd S. Masters

Class B Men

1st K. Kerswell
2nd C. Mills

Class C Ladies

1st L. Spiller
2nd S. Carr

Class C Men

1st R. Benson
2nd J. Croft

The youngsters are asked to compete on equal terms with the older paddlers and they deserve encouragement and at least equal recognition when they try hard and succeed. Of the 28 names above, 3 were J18, 6 were J16 and 6 were J14. Please try to feature more of the success of our juniors at major events - they are our future champions. Write to us about them.

Congratulations, albeit belatedly, from Slalom Magazine.

WORLD CHAMPS HOTLINE

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Pre-Selected for 2008?

It is strongly rumoured that Miss Lenka Susan Edge has been pre-selected for the 2008 Olympics, which may well upset Liz who was expecting to get it herself. However only weighing 7.5 lbs on the 14th of April would seem to indicate that she'll be needing a high calorie diet for a while. If nothing else it shows that her proud father, Alan Edge (who was present at the birth) is still capable of winning a gold in the team event. Our hearty congratulations go to the proud parents, Marketa and Alan.

Team Selection

GB World Championship Team

K1M

Richard Fox Melvyn Jones
Len Shackleton Russ Smith

K1L

Liz Sharman Karen Davies
Maria Francis Rachel Fox

C1

Martyn Hedges Mike Wharton
Gareth Marriott Mark Delaney

C2

Alan Meikle and Colin Brown
C.Arrowsmith and P.Brain
C.Richardson and C.Thompson

Intermediate Team -

K1M

Rob Wright Dave Crosby
Ian Raspin Andy Raspin
Kevin Cambel Shaun Pearce

K1L

Ishbel Grant Lynn Simpson

Lara Tipper Heather Corrie

C1

Richard Domoney Bill Horsman
Toby Morgan

C2

Stuart Pitt and Mike Miller
Brian Holden and Jason Bennett

Sea-Land Containers Ltd are shipping the boats for the World Championships to America for FREE. This gesture is much appreciated and will certainly help to balance the budget!

Ranking Status

Owing to and unfortunatre oversight the appointment of "Ranking Status Officer" has been omitted from page 9 of the Yearbook. As for the previous 10 years this is :-

**R.P. Stallworthy,
42 Christchurch Road,
Birkenhead.
Merseyside, L43 5SF**

All paddlers who have been ranked in a previous season MUST contact him for re-ranking before entering a slalom. They must not start again in Novice.

Team Entries

Complaints have been flooding in from the organisers of all divisions, but particularly the higher divisions who should know better, about team entries on bits of paper, the bottom of individual entry cards, over the phone etc., and even when on "scratch cards" arriving with no entry fee. This causes considerable problems for the conscientious organiser (the rest throw it in the bin!) so PLEASE have ONE team member send in the team entry AND PAY FOR IT and if you send in a scratch team entry send it on a separate card with CORRECT ENTRY FEE.

Thanks !

PADDLER PROFILE

Mike Wharton, Aged 18 of Nottingham Kayak Club

C1 Winner, World Championship Selection Event - BALA - 1989

Mike, with a highly successful record as a Junior paddler behind him has little difficulty making the transition from Junior to Senior Team, winning the second selection event on River Tryweryn.

He started canoeing with his School in 1983, joining Ribble Canoe Club later and entering his first slalom at Marple in kayak. Two years later, he was a member of the under 16 squad to tour Sweden, still paddling kayak and in Division I. Getting taller by the month, and bored with the "Wendy kayak game", he took up the C1 challenge at the end of that season, having fiddled around with both the thought and the actual category for a month or so.

Setting his sights on the GB Junior Team for the first ever Junior World Championships, he found himself with Bib 1 and Number 1 paddler down the River Lieser at Spittal, finishing up in twelfth place, not too bad with six month's experience, and "O" levels. He returned to this site twice more, in 1987 and 1988, winning Junior "European" International races on both occasions. Later in 1986 and again in 1988 he won the British Open Junior Championships at Llangollen.

In 1987, he won through to both Junior and Intermediate Teams and raced in Spain, Austria and Germany wearing a GB hat. He viewed the World Championships in Bourg from the bank and vowed to be in the Team for Savage

River.

Last year, he won through at selection to both Junior Worlds and Senior Pre-Worlds Teams, but turned down the latter with "A" levels looming and sound advice. He was bitterly disappointed with his seventh place at Seu D'Urgell, firmly believing he had the ability to get a medal.

Now a student on a business studies and sports coaching course, he is looking for a marketing or promotional opportunity and plans to combine career with his chosen sport.

Mike's training both at home and at College is on flat water, but he loses no opportunity to travel to Tryweryn, Mile End Mill on the Dee, and Nottingham where he will shortly take up an industrial placement. He feels strongly that his early canoeing years spent on the River Lune at Halton paddling, surfing and generally playing on the waves, together with taking every chance to paddle different rivers both at home and in Europe, have been the major reasons for success, coupled with supportive parents and sponsors.

His lone trip to Washington DC in 1986 seems also to have been a great motivator. One there, having lost everything on the way, he spent one week paddling with Davey Hearn under the occasional guidance of Bill Endicott, whose books grace the smallest room at home.

He advises young (!) aspiring C1's to listen to top paddlers - he has been influenced by Martyn Hedges and Pete Bell particularly. Mike met George Radford almost three years ago and regularly turns to him for advice.

He enjoys the camaraderie between the guys paddling C1. He suggests that next time you're at the finish just watch and you'll see that tremendous spirit in the class. Despite great rivalry between these chaps, they still save breath to encourage each other. There's a great

deal of "posing" to be done too, and someone somewhere suggested once that time spent fitting out C1 boats was something to do with delaying training time - Mike winked and continued to "glass-in" the straps!

Photo - Simon Bruty



JUNIOR SELECTIONS



MEMBERS OF U18 & U17 TEAMS

Photo: Mark Ratcliffe

Selection time is here again for the Juniors - 2 for the J18 / J17 teams and 2 for the J16 squad - 4 weeks on the trot for J16's with high hopes! So preparation is essential, this means daily training plans, the correct diet, no drinking or smoking, bed by 10pm before events then get up early, but not too early, check out the course, and get to the course soon enough to warm up but not early enough to leave fretting time. A tough assignment - and just as bad for the paddlers, I'm told!

J18 and J17 Selections Tully and HPP

Well - they both had plenty of water. Grandtully was the highest seen for years and HPP was so full there was hardly a stopper to be seen.

Tully was as splendid and majestic as ever, and, being the first day of a double

Prem, guaranteed to be busy. The course was long, with big sprints and crosses - a good design and a great challenge ; well worth going, even if you can't understand a word the organiser says!

HPP was wet and deep. The race was delayed until Sunday in case some of the Trent went away, but on Sunday morning the course was still flooded back up to the first wooden bridge, so the best had to be made of what was available. The result was a surprisingly good course, with a memorable gate 10 to 13 sequence, very tight and technical, with some heart-stopping moves from lots of paddlers.

The day finished in the sunshine with everyone feverishly calculating points - "Am I in ?" . It was close, and some good paddlers just missed out, but some good news for the J17 team - they are going to the Pre-Worlds with the J18 team .

The results were -**Junior 18 - Pre-Worlds Team***K1M*

M.Stephens K.Gaster
C.Hendy P.Francis
A.Stuart P.Ratcliff

K1L

L.Simpson C.Daniels
R.Doherty E.Player

C1

T.Morgan C.Brown N.Gray

C2

P.Janes and A.Dancer

Junior 17 Team*K1M*

P.Francis A.Stuart
P.Ratcliff J.McCalla
K.Kerswell J.Croft

K1L

C.Daniels R.Doherty
E.Player N.Hulse
J.Ayre S.Masters

C1

N.Gray J.Scott

J16 Selections**Tully, Tryweryn and Cardington**

Meanwhile, the Under 16's were battling for places in Scotland and Wales.

Quite a lot of them had taken part in the J18 / J17 selection at Grandtully - and stayed up for the week - lots of big water and some skiing as well until the sun came out. Saturday started with lots of confusion with team entries ; it's amazing how many regular Division I teams can't get their team entry all on one card, properly filled in, with the correct and complete money. The result was lots of rearranging teams, mumbles

**HOPEFULS FOR U16 SQUAD SELECTION**

Photo: Mark Ratcliffe

and moans, and extra work for the organiser. He charged the legal double for late entries and I don't blame him, more should in those circumstances.

The course was long and a bit of a slog in parts with gate 5 on the opposite side of the river to gate 4 and 6 - almost in the next county. Gate 7 was fun as well ; the Jury (comprising BCA, WCA and SCA officials - nice to see them working together) decided that the move from 7 to 8 was too tough for the Ladies and took it out. The Ladies decided it wasn't, and forced it's reinstatement. 10 out of 10 for good intentions and two correct decisions made by the jury.

Something seemed wrong at the Tryweryn, it took a long time to register that the sun was shining and we weren't being bitten to death by midges.

The course was very different. Because of the rescheduling of the Senior selection race from the previous Sunday at HPP (too much water) the river was being shared and the Prem selection event finished below Ms Davis' fall, with the Division I course starting a short distance above the first bend. This made a good warmup on the river difficult. The finish was below Chapel falls, leaving the Army Bridge fall in the middle of the course. The result was a course with lots of unusual moves and using sections of the river not often raced on - not too much advantage for the home locals.

A warning - both here and at Tully warnings were given for deliberate opr careless repetition of gates during practice. Looks like the judges are paying attention this year so stick to the rules!

Then a special treat for all J16 hopefuls,

a day at Cardington to train and make the final selections. The good news is that Cardington has been re-equipped and no longer eats boats. The vertical boards have been replaced by fibreglass rocks which make a much better course than before. The morning was rather crowded with perhaps too many boats on the course at one time. The afternoon was much better being a mini-competition of complete runs the whole length of the course. I'll look forward to events there in the future and leave my throw bag at home.

The final selections were -

(No Canadians came to be selected)

K1M

H.Davies J.Dean P.Ebrey
B.Gray L.Hoare D.Irvine
M.Jesson S.Moffitt
G.Mulholland M.Wignall

K1L

C.Johnstone C.Pritchard
H.Stobbert T.Warman

LATE NEWS

During the winter the Junior Slalom Squad have been busy raising money for team tours/camps this summer, especially the combined U18/U17 tour to expensive Switzerland in July. They raised nearly £1000, an average of around £50 each, with Paul Macdermid topping the bill with over £100, with sponsored paddles and sales of "Canoe-Kayak '89".

TRAINING CAMPS ABROAD

J.J. Morocco Trip 1989

On a wintery day in December, after battling with flying slalom poles and frozen hands, we decided that our dream of paddling in the sun in winter must become a reality. Morocco it was!

After getting information from various sources ranging from water conditions to the potent home brew, we were on our way - six weeks of sun, good water and an experience of a different way of life.

Our group consisted of Jim Jayes, Joan Cawthray, Richard Lee and CARol Jones (all premier paddlers). The trip to the African Continent took two and a half days - Ferry from Plymouth to Santander (24hrs), one day travelling to the Gibraltar Straights, one and a half hour ferry crossing with half a day travelling in Morocco to the first slalom site.

Our first slalom site (as instructed by the members of the French Slalom Team) was situated near a major city, Fez. But when we got there, the river wasn't there. We expected a Grade 3 site, just below a Grade 4 gorge - Moroccans build dams damn fast!

Next stop - Kenifra, small garrison town. We always paddled above towns as they haven't really perfected their waste disposal yet. Anyway, this site was a Grade 2/3 circulation site, ideal for competition with local children running up and down the bank yelling in Arabic. We couldn't find the local campsite, what about a hotel? It could be expensive - we lived like kings! £6.50 full board! Excellent meals, clean rooms, and we met a lot of nice people.

After a week, we moved on to the surf.

We had heard numerous stories about the surf on the Atlantic coast, but what we found was out of this world. Fantastic beaches, sand, sun and surf with the odd camel wandering around. Some places we surfed 6-8 foot waves with runs lasting 90 seconds. Endurance sessions involved head-to-head racing out through the break - equivalent to going through about 15 highly irregular stoppers.

After eight days beach bumming around we whizzed up the Moroccan M1 via Marakesh - watch out for overtaking donkies - back to Kenifra, to continue our slalom training. Many of our sessions consisted of full runs with very long rests to top up the suntan. Some endurance sessions were done in the evening after the heat of the day.

With daytime temperatures varying between 16-24°C, it made a welcome break from previous February paddling. The cost of the six week trip was £500 per person which included a three week stay in a hotel, other times we camped. The total mileage for the trip was 5000 miles, with only one puncture! A video is available on request.

By Joan Cawthray

STOP PRESS

The Slalom Sprint Series at Holme Pierrepont has been cancelled due to lack of interest.

Nottingham is currently trying specific releases on specific days of the month. Check for current details AND MAKE USE OF IT!

The Canadian Article by Bill Endicott has been held over due to lack of space.



RACHEAL FOX

GRAVEYARD PREMIER

Photo: CHRIS WORRALL

J.J. COACHING

Jim Jayes, Coach to :-
Members of the British 1989 Senior and Junior Teams.
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Slice Thru' Stagger Method - This involves much more turn **in the gateline** but care must be taken to leave room for the paddle blade to be sliced between pole and boat.

- This is the best method for tight, close staggers which require less boatspeed.
- It is also best for preventing over-rotation after the gate.

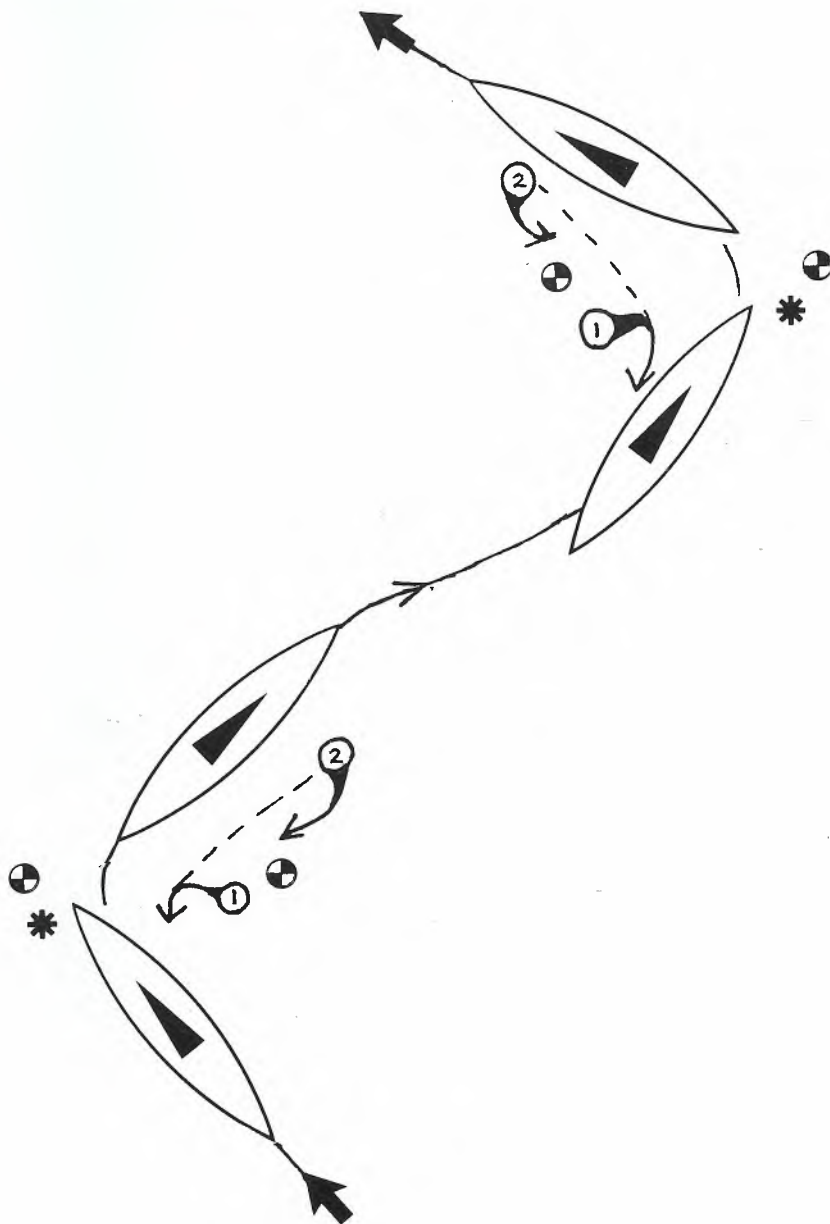
Model 2: Slice through stagger method

Turning in the gate

- ① **Bow rudder** (bows at *) putting bows on the gateline and turning the boat towards the next gate

Drop the wrist, turn the drive face of the blade **in towards the boat and** slice the blade across the gateline.

- ② **Forward power stroke** turning into **stern sweep** to prevent over-rotation.



To summarise on staggers:-

- Make sure the turn is 'set-up' BEFORE each gate.
- Try and anticipate where over-rotation may occur. Be ready for it!
- Aim to incorporate the strokes sequence into the **rhythm of forward paddling**.

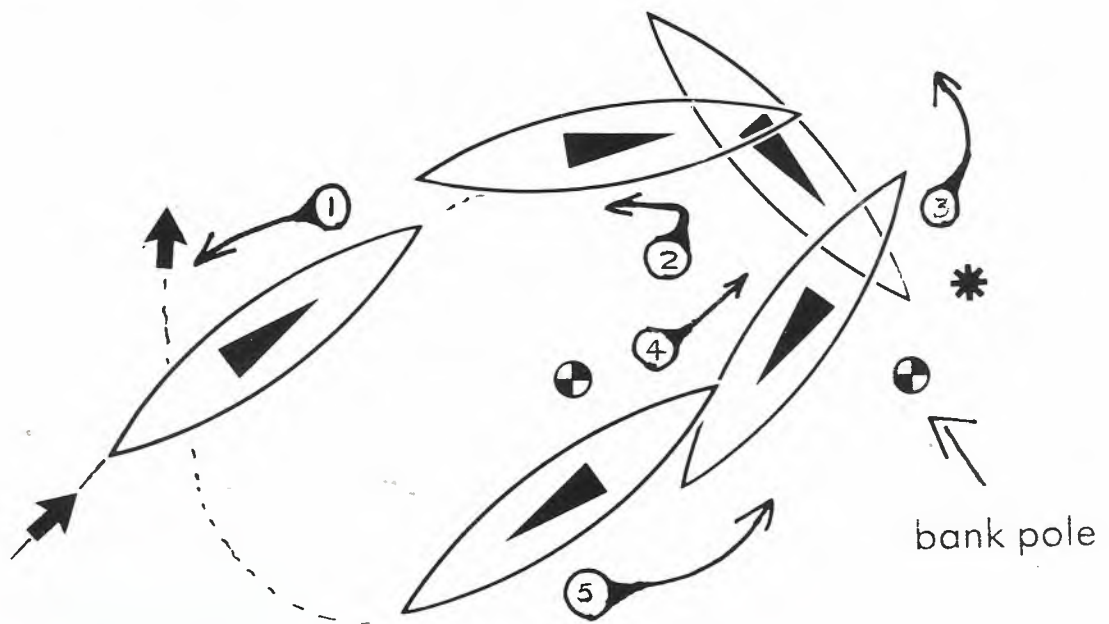
Forwards upstream moves

These gates will have 2 red poles and usually be situated in an eddy or slack water. They are normally passed in a forwards direction facing upstream and are called **BREAKOUT** or **UPSTREAM** gates.

5 Stroke Breakout - This is the best breakout for maintaining boatspeed and therefore physically easier to do so. (Especially for the Ladies and Juniors)

- As most of the turn is done before the gateline it is safer penalty-wise.
- This is the best breakout for maximum speed **out of the gate**.
- Make sure there is room to turn in the eddy below the gate.

Model 3: 5 Stroke breakout



- ① Early **forward sweep** as 'initiation stroke' the aim is to get behind the bank pole
- ② **Bow rudder/forward power** leaving bows short of the gateline at *
- ③ **Forward sweep** putting bows on the gateline.
- ④ **Forward power and exit angle adjustment**

This adjustment will only be necessary if there has been no drive behind the bank pole on stroke 1

- ⑤ **Forward sweep** to exit, reaching across the gateline
The boat should be angled so that the next stroke can be a forward power taking the boat **downstream**



MARIA FRANCIS WINNER KIL GRAVEYARD PREMIER

Photo: CHRIS WORRALL

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BUSHSPORT

SOUTHERN JUNIOR WINTER TRAINING

On the 10 / 11th December the first weekend of Southern Junior Winter Training took place at Newbury. Details of the weekend has been posted to everyone beforehand and we were asked to check in by 9.30am on the Saturday morning. Brian Fuller introduced us to the organizers and coaches and then divided us into eight groups each containing four or five paddlers. The ability of the paddlers ranged from Division Three to Division One but each of the eight groups comprised paddlers of similar ability.

Once changed, everyone got on for the first water session. This was the only time during the weekend when all the groups were on the water at the same time so it meant that not everybody could use the gates which were available further upstream. As it turned out this did not matter as some of the groups spent the entire first session (1 hour 15 minutes) working on their forward paddling technique.

When paddlers were not on the water there were other activities such as goal setting sessions, log book discussions, video analysis and discussions on winter training programs.

Accommodation and meals were provided at a cost of £9 which was very reasonable, for although the sleeping arrangements were basic (the gym floor), the food was excellent.

On the Saturday evening we all went down to the gym where warm up techniques and circuit training sessions were demonstrated. This turned out to be far more tiring than I thought and made me realise the importance of general fitness and the development of all muscles, not just those specific to

slalom. After this we were finally allowed to relax for what was left of the evening.

Sunday ran to a similar schedule up until 5.00pm at which time we all packed up and went home. All in all it was an enjoyable, smoothly run weekend and a good start to the winter training program.

The second weekend took place in Nottingham on the slalom course. Here we had the opportunity to transfer skills learnt at Newbury on to whitewater. Once again there were two water sessions on each day plus a gym session on the Saturday evening.

The first session was just a chance for everyone to get used to the water, paddling down the course, stopping to play in the various pools. After this, as at Newbury, each group did its own thing with only four groups on the water at any one time. For some of the paddlers it was their first experience of the Holme Pierrepont but for others it was their regular training site. However I think most of us learnt a great deal from the weekend and we went away with a good idea of our strengths and weaknesses.

The third and final weekend also took place at Nottingham. It centered around a competition which was to take place on the Sunday morning. This went ahead despite the fact that the river was badly backed up so that only the first fifteen gates could be used. This meant that the running times were short at around two minutes. The Saturday was spent training on the course along with the usual off the water discussions and another gym session in the evening.

Sunday morning came and the runs started at 10.00am. With only a one hour gap between runs the whole thing was

over by dinner time, despite the fact that a section of barbed wire fencing became wrapped around the tadpole rock and took some time to move. After lunch we got back on for a final play around before eventually going home.

Overall the winter training program was a great success. The organisation was excellent as was the standard of coaching. It certainly turned out to be great value for money and to anyone thinking of taking part in next year's winter training program, whether they be Division Three or Division One I would strongly recommend it.

Report By J.C.S.

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JULIAN SALISBURY

SOUTHERN JUNIOR WINTER TRAINING

Photo: Joe Mullholland

ALAN'S ANSWERS

Competition Preparation For Canoe Slalom

Approaching your 'peak' competition time, the emphasis should be on merging together all the component parts of your programme to achieve the correct blend that works for you on the race day.

Significant gains should not be the aim but rather consistent, quality reproduction of what you can already do. Remember the most successful athletes are those who can produce their best when it's needed on the day, and not just in training.

What you can do in this final phase will obviously be influenced by your own budget, work or college requirements and by the level of your commitment. What was adequate in the winter might not be acceptable in the final phase.

Warm-up / Warm-down

As you approach your first competition it is vital that you have an efficient and adaptable warm-up that works for *you*. It should have been a long-term aim of your winter programme to develop one. You should be prepared to warm up without gates and on some sites without water! Be certain of when you need to warm up and how long for. The best area might be below the finish, so check it out! You will discover that it reduces stiffness in the arms and leaves you feeling sharper for the next run.

Mental Rehearsal / Review

This is literally a 'video in your head' - and it will help you prepare the course

and to concentrate better when there are other distractions around. It gives you confidence because it is *your plan*. During your warm-down use it to compare what you *did* with what you *intended*. This is especially important whilst you are still in your boat because the 'feelings' are still fresh plus there is no one around to distract you. Mental Rehearsal and Review are learned skills. You need a lot of practice in training before you can accurately 'see' and prepare the *track* of your boat, the pockets, the strokes etc.

When you are learning to do it, you might find writing it down helpful and/or discussing it with your coach, Dad, Mum or even another paddler. *But* then you must go away somewhere quiet and think it through yourself in your 'mind's eye'.

Remember.....NEVER paddle on gates without using it.

Competition Food / Eating Times

Again, this needs working out in your training and will differ between individuals. Experiment with what you can eat for breakfast and during the day. Does the meal the night before affect what you eat on the race day?

General advice:- try a high carbohydrate meal the night before, pasta or rice etc. Avoid anything fried for breakfast *but* don't skimp on it - it may be your last meal for some time. This may mean getting up earlier! Make sure you have some suitable light snacks available through the day. Hot and/or cold drinks, muesli, cereals, milk, bread, honey, jam, chocolate, fruit. There is a lot of hanging about at 'time trial events' so be prepared. If you are unsure - check it out

in training. Also it's useful to ask other paddlers what they eat and maybe to read about athletes in other sports.

Boat Training - Final Competition Phase

Speed should be present in every session at any time of the year (except perhaps in the initial stages of learning a new technique) but during this final phase the quality of that speed should be developed in the following ways:-

1. **As much whitewater gateway as possible.** This is the most crucial time to be on rough water - regardless of the type of work you are doing. Make sure you change the courses after 3 attempts.
2. **Sessions specifically simulating competition.** Courses as full length as possible - prepared from the bank - 1 practice run and 2 timed runs with a long recovery (20 minutes if possible) - Good food planning; mental rehearsal/review; warm-up/warm-down; coach/paddler relations. Especially effective if you miss the practice run. It makes the preparation harder and simulates a typical Sunday morning situation at Novice to Div 1 events. Given good weather and good water this can be a very enjoyable and highly competitive session. Allow 2 hours.
3. **Short Interval Training on gates or on flatwater.** The theory behind this type of training is that you paddle over a distance shorter than race length. Length of course, number of repetitions and length of recovery can be varied to produce different training effects.

Generally, in this final phase the

recovery should be the same as, or longer, than the work interval. This allows for a higher *quality* of work. Final phase preparation should include:-

(a) *Courses lasting 15-30 seconds, develop strength and the ATP-PC systems.* These provide the explosive power and acceleration that all slaloms demand. Course design could be - standing apart; breakout; cross; reverse move and finish sprint. Total the repetitions to be just over full slalom length. Then change the course. 5 courses maximum. Recovery average 1:2. Remember the effort must be maximal for this training to be effective - So warm up very well and have at least 3 minutes between courses.

(b) *Courses lasting 40-80 seconds to develop the Anaerobic energy system.* When you work at high intensity for over 40 seconds approx the aerobic (oxygen) system can no longer fuel the muscles. Muscle glycogen becomes the energy used - hence the Anaerobic system (without oxygen). Effort should again be maximal, but resting to fully recovered. If in doubt use Heart Rate return to 120/130 bpm as a guide. This recovery must be active and will vary depending on the endurance fitness/age/experience of the paddler. For this type of training the courses should be fairly open - 3-5 reps then change the course - 3 courses maximum. Avoid just before competitions. 2/3 sessions a week maximum.

(c) *During this final phase don't neglect totally the endurance part of your training.* By shortening the rest; increasing the number of tight/difficult moves; increasing the difficulty of the water or by increasing the number of reps/courses you can easily switch the

demands of the session. At least 25% of your training in this phase should still be endurance based.

4. *Penalties* must be recorded and examined in detail during this period. Learn to hate them !! Increasing the Quality means.....*reducing the penalties*. Be very careful that you don't sacrifice your safety margin in attempting to increase speed. You are interested in consistency at speed, *not* flashy one-off screamers!

5. *Competition Practice* is essential as your first event approaches. Apart from your simulation work in training try to enter some mini-slaloms, open events or officials events to help you acclimatise with sitting on that start-line. It's also good practice for race diet, warm-up and course preparation.

6. *Race Strategy*. Here are some points to note for each run:-

Practice Run(s). Use them very carefully, accurately and at race pace. Do a full preparation from the bank *before* you get on. Warm up for your practice. Try to avoid trial and error repetition. Remember when you get to Premier there is only 1 practice and there are no Team runs before your individual run. Watch other paddlers to get ideas *but* have confidence in *your* plan. Decide on a move and stick with it!

1st Runs. Make sure you are warmed up enough - especially on Sunday mornings. Be certain about your pace. Race Pace does not mean flat out all the way! Some sections will require a slowing down, others full acceleration - identify them in your mental plan.

Try to put penalties or mistakes out of your mind until your review. If you retire or stop trying it must affect the quality of your second run. The winners of slaloms

are often those who deal with their mistakes best.

Watch out for things done well. Do you really know *why* they went well? Can you repeat them?

Beware of the 'Go for it' syndrome. Slaloms are rarely won consistently like this.

2nd Runs. Hopefully much of what you did or planned to do on the first run was right. Therefore as much as possible should be repeated. Make as few changes as possible. Try to identify the key areas where there is time to be gained, a line to be improved or just more effort needed. Beware of easy gates just before or just after a difficult sequence - mistakes are common here due to lack of concentration, anxiety, elation or despair.

7. *Split Times*. These are useful to decide on different routes and techniques - try to find someone who will take them for you. Make sure everyone you take is paddling at race pace, fairly penalty-free and of a standard appropriate to you. Try to take at least 5 boats down a sequence before you make any decisions. Most splits last about 10-20 seconds and would normally be done in practice.

Splits are also useful during the competition over a longer section (say a quarter length course) to find out where you losing and gaining time on your opponents. They are the most useful type of feedback after a race, giving you something to analyse and work on it training.

Slalom performance is difficult to measure and this is one of the best ways of doing it - but it needs organisation. Don't be too ambitious by taking too long or too many paddlers.

Alan Edge, GB National Slalom Coach

REGIONAL ROUND-UP

SOUTH WEST REPORT

The South West Region Slalom Selection

This is to be held in with the Symonds Yat Division 3 on 30th September / 1st October.

We need all classes of paddlers, both Senior and Junior. We would like to get a good team together to go to Llangollen on the 28th / 29th October. This is a great weekend so please do come and try for the team. Entries to be sent to the event organiser and cheques to the South West Region account. Also, if you are on the phone I would appreciate the number so contact will be easier.

I look forward to seeing you at Symonds Yat.

- Congratulations are in order for the Ladies of the South West. Karen Davies has been selected for the British Senior Team going to America for the World Championships. Also I'm very proud to say that my daughter Clare has been selected for the British Junior Team in the Under 18's at Switzerland in the Pre-World Championships, and also for the Under 17 Youth Team. Well done, and best of luck to both. Other young ladies are also doing well. Jenny Roper is in Division I and working hard. Stephannie Wyatt and Clare Cunningham have both been promoted to Division II ; Keep it up Girls!

- A word about Grandtully. What marvellous water and excellent for the selection event but somewhat marred by bad judging - and do the Scots volunteer

or are they forced to work? Whichever, a smile costs nothing at all, we all know it's hard work but courtesy goes a long way to help these events run smoothly.

A sad note to the Grandtully event was the tragic accident and loss of Simon Warden, such a nice person. Our condolences to his family.

Our best wishes for a speedy recovery to Spencer Cook and Tim Brendish, we wish you well.

**Danny Daniels,
Slalom Rep South West.**

EAST MIDLANDS

The event to select two clubs to represent the East Midlands will be held at H.P. on Sunday 23rd July 1989. It is proposed that this event will be used as a selection event for the Regional Team for the event held at Llangollen on the 28th / 29th October 1989.

Any paddler who wishes to be considered should try to enter this event either as part of their club team or as an individual doing a Judges Run and inform the organiser that they wish to be considered for selection. If you are unable to attend the event please write stating your reason for not attending and the class you wish to be considered for.

The Regional team is made up as follows -

- 3 K1 Men
 - 3 K1 Men Juniors U18
 - 1 C1
 - 1 C2 (Boat)
 - 1 Lady Paddler
-

Entries from Clubs and individuals should be received as soon as possible before the event. If clubs are unable to give actual names a blanket entry will be accepted - actual names to be available no later than 4 days before the event. Inter Club rules will apply - see page 67 of the 1989 Year Book for details.

Entries to -

Pearl Mulholland,
23 Riddings Allestree,
Derby
DE3 2GD

The East Midlands Pool Slalom will be held at Bramcote Pool, Nottingham, on the 6th January 1990. Put it in your diaries NOW!

LONDON / SOUTH EAST

We would like to offer our congratulations to the following paddlers from Shepperton CC on their selection :-

World Championships -
C2 Richardson / Thompson

Intermediate Team -
K1M Rob Wright
C1 Richard Domoney
Toby Morgan

Junior Pre-Worlds -
K1M K.Gaster
C.Hendy
A.Stuart
K1L E.Player
C1 T.Morgan

U17 -
K1M A.Stuart
J.McCalla
K1L E.Player

The **S.E. Region Individual and Inter-Club Championships** are being run this year by Marlin CC at Shepperton Weir on July 22/23.

Individual Events (All Divisions) -
Mens K1
Ladies K1
C1

Inter-Club -

Each club may enter a team consisting of up to -

1 Premier Man
1 Division 1 Man
1 Division 2 Man
1 Division 3 Man
1 Division 4 Man
1 Novice Man
1 Premier or Division 1 Lady
1 Division 2 or Division 3 Lady
1 Division 4 or Novice Lady
1 C1
1 C2

(Paddlers may be substituted from a lower division).

Team Event -

Premier/Division 1/Division 2 Men
Division 3/Division 4/Novice Men
Lady/C1/C2

(Paddlers may be substituted as above).

Entry Fees - Premier/Div 1 Teams £3.00
Div 2/Div 3 £2.50
Div 4/Novice £2.00

Please contact -

Vince Lamph (L.S.E. Reg. Rep)
Flat 6
36 Manor Road
Beckenham
Kent, BR3 2LE
Phone (01) 650-0197

Slalom Trainers Course -

It is hoped to run a Slalom Trainers course in November or December of this year. Details haven't been finalised yet but this is a great opportunity for parents and older paddlers alike to learn the basics of successful coaching. If you think that you may be interested please give me a call or drop me a line ; first come, first served!

**Vince Lamph,
Regional Slalom Representative**

EASTERN REGION

Press Release -

The 1989 National Inter-Club Slalom Finals to be held at Cardington, Bedfordshire on September 9th/10th, is being sponsored by the Bedfordshire Brewery of Charles Wells Ltd. and is being named after one of their low alcohol lagers. It will be known as the "Talisman Inter-Club Slalom Championship Finals"

**TASTE
IN
TALISMAN
ALCOHOL
OUT**



CHRIS DAVIES TRYWERN DIV 1 15/16 April

Photo: Joe Mullholland



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GRAVEYARD PREMIER

Photo: CHRIS WORRALL



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RESULTS

Slalom Report

Hambleton Div 1 - 18/19 March 1989

Here we go again! First Div 1 of the year, guaranteed rain, mud and a long slog to gate 10ish and over your head in foam round the corner ! After major front wheel drive problems the last two years, we decided to leave the caravan at home and commute - Hambleton and hot baths go well together.

An early start Saturday morning - got to get there and have a good look at the course. No rain so far, and not too much mud if you keep the speed down across the field, and what have we here? An interesting, technical course! Few sprints, if any, and a gate 4/5 sequence which employed billiard "in off" tactics, a good move was to bounce off the weir backwards through 4 and 5 to get a perfect line on 6.

Gates along the first weir were less easy than they first appeared to be and sorted out the technicians from the sprinters (how many of you trained for a heads down and sprint course?) and gates 14-17 sorted out which paddlers (and judges) knew the new rules! Lots of 50's and good spectator sport.

The event was well run and the course well designed. Hambleton need no longer be thought of as a sprinters' course - let's see more good courses at all divisions in the future.

Hambleton Div 1 18/19 March 1989

K1M	1st	Nicholas Barton
	2nd	Dominic Florey
	3rd	Andy Stewart
K1L	1st	Lindy Spiller
	2nd	Sally Masters
	3rd	Juliet Grace
C1	1st	Matt Gibbs
	2nd	John Willacy
C2	1st	Osborne/Shreeve
	2nd	Green/Green

Teams

K1M	1st	Croft/Ackroyd/Read
	2nd	Stuart/Bunce/Bridges
K1L	1st	Spiller/Carr/McSweeney
	2nd	Marlow/Bricheno/Wells

Canadians

	1st	Scott/Gray/Hepworth
	2nd	Green & Green/Gibbs/ Middleton

Batchworth Weir Div 4/N

The second Division 4/Novice Slalom was held at Batchworth Weir, Rickmansworth on the weekend on 18/19th March 1989.

The weather changed from bitterly cold winter conditions on Saturday, to warm spring-like conditions on Sunday. The River Colne was very high on Friday when the course went up, and, sadly for the paddlers, BWB found it necessary to lower the level overnight on Friday, and by Saturday evening the Weir section was not such a challenge. However, the stopper on this Weir has its own peculiar little ways if not treated with respect, and it managed to catch a few people out on Sunday.

Two Royston paddlers, noted for their sense of humour, introduced an interesting new means of legalising the ends of older slalom kayaks. Comic relief noses glued to bow and stern, work extremely well, and bring the craft well within the required specifications. Somehow, red-nosed kayaks are a lot more fun than the lolly mould models.

The Nomad Kayak Club, host club and organiser, looks forward to welcoming competitors to the event again in 1990. Less than 50% of this year's entries came in by the closing date, far too many entries to be practical. This could have led to the event being cancelled. Don't make life hard for overworked Slalom organisers; please get all your entries in on time for the rest of this season and next.

Results

Ladies K1 Division 4

1st	Caryl Mayes	Nomad Kayak Cb
2nd	Anne Barrie	Nomad Kayak Cb
3rd	Tracy Hawkins	Nomad Kayak Cb

Ladies K1 Novice

- 1st Aileen Morgan HOPL
 2nd Laura Mayes Nomad Kayak Cb
 3rd Jo Cardwell Ealing

Mens K1 Division 4

- 1st Dave Holman Shepperton
 2nd Matt Buckland Nomad Kayak Cb
 3rd Michael Osbourne Whitmore CC

Mens K1 Novice

- 1st Robert McCaffrey Batchworth
 2nd David Gray Abbotts Langley
 3rd Bruce Stephen Meridian

C1 Division 4

- 1st Mark Diamond Windsor
 2nd Nigel Abel Shepperton
 3rd David Morgan HOPL

C1 Novice

- 1st Dave Holman Shepperton
 2nd Graham Bourne Hemel Hempstead

C2 Novice

- 1st Richard Brandon/Al Pipe
 Nomad Kayak Club
 2nd Stuart/Vince Ealing
 3rd Ivor and Emma Stocker PC4

Report by Anne Barrie,
Hon Sec, Nomad Kayak Club

Canford Weir Div 4/N 6/7 May

As usually seems to be the case with Winchester run events the weather forecasted sun for the weekend and we were not disappointed, although it was cooler than expected.

The event was even more popular than last year with many late entries, which were admirable coped with by Mrs Goodwin, and fitted into the programme by the Slalom Sport computer.

As usual we were up soon after 6am on the Saturday morning and were surprised to find only a couple of Canford School paddlers on the water. At least that gave me a chance to paddle without a large audience! The course was rather different from previous years but still demanded a

good level of skill and fitness to do fast, and despite the half dozen stoppers, five drops, and a weir, was coped with well by novices who were spared the two gates actually below the weir.

The event ran well to time and the excellent results service kept paddlers well informed as to their ever-changing fortunes. School paddlers who hadn't previously entered the event did very well and could well reach the standard achieved here in Joe Lyons' day.

Reasonably priced food of a high quality was served all weekend and the Winchester organisers ran the event in their usual friendly, efficient way. Of course the prize-giving was the usual huge array of attractive prizes, some 46 in total, with a couple added by Slalom Sports ; a camera for the youngest (aged 8!) and a "T" shirt.

Canford Results -**Novice -****K1M**

- | | | | |
|---|-----------|---------------|-----|
| 1 | D.Ellison | RNKA | 151 |
| 2 | N.Tuffley | Poole Harbour | 155 |
| 3 | V.Boone | PHCC | 159 |

K1L

- | | | | |
|---|-----------|---------------|-----|
| 1 | L.Clemens | Hammersmith | 187 |
| 2 | E.Hewitt | Poole Harbour | 189 |

C1

- | | | | |
|---|------------|------------|-----|
| 1 | G.Jeffries | Canford | 166 |
| 2 | A.Pengelly | Millbrooke | 173 |

C2

- | | | | |
|---|---------------|---------|-----|
| 1 | Harris/Wright | Bristol | 195 |
|---|---------------|---------|-----|

Team

- | | | | |
|---|----------------------------|-------------|-----|
| 1 | Clemens/Clemens/Cunningham | Hammersmith | 226 |
| 2 | Travers/Hewitt/Hall | Scratch "A" | 229 |

Div 4 -**K1M**

- | | | | |
|---|------------|---------------|-----|
| 1 | D.Allchin | Canford | 145 |
| 2 | G.Jeffries | Canford | 150 |
| 3 | S.Sinclair | Fairthorne CC | 164 |

K1L

1	L.Holley	Wellington KC	188.
2	J.Stewart	Poole Harbour	191

C1

1	J.Lee	BCCC	170
2	K.Kerswell	Newbury	170

C2

1	Harris/Bud	Millbrooke	197
2	Elston/Blackmore	Taunton CC	207

Team

1	McCormick/Johnson/Whitworth	Scratch "A"	211
2	Elston/Blackmore/Holley	Taunton	230

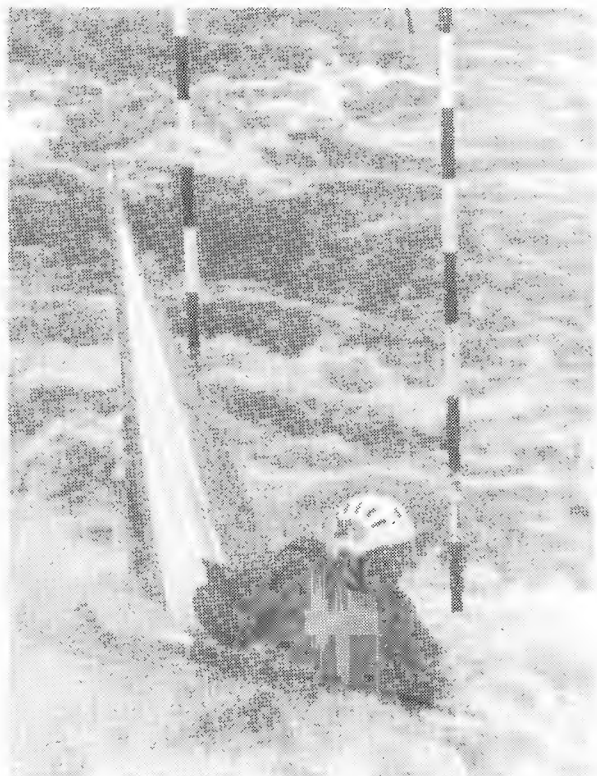
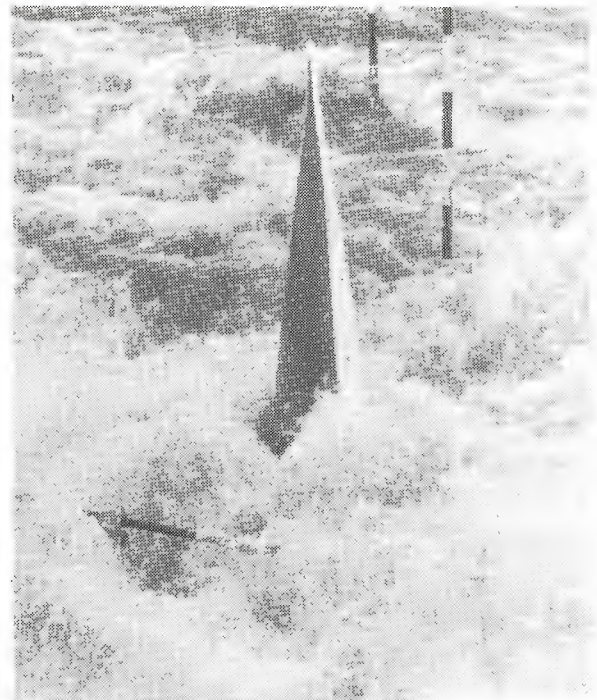
Report by G.P.D

Shepperton Div 2 March 4/5

Last year's Div 2 here had a lot going for it, but this year was different... bigger and better. I doubt if many people have forgotten Gate 15.

Saturday morning gave people a taste of the weekend's water with nerve being the order of the day. The weather was reasonable, the course tricky. Team runs went O.K. but with lots of penalties. It was good to get off the water for a hot drink and a hamburger, which was very good but also very expensive.

An early paddle was necessary Sunday morning as the water had dropped overnight, making the top "V" cross tend to stopper more often, and more boils had formed around Gate 14. During first runs some less daring paddlers changed their strategy and crossed below the "V" wave which resulted in many 50s on Gates 12-15, and several C1s had to retire on Gate 11 (Gate 11 was later moved to the right to give them a chance). For many people a good result depended on the second run but many still surfed and looped at Gate 15, yet 1 or 2 paddlers caught the wave correctly and finished with fast, clean times. So overall the weekend was very enjoyable and gave many people a real taste of slalom canoeing on wicked water.

Report by Jason Hill

UPS & DOWNS of SHEPPERTON DIV 2
Photo: GDN

Martley Div 4/N 22 / 23 April

Friday night was a fine clear night with what looked like rain in the distance. Over the tops of the hills towards Worcester gives us a beautiful view of the countryside.

The access to the slalom site was very well signposted and was along a concrete road, a welcome change from the usual potholes, especially with a caravan on the back. The field was a lovely green, no mud, and was right on the river bank. Ideal for the normal canoeist, prized out of bed onto the water, then back into bed.

Kinver must have gone through gallons of toilet fluid, I think the facilities were among the cleanest I've come across, plenty of them too.

Access to the water was easy but there was a bit of a scramble up the bank at the finish. A twenty gate course, with nine upstreams provided some interesting entertainment. The course was such that there were not a lot of penalties collected but there were vast differences in times, where the paddlers had a choice of entry or exit to a lot of gates.

The Welsh North-South competition was revived when somebody noticed paddlers from Aberavon and Bala on the start list. Paul Ebry of Bala won the Div 4 C1 but Aberavon got their revenge in the Novices C2.

The weekend passed without any capsizes. This I think is good as at this level of competition the idea is to encourage paddlers, not to put them off.

Current Trends

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