



November 2017 newsletter

General Notices

Further to the AGM on the 20th November the following members have been re-elected to serve as your club canoe committee 2017 / 2018

Mike Purchase - Commodore
James Escott - Vice Commodore
Vicky Knee - Canoeing representative
Simon Kay - Canoeing representative
Stan Missen - Vice Chairman - BOARC Main committee
Derek McKeever - Membership secretary - BOAC Main committee

The annual joint Rowing and Canoe club Christmas lunch, a fun event. Sunday 17th December 12.30pm. Please sign up, we are looking to fill a table or two of canoeists. Cost £22 (under 10 half price). We understand that Father Christmas may make an appearance for the youngsters. Details on the club notice board or contact Jim Brown (Rowing) jgbb@hotmail.co.uk also bring a small gift for the raffle.

Duty rota Please see the last page of this newsletter for the December/January duty rota.

We have now completed 5 sessions of Circuit Training with a very good average attendance of 25. James is certainly making us work hard and the benefits are starting to pay off. All newcomers are welcome, please come along and join in and keep fit. Every Tuesday evening from 6pm to 7pm at St Laurence School gymnasium.

Ideas for Christmas? We have a limited number of Learn to Canoe Gift Vouchers for anyone interested in joining either our May or June courses 2018. Cost £40. Min. age 10 years. For further details contact Mike on mike@purchas.co.uk





We are looking for more coaching staff so if you are interested in gaining a Level 1 or 2 coaching award please speak to us. The club will share the cost. Take a look at the British Canoeing web site: <https://www.britishcanoeing.org.uk/>

British Canoeing Winter Challenge for clubs. How many miles can we as a club paddle between now and the end of February? Help win £100 for the club, please view the link:

www.britishcanoeing.org.uk/guidance-resources/clubs-centres-providers/winter-club-challenge/

It would be great if all paddlers could please keep their own log / record by downloading the spreadsheet or see above attachment and start recording your mileage. There will also be a copy of the spreadsheet in the club to record on. Officially this starts from the 1st December. Remember down to Avoncliff and back = 2 miles, up to the town weir and back = 1.5 miles and return trip to Staverton weir = 7 miles. So start recording and you will be surprised the distance you cover. This can be your own personal challenge for the winter.

Say a big thank you to Lee (Calum's mum) when you see her, for the hard work she has put in over the past year in helping to keep our changing rooms spick and span.

We are considering ordering another batch of BOA Canoe Club 'hoodies'. The minimum order is 10, if you are interested in having one, please email John Escott: ajescott@aol.com and indicate your size preference. Cost approximately £25.00 each.

Weekly Training Sessions

Winter training

The clocks change on 29th October. After this date weekly training is as follows:

Tuesday - Circuit training - St. Laurence school **6pm-7pm** (5.50 for running warm up with James E)

Wednesday - 4pm - Paddling session with Mike P

6pm - Paddling session **for experienced paddlers**

Saturday 9am - All welcome Please make sure you have enough warm kit for the weather conditions.

Sunday 9am - Staverton session - usually mixed K2's

Safety rules:

1. Buoyancy aids must be worn by all novice and junior members, (being of div 9-7 standard, juniors being those under 18 years).
2. Buoyancy aids must be worn by all paddlers when on the water in the dark.
3. All juniors, irrespective of experience, to wear buoyancy aids between October and March to tie in with the dates the BST ends and begins.



4. Lights are compulsory for all paddlers when on the water in the dark. Please paddle with a light that does not dazzle others on the water, but is bright enough to be seen by other water users.

Winter training - Some wise words from Stan!

The winter paddling season is upon us and the weather and water conditions are starting to throw up some challenges. It is vital you have good supplies of kit in your bag when you leave home, as the conditions on the water may be a lot colder than you think, especially if the wind is blowing. So do not come down unless you have the right kit in your bag to cope with the conditions on the water. Senior members will stop you going on the water if you are not adequately dressed. Remember you can always take off a layer or remove your hat if you get too hot....that's better than going down with hypothermia because you have taken to the water inadequately dressed. If an incident occurs, or there is an equipment failure well away from the club, whether to you, or one which you have to assist with, you will get cold very quickly. Come prepared every time!

Club Events

Boxing Day and New Year's Day club paddle, meet at 10am.

Saturday 06th January please sign up for the four peaks walk in the Brecon Beacons. The walk is considered as moderate to hard. For further details please see attachment to this newsletter or contact Mike.

Friday 02 February 2018 Canoe club pre-season meal / social evening. Further details from Vicky in the next newsletter.

Racing Calendar

Sunday 7th January	Frank Luzmore K2 Race 12 mile race on the Thames
Saturday 3rd February	BOA duathlon
Sunday 4th February	Waterside A

Canoe Committee Members 2017/18

Mike Purchas – Commodore

Contact: mike@purchas.co.uk Tel: 07875278329

James Escott – Vice Commodore

Contact: escottboa752@gmail.com Tel: 07712675637



Jicky Knee – Canoeing Representative

Contact: vixieswallow@gmail.com Tel: 07949418395

Simon Kay – Canoeing Representative

Contact: simon@geoprize.com Tel: 07833521736

Stan Missen – Vice Chairman, BOARC main committee

Contact: Steve.Missen@monahans-fsl.co.uk Tel: 01225 862000

Derek McKeever – Membership Secretary BOARC main committee.

Contact: .derekmckeever@live.co.uk . Tel: 01225 865392

Duty rota from 25th November. to 28th January 2018.

1. Normally there are 3 groups of paddlers on the water during the Saturday sessions. However depending on the training session groups 'A' and 'B' may be amalgamated.
 - a. **A**= Div. 2 to Div. 5 **B**= Div. 6 to Div. 9 **C**= Junior / Novice group
2. The importance of the duty rota is to ensure that we have sufficient safety cover and supervision of groups 'B' and in particular group 'C'
3. A duty rotas will be issued every four weeks and will be fairly flexible depending on availability of our coaches and paddling assistants.
4. **Note:** if you are not available for a particular paddling session please re-arrange with another member of the team and highlight it on the list on the notice board. Thanks.
5. 8 sub-groups on a four and 8 week rotation.