



RAPID TIMES

Welcome to the April edition of Rapid Times

This edition is a little earlier as there are a few club events taking place early at the beginning of April and we wanted to make sure you are completely up to date with what is happening.

In this newsletter we will be looking back at March, while also bringing you up to speed on events planned for April. The main topic for this month, will be the club sessions returning to the River and the planned location change, as well as the trip to the Lake District. In other news, we will also confirm the next club expedition which is planned for July and the mid week river sessions for May. We also have Tony Rapids, the youth committee part of our newsletter. There is also an update with Tiny Rapids.

The Month that was known as March

I don't know about you, but March seemed to go in a flash and we are about to start April.

During March the club held its last 2 pool sessions before we move from the warmer waters of indoors to the tropical temperatures of the River Witham (if only!!!!). As we mentioned in the last newsletter, all the attendees of the pool sessions have made really great progress with their skills and the coaches are really looking forward to seeing all that good work transferred onto the river.



The club also held a kit check, in preparation of us returning to the river. This allows the club to carry out an inventory check, making sure the equipment is all up to standard and identify any items that need to be replaced. We also put all the air bags back in the kayaks (as demonstrated by Greg in the picture). As always, we to try make this a bit of fun for those turning up and this year we had a pretty good turn out which I think was in part due to the promise of cake (thanks to those that either made or bought a cake, they were very much enjoyed and appreciated).

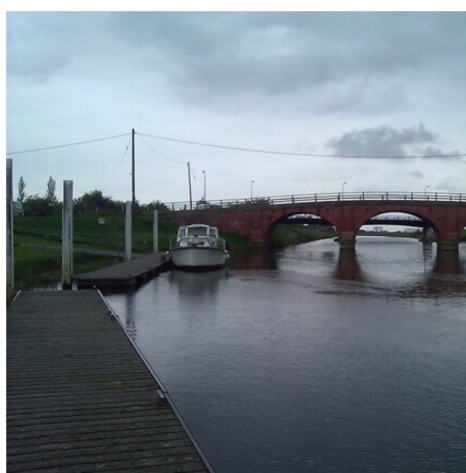
No club newsletter would be complete without a little note on memberships. For those that have not been to a club session so far this year, but plan to come down to the river, can I ask you bring a completed membership form and the relevant fee, if you have not already posted or passed to Brian Wardell. Thank you.

What's coming up in April

April sees the club venturing out onto the River Witham and coming away from the pool until September.

Not only will this see us back out on the river, but we are also basing ourselves from a different location on the River Witham. For the last 3 or 4 years we have based the river sessions from Kirkstead Bridge, this has been a brilliant location, however parking last year was becoming a bit of a premium and the trip to the put in point is a bit time consuming. Therefore the committee decided to give Tattershall Bridge, a go. The parking is good, for both paddlers and the trailers, we are also a lot closer to the river from the road, while the facilities are very much the same as Kirkstead in regards to a pontoon.

Tattershall Bridge is on the A153, if you are coming from Sleaford please take the right hand turning before going over the bridge. Follow the road down towards the river and you will see another bridge in front of you with bollards across the entrance. This is where we will be basing ourselves, so you should be able to find plenty of suitable parking. Below are some pictures of the area to help recognise the correct location. When finding a parking place, please give consideration to the local residents, as we are visiting the river and do not want to cause any upset to those that live in the area.



3rd April

River Session - Tattershall Bridge

- The river sessions take place on a Sunday morning and not a Saturday evening as we do for the pool sessions.
- The start time is 10am, this is the time we want to be on the river, so please arrive 30 minutes before. As this allows time to get changed, fitted with a boat and get down to the put in on the side of the river.
- The river sessions are 2 hours long, so we will be getting off the water at 12pm. We will endeavour to take a break half way through, so please feel free to bring some snacks. A hot drink will also be a good addition especially for the first few sessions, until the weather properly warms up.
- Each session will start with a 10 minute warm up either on the bank or river.
- Please ensure that the people paddling have a change of clothes, they will be on the water so at least some part of them will get wet, if not all parts. It is also important that the paddler has suitable clothing while on the river to keep them warm, a wet suit would be great but it is not mandatory. The club can, as part of the session fee will supply a cag, spray deck (when a deck test has previously been viewed by a coach), paddle and boat. All other appropriate clothing needs to be supplied by the paddler.
- At the start and end of the session, the paddlers will be asked to transport their boats back to the trailers. Parents are more than welcome to help with this and any support in getting the equipment back onto the trailer would be greatly appreciated.

9th and 10th April

River Trip - White Water for Kayaks and Lake Windermere for Canoes.

- The plan is to travel up on Friday (8th), as we will be camping at Coniston Hall camp site, with paddling taking place on Saturday and Sunday. If the Friday journey is not convenient then please feel free to turn up on Saturday, start times can be obtained from Brian or Paul.
- For canoes on the Saturday this will be the first of the 3 lakes challenge, which is a total of 11 miles one way (hopefully the direction with the wind behind us).
- The Sunday morning will be a 4 mile paddle on Coniston Lake, which can be accessed from the camp site.
- For kayaks they will be paddling some white water for both days. The river levels are being monitored for a number of options and locations for both days will be chosen closer to the time.
- The club equipment is available for the trip, but you will need to arrange transport for it yourself as we will not be taking the trailer on this occasion. If you do need equipment please let Brian or Paul know in advance and we will arrange for an evening the week before to collect what you need.

17th April

River session - Tattershall Bridge.

- Start time for the session will be 10am.
- See notes above for river session information.

In April on the 23rd and 24th there is a Paddle in the Park event being run by British Canoeing at Holme Pierrepont (please see last months newsletter for the advert). The event is open to anyone wanting to paddle for free. There will be competitions and demo boats. They'll also be coaching workshops from World and Olympic Champions in a number of disciplines that will be available for just £5 per person, per workshop.

Other News

Canoe Expedition - 2nd and 3rd July 2016

The annual canoe expedition is to take place this year over the first weekend of July on The River Nene. Starting out at the village of Fotheringhay- the birthplace of Richard I, this 2 day trip is a flat water paddle through the beautiful Northamptonshire countryside. Organised by the youth committee and led by Dane and Jon, last year's trip was fully subscribed and a huge success.

The expedition is self sufficient and paddlers will take camping gear, food and clothing with them in the boat. This makes the trip into a real adventure and paddlers stopped over at a campsite on the Saturday night. Some parents joined the group at the campsite making for a social event but in a different corner of the field! Below are some pictures from last year's successful expedition.



Covering 17 miles over the weekend, there will be dedicated training co-ordinated with the Sunday club river sessions to include kitting the expedition boat out, rescues and endurance training

Places are limited to 8 youth members as a priority with any spare places opened up to adult members. The Youth committee will shortly be in touch with our younger members but parents who want to know more are welcome to contact Jon, the lead coach for this year.

Club Mid Week River Sessions

The club has decided to run some mid week river sessions starting on 11th May, up until 1st June. This will focus on kayak white water skills.

The sessions will be on a Wednesday evening, held at Newark weir, meeting there at 6:30pm to enable us to be on the river for 7pm. Each session will be an hour, with us getting off the water for 8pm.

The 4 sessions are aimed at all our members who want to improve their skills on moving water. Newark weir is a great location for beginners and advanced paddlers alike, with the club regularly using this part of the river, with previous club surf competitions also being held here.

An email will be sent out shortly to enquire what members would be interested in attending these sessions, so we can gain an idea of numbers.



TINY RAPIDS

Youth Committee Newsletter

We are Slea Paddlers Youth Committee, representing the youth of our club.

Hoping to give opportunities, as well as a voice to our youth members, we aim to inspire the next generation of canoeists and kayakers.

Our Committee is partaking in the '3 Lakes Challenge', which involves canoeing across a lake in England (Windermere), Scotland (Loch Awe) and Wales (Bala). The challenge shows great commitment and demonstrates strong stamina. This involves canoeing across lakes as a team, requiring great teamwork skills. Hopefully, the challenge will be completed with great success.

If anybody is interested in joining our Youth Committee, and you are between the ages of 11-17, then please approach Amy (the Chairman of the Youth Committee).

