



RAPID TIMES

Welcome to the March edition of Rapid Times

I hope you found our relaunch of Rapid Times useful and interesting. Please do not hesitate to contact me if you have any content or subjects you would like included for future additions.

In this edition, we will review February, look forward to the sessions in March, introduce the clubs youth committee and look at a non club event taking place in April called 'Young Guns'.

Leaving February behind

As we enter March we wave goodbye to February and this means taking a look back on what has happened in the club.

This time of year sees the club activities mainly confined to the pool sessions. These indoors have been well attended and the coaches are seeing significant improvements in the development across both sessions.



The 1st session have also been progressing very nicely. The focus has been around sweep stroke, edging and low brace turns.

Those in the second session have been focusing on their rolling which has seen some really good progress. This will be very beneficial when we get back on the river in April. Having a reasonable roll is one of the requirements for taking part in attending the Young Guns event. This is being run by British Canoeing as part of the paddle in the park at Holme Pierre Point in April. I have put the adverts for both Paddle in the Park and Young Guns, if people are interested in attending.

On the membership front there has been a steady stream over the last few weeks, thank you for committing to the club for another year.

Finally for February the club had a river trip at Sleningford Mill at Ripon, Yorkshire. We saw a good turn out for those paddlers in kayaks and Barry in his canoe. The river levels were a bit low, but the paddlers still ensured they enjoyed themselves. Below is Adam in the club OC1 which everyone had a go at and also subsequently swam.



What's coming up in March

For March the club focuses on pool sessions which will be the final ones before we start to venture back on the river.

12th March

Soar Down River Race, Barrow on Soar

- This is not a club event, however it something that is good fun, if you have your own boat and a competitive spirit.
- There are some club paddlers already showing an interest to attend this event. Please let me know if you are also interested in giving it a go.
- The race is open to all levels of paddlers, check is at 9am at the Boat House Public House, between 9am and 10am. The race is timed, with a staggered start with an expected duration of 15 minutes. More details are shown on the club calendar.

Pool Session.

12th March

Pool Session.

19th March

Pool Session.

This will be the last pool session until later in the year.

There will more about the river sessions in April's newsletter.

Committee Meeting

The club have a committee later this month, so please do not hesitate to drop a note if there is anything you need us to discuss on your behalf.

Finally for this newsletter.....

In April there is a Paddle in the Park event being run by British Canoeing at Holme Pierrepont. 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.

Please carry on past the adverts, as we have the introduction to the youth committee newsletter.



**PADDLE
IN THE PARK**

**23RD & 24TH APRIL
AT HOLME PIERREPONT**

PADDLEINTHEPARK.CO.UK

JOIN OLYMPIC & WORLD CHAMPIONS ON THE WATER FOR A WEEKEND
OF FREE PADDLING, COMPETITIONS, CLINICS AND WORKSHOPS

YOUNGUNS FREESTYLE 2016★ TOUR DATES

Holme Pierrepont Nottingham ————— **23rd April**
(as an integral part of the Paddle in the Park event)

Tryweryn North Wales ————— **23rd May**
(Both a down river "sickline" event and freestyle competition)

Following the success of the Younguns Sickline event last year, this year's event will be held in Nottingham on Saturday 23rd April.

The Younguns Freestyle Tour is open to any paddlers who are aged 18 and under on January 1st 2016. We aim to encourage new paddlers into the sport in a safe and friendly environment. The only thing you need is a reasonable white water roll and a lot of energy and enthusiasm! Furthermore parents are free to join their child on the water throughout the day.

The North Wales events will be on either the Dee at Mile End Mill or the Tryweryn depending on water levels

www.youngunsfreestyle.co.uk



TINY RAPIDS

Introducing Tiny Rapids - Youth Committee Newsletter

If you are not aware the club has a youth committee who act as the voice for our younger members.

They been instrumental in the last few years in obtaining equipment and arranging last years very successful and enjoyable expedition on the Nene. A similar expedition will be taking place this year, with details currently being finalised. It has also been the desire from the youth committee for the club to participate in this years 3 lakes challenge.

The youth committee have a voice at the main committee meetings and usually hold their own meeting a week before the adults get together.

There are 7 youth committee members;

Amy Callaby
Evie Russell
Ben McNiffe
Josh Kerr
Greg Darling
Josephine Hannan
Harrison Wardell

This part of the newsletter will be updated by the youth committee members with items of interest for our younger paddlers.