



Australian Whitewater

Spring 2000 \$5.00

Whitewater and the Olympics

Also in this issue

Destination - The Lea River
Coaching and the new Millenium

Sit-on-tops reviewed
How to choose your paddlesport
Meet Team D
20 Paddling books

AUSTRALIA'S NEWEST AND BEST WHITEWATER MAGAZINE



**Australian Slalom and Wildwater
Championships
2001**

Australian Wildwater Championships - Mitta Mitta
River, December 28-30, 2000

Australian Schools Championships - Goulburn
River, Eildon, January 1-2, 2001

Australian Slalom Championships - Goulburn
River, Eildon, January 4-7, 2001

Proposed Program

Dec 28 - Wildwater Practice
Dec 29 - Rapid River Sprints
Dec 30 - Australian Wildwater Championships

Jan 1-2 - Australian Schools Slalom
Jan 3 - Australian Schools Down River Race
Jan 3 - Australian Rapid River Sprints
Jan 4 - Dagger Interstate Challenge
Jan 5 - Australian Slalom Teams Short Course
Jan 6-7 - Australian Slalom Championships

Competition Organisation

Wildwater Competition Organiser-
Peter Garguilo
Schools Slalom/Downriver competition
Coordinator-Darrell Koochew
Australian Slalom Competition Organiser-
Max Parsons
Whitewater 2001 Competition Secretary -
Roy Farrance

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- Van and Boat Storage
- Vic Parks Member



**On the banks of the
Goulburn River**

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Australian Whitewater

Magazine



Contributors

Editor - Dita Pahl

Dita is a water enthusiast, with interest in anything remotely connected with water of any sort -from Marine Biology to freestyle and slalom kayaking.



Features

Roy Farrance

Roy has over 20 years coaching experience and is Australia's highest qualified canoeing coach, seen as an innovator in coaching and athlete management. He has coached & managed the Australian Slalom Team many times between 1977 - 1997.



Andrew Stamp

Current elite slalom paddler. Past Australian champion. in the final year of a Arts/ Law degree.



Jane Farrance

Now the executive Director of Victorian Gymnastics, Jane has worked in coaching and education for the last 20 years. She has held many National titles in Slalom, Downriver racing, Polo and Sprint racing.



Matthew Newton

Paddler, competitor, Photographer and writer. Newton is well known in canoeing circles and his photographs have been published world wide.



Australian Whitewater

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SYDNEY YOUTH OLYMPIC FESTIVAL

Penrith Whitewater Stadium
January 10, 2001 -January 14, 2001

The Sydney Youth Olympic Festival (SYOF) is an initiative of SOCOG and the NSW Government. It will involve some 48 Junior Paddlers all eligible to paddle in the Age group 18 years and under in 2000.

The event will be run as a competition between three competing States : New South Wales, Victoria, Western Australia and Tasmania combined. Officials and coaches from each State will also be invited.

The format will follow the Olympic Games -with an opening and a closing ceremony. Athletes will be housed in Village-type accommodation.

All travel, accommodation and entry costs are paid by the SYOF and it is expected to accommodate 1800 Junior athletes, 400 Team Officials and some 1450 other officials and staff will be involved.

Further information can be obtained from your State Slalom Committee or Australian Canoeing.

SYDNEY YOUTH OLYMPIC FESTIVAL



Editorial

I keep thinking back on a quote that is often used and well remembered....

"A journey begins with just one step", and it is this philosophy that has started me on many of my lifes different tracks - this magazine represents just one.

As we follow our magazines' first steps, it reminds me of teaching a beginner to kayak on flat-water or in a pool. There is a hesitation in testing the waters, but also an exuberance and adreneline rush in starting a new journey.

The magazine will bring with it an esoteric joy that exists in paddling a river, playing in whitewater or mastering the intricacies of whitewater competition paddling. This joy, I hope, will be conveyed through our articles and photographs, inspiring you to greater heights in your use of whitewater.

Without getting too philosophical about it, I think it's fair to say that this magazine is, and will become the premier paddling magazine for the South Pacific region, and if any article, picture or point of view helps to enlighten our readers, or enslave another body to the 'paddling God', then we are doing our job.

As the editor of our new 'baby' I am excited to be able to present a forum for discussions of any kind in whitewater paddle sports. Our first issue naturally centers on the only whitewater sport to be included in the Olympics -Slalom canoeing, and the use of artificial whitewater rivers in our dry Australia. Slalom is an exciting sport not suited to the faint hearted.....but to see if this is the paddle sport for you, read our article on choice. There are a variety of disciplines in canoeing and one may suit you - even encourage you to start a new journey of your own.

The illustration on this page is of our leading female canoeist (LK1 or K1W- Danielle Woodward) paddling a Dagger RPM in a slalom race in Colorado. Paddling a plastic boat is a great way to get involved in the sport and meet people with similar interests.

I hope that you enjoy this issue and continue with us through the many different roads and 'side tracks' that we may encounter during our trip.

Destination

Getting Steep and Meaningful on the Lea River

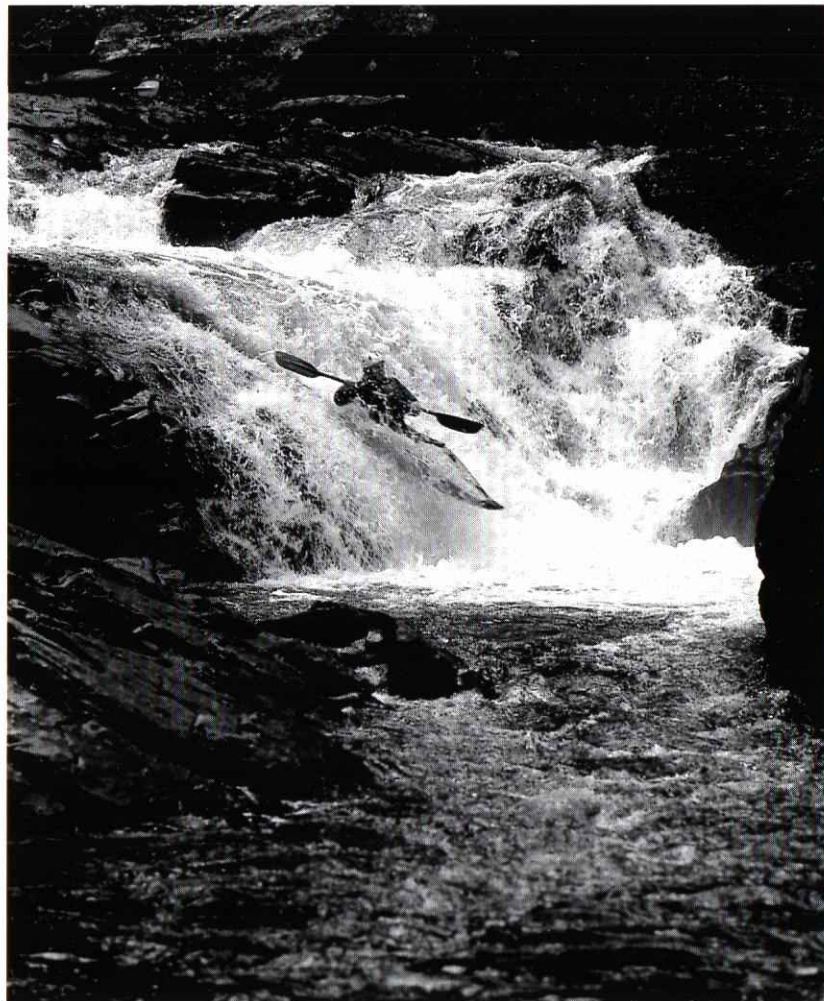
Photos and text - Matthew Newton

Not far from Cradle Mountain is one of the finest steep creek runs in the country. The Lea River is pretty hard to beat- it even requires only one car; there is no need for a shuttle.

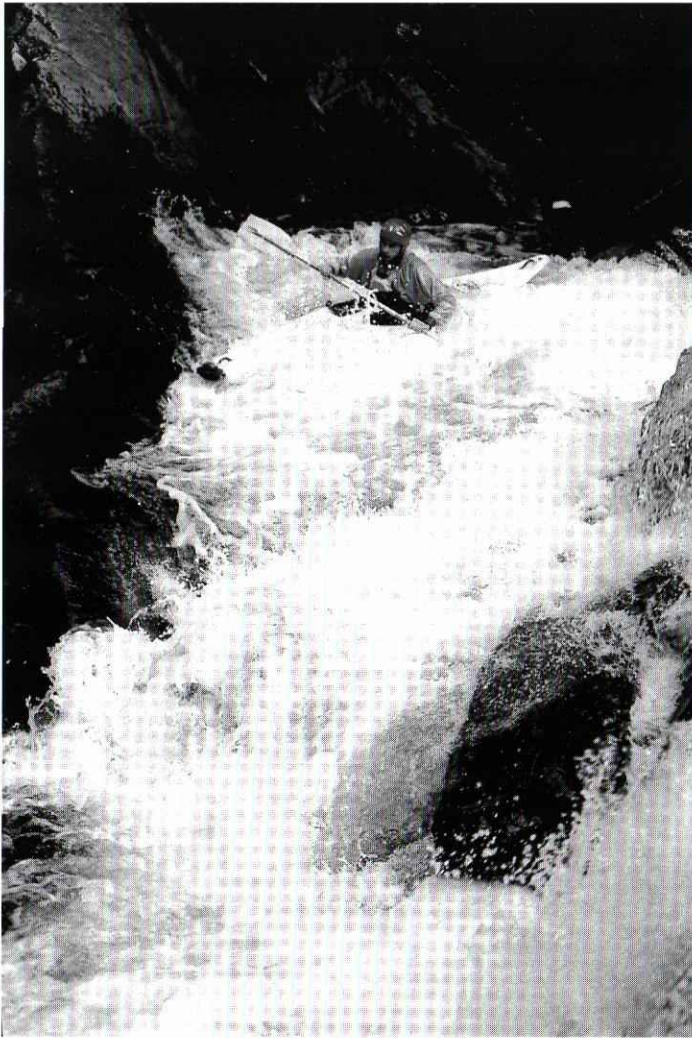
I was lucky or perhaps stupid enough to be on the first descent of the Lea, in (what seems like) way back in 1991. An acquaintance -Dave Borojevic had long been eyeing off the snaking line on his map representing the Lea, that seemed to cut through countless contours on its short run into a nearby lake. I thought the run sounded like an exciting new adventure. Dave as I later learnt, was notorious for questionable quests down some of Tassie's darker ditches.....

We had no idea what we would find in there, and as a result took all the necessary gear for the potentially nasty walk out if it all went to hell. The light snow that lay on the road as we drove in was a little disconcerting, but what we found was countless technical rapids with almost each one ending in some sort of a drop on what has now become one of Tasmania's classic steep creek runs.

We probably spent about half an hour looking at the first series of drops before deciding to give them a go; they turned out to be the smallest we paddled that day. Nowadays some of the locals up that way shoot down the river non stop in around 45 minutes after work and I've heard talk recently of a night decent. Sane people however usually take around two hours to work their way down the river as almost every rapid requires some degree of scouting most of which can be done from the boat although there are quite a few horizon lines that require a more thorough investigation. This is usually followed by the nomination of a group probe. Another great thing about the Lea is that there are very few logs lurking at the bottom of rapids - a common trait of many of Tassie's rivers, although it's always best to have a peek over that horizon line before you take the plummet.



Jane Gilchrist navigating the Lea



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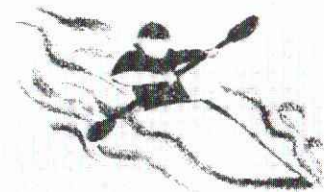
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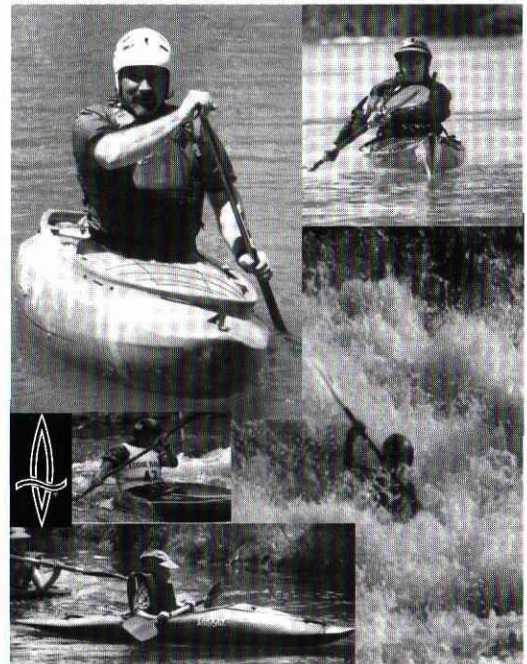
Videos and books available for
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Danny Wherrett on the Lea River

Unlike most river trips, the Lea only requires one car which, again, makes it popular for boaters that are unorganised or have no friends. The river flows into a lake at which you leave your car before a short steep walk over a ridgeline to access the top of the run, which is a dissipative shallow gravel race at a good level. If it is any more than this it is probably best to take the short walk back to the car. At high level the Lea becomes a pretty mean stretch of water and definitely not worth considering at night. Almost every high level trip so far has resulted in at least one member of the group enduring some unplanned down time in one of the numerous dark holes that lurk below every rapid, actually at higher levels its probably more accurate to say that there is only one rapid that stretches all the way from the put in to the lake.

Directions to the river are a little complicated and it is recommended that paddlers contact local canoe clubs or the Tasmanian Canoe Association for detailed information on both the road and river conditions.



email: canoes@canoesplus.com.au
www.canoesplus.com

How do you choose?

The many directions in Paddle sports.

Text -Dita Pahl, Photos - Roy Farrance, Dita Pahl

Diversity is the spice of life.....and canoeing is no different than any other discipline in offering a variety of choices. You could say that there's something for everyone. Even though in all canoeing sports there is some type of physical activity involved, its up to you how much effort you would like to put into your sport. The majority of paddlers own some sort of recreational boat, whether open canoe, recreational kayak or a whitewater 'play-boat'. However, there are a number of boats available that would lead a person to believe that there's more to paddling than just drifting lazily down a river or across a lake.

Whitewater slalom

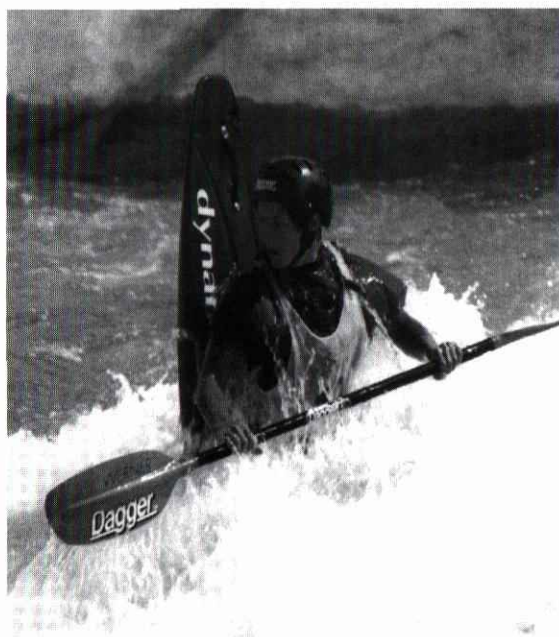
Slalom canoeing and kayaking looks just as hard as it is. Slalom racers must have split second reactions, be able to sprint or use power strokes at the 'touch of a button', use a huge variety of stroke combinations and put it all together with a great amount of style. Slalom races are run through a course of up to 25 gates suspended just above a whitewater rapid. The paddlers must pass through all the gates in the fastest time possible and without touching any of the gates. Obviously slalom demands the best in paddling technique and power. There are four classes in competition slalom (those recognised in international competition and including the Olympics): K1 - Mens single Kayak, LK1 - Ladies single kayak, C1 - Mens single canoe and C2 - Mens tandem canoe. To get involved in slalom, call your local paddling club or State organisation.

Wildwater racing

Wildwater or downriver racing involves paddling a very unstable boat downstream through a series of rapids, as fast as you can go. Racers must have speed, power and the stamina to keep going for a prolonged period of time. Although the boats using in racing are specialised the sport has evolved from downriver touring, in an attempt to provide a greater thrill. The techniques needed in wildwater racing are very different to your average paddling skills and are best learnt through your local organisation for wildwater racing.

Freestyle canoeing

Freestyle canoeing is a rather new discipline, that has developed very rapidly over the last 5 years. The canoes and kayaks used in this type of paddling have become known as 'park and play' boats, as they have now been designed with specific purposes in mind. The boats are shorter and easier to turn enabling the paddler the mystical freedom of self expression while dancing with the



river. Freestyle involves performing a variety of tricks in your boat while surfing a wave or a hole (stopper). These tricks have become acrobatic in nature, with boaters performing cartwheels and variations thereof, with as much control and elegance as a gymnast. Freestyle canoeing is performed using both open and closed boats, although the K1 (single kayak) is the preferred version.

Squirt boating

Squirt boating is a pastime hard to describe to the average person - as it involves being underwater with most of your body, most of the time. The squirt boat was designed to make the most of currents, eddy lines and other river features that exist below the rivers' surface. The boat is extremely low volume and this enables the paddler to sink the bow or stern below the

surface, use the rivers power and perform acrobatic maneuvers that would not be possible in a normal high volume boat. This boat lets the paddler perform cartwheels, squirts and enders where no other boat can. Squirt boating is immensely popular in the United States, especially in larger rivers where the paddler can use vortices formed by a larger eddy line to completely disappear underwater. It has also become a recognised class in the World Freestyle Championships.



River Touring

River touring is a little more relaxing way of enjoying nature and the outdoors. This is an ever popular pastime in Australia and the United States, with trips taking as little as two days on the Snowy in Eastern Victoria, or as long as 4 weeks on the Colorado River in the United States.

Both the gear and the skills needed to undertake the simplest river trip are relatively basic: a good touring kayak and paddle, overnight necessities and the basic kayak or canoeing paddle techniques. While you may not need to know how to roll on a river trip is it always a handy skill to learn before setting off, as it may allow you to bypass a swim and prevent you from getting very wet and cold.

Depending on where you decide to paddle, a good and realistic look at your skills before you set off may be warranted.

Surfing

Yes, this is the domain of the surfies.....and surfboards..... but! coming from a surf culture, what did you expect? Surfing has become very popular with kayakers and canoeists, especially during the driest seasons and droughts in Australia. At least we have some immense waves. However, there is an art to surfing and this seems to be learnt only through trial and error. The boats to be used for this type of whitewater canoeing are a matter of preference. Obviously boats designed for freestyle and river touring would work quite well in surfing the waves, but you may have to work quite hard to catch the wave in the first place. Sea kayaks and sit-on-tops designed for the surf are also quite popular. The sea kayak is easier to surf due to its length, but lacks maneuverability when on the wave, and the sit-on-top has the added advantage of simply letting you fall off if you capsize, after which you can easily climb back on.

And many more

There are many other disciplines in kayaking and canoeing. Some include flatwater events, such as marathon canoeing - where races may be anywhere from 10 to 290km in length, and take many hours to complete; and Sprint Racing - probably the best known of the canoeing disciplines as it has been a part of Olympic competition since 1924. Other events such as Dragon Boat racing and Outrigger Canoeing are becoming ever more popular and also provide a cultural experience as well as exercise. Or you could incorporate paddling into your life in the form of adventure sports or triathlons. But, whatever your 'poison', it's bound to be fun and exhilarating. Jump in with both feet and enjoy!!



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Self Help? Books

20 (well 19 actually) books to help you improve your canoeing and kayaking skills

Bombproof Roll and Beyond, The- Paul Dutky

(162pp/illus.) Paul Dutky, frustrated with a lack of written material about current whitewater rolling techniques, spent years preparing this book and the results show. Wonderfully written text and detailed diagrams take paddlers through the basic elements of the roll and lead them into advanced roll technique. Readers will learn why they may roll differently on their left and right sides, how to extend the basic roll and acquire skills to play competently and safely.

Canoe Handbook, The- Slim Ray

(244pp/illus./photos) Using proven teaching methods developed at the acclaimed Nantahala Outdoor Centre, respected whitewater instructor Slim Ray shows the beginner paddling basics and then how to apply them to whitewater. The book includes tips from top international competitors, detailed drawings & photos.

Canoeing and Kayaking Instruction Manual, The - Laurie Gullion

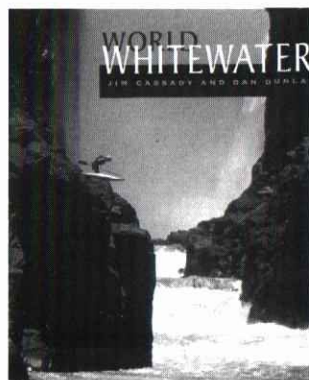
(112pp/illus.) This highly regarded book, riding on the reputation of the American Canoe Assoc. has long been the leader in its field. Containing everything needed to teach others or yourself, this book starts with safety basics, and continues right on through running whitewater courses. It is a helpful and enormously comprehensive guide for every paddler who wants the latest word about this exciting sport.

Canoeing Down Under - Terry Bolland

(pp283/b&w photos/illus) ACF Instructor, Terry has combined his considerable years of experience in teaching and personal adventures with those of renowned Australian Champions to write this informative text. The book covers equipment, safety, rolling, technique, trip planning and a special Avon River Guide. With extra details to specifics for Slalom, Sprint, Downriver, Marathon and Sea Kayaking.

World Whitewater

Jim Cassidy and Dan Dunlap
An in depth look at over 200 rivers on six continents. A really useful tool to plan your next rivertrip with lots of info on , take-out spots, river difficulty ratings, river lengths, best travelling season, put-in and maps, etc. etc. etc.....



Canoeing Guide to NSW - NSW Canoe Association

(pp209/photos/maps) 21 Detailed maps for whitewater and flatwater paddlers. This book covers all the major, and some specialist sites for predominantly recreational canoeing. Details of river grading, tour lengths, map references, contacts for additional information, suggested routes and recommended water levels for safe passage. Separated out into regions.

Canoeing Guide to Victoria - Victorian Canoe Association

(pp156/illus./b&w photo) Guide to the most popular canoeing destinations in Victoria. Listed under each river are access and exit points, safe water level for tripping, tour lengths, river grading, camping options, dangers and special points of interest. Room at the back for your own set of trip notes too !!

Canoeing Wild Rivers - Cliff Jacobson

(352pp/photos/illus.) New Edition: Covers expedition canoeing, picking a crew, gearing up, trip planning, packing, navigation, hazards, repair, plus soloing. The all you need to know information station in one handy package !!

Eskimo Rolling - Derek Hutchinson

(160pp/illus.) Step-by-step, down-to-earth instructions on how to right a capsized kayak without leaving the cockpit; 16 different rolls for the novice to advanced paddler, from the master of sea kayaking and many an expedition.

Kayak - William Nealy

(190pp/cartoon) This, the best selling how-to-kayak book in the world, is still as fresh and relevant as ever. Pages of illustrations show readers everything they need to know about technique, playing, body english, rescue and hydrology.

Kayak Touring- William Sanders

(256pp/photo/illus.) Complete guide to traveling by kayak as well as a primer on kayaking basics for the novice or refresher for the experienced. Guidelines for equipment and trip-planning information.

Performance Kayaking - Stephen B. U'Ren
(192pp/photos/illus.) U'Ren a member of 84-86 US National WW Team shows that the crisp sharp strokes and maneuvers used by world-champions can be achieved by recreational paddlers, shows beginners high performance techniques: also info. on play paddling by Bob McDougall

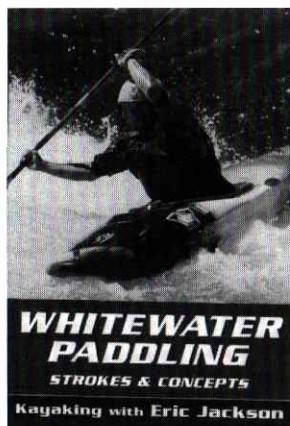
River Rescue - Les Bechdal / Slim Ray
(256pp/photos/illus.) A bestseller since its original publication. This is the only book on river safety to address the needs of both beginners and advanced boaters. It is indispensable for anyone who spends time on the river and for all professionals. Authoritative and copiously illustrated, this text covers how to avoid river accidents, what & how to react to them., trip planning, reading the river, self rescue, patient care, evacuation and much, much more. Essential reading.

Solo Canoeing - John H. Foshee
(224pp/b&w photo) This easy-to-follow book contains all the information and every aspect of the rapidly growing sport of solo canoeing. Full of facts and laced with down-to-earth practicalities, this comprehensive guide is a must for every canoeist's library.

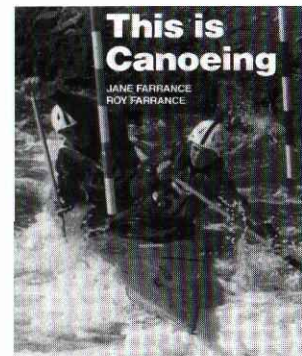
Squirt Book, The - James. E. Snyder
(160pp/photos/illus.) How to "squirt" kayak: latest stokes, body twists, cartwheels, enders, blasting, rock splats, etc. Detailed in text and with Nealy illustrations.

Whitewater Tales of Terror -William Nealy
(120pp/cartoon) An outrageous, irreverent collection of cartoons, epic adventures, unusual new outdoor products, and unsolicited advice.

Whitewater Paddling - Eric Jackson
This 80 page book is written by the best in the business. Its jammed full of basic paddling strokes and concepts that will help you get the most out of your paddling whether you be ginner or advanced. EJ has illustrated his book with step by step colour photos to help you keep track of his ideas.



This Is Canoeing - Jane Farrance / Roy Farrance
(pp205/b&w photo/illus.) Extremely informative book written by Australians' with phenomenal experience in all facets of the sport. Book covers from extreme basics of boat design and general equipment to step-by-step approach to basic techniques for canoeing and kayaking both in single and pairs. It goes into river reading rapids, whitewater, rolling, safety, rescue ethic and conservation. Has some quite in-depth analysis for individual pursuits-marathon, sprint, sea, surf, sail, polo, slalom, wildwater and general touring !!



White Water Nepal - Peter Knowles / Dave Allardice
(280pp/b&w photo/maps) For the recreational river runner, Nepal is Paradise. It boasts more multi-day river trips for paddlers of all levels than any other area in the world. This guide is a fountain of planning and on-scene information. There are more than 60 maps, river profiles, hydrographs along with advice and tips from World Famous paddlers. - it's a first class guide for the international paddler.



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A kayak, or not a kayak?

An alternative to serious kayaking or canoeing. These boats are built purely for a good time. There are a huge range of sit-on-tops on the market today, some built for surfing, whitewater or just lazing around and enjoying the scenery. A new trend is towards an even larger variety that allows you your own personal diving platform. In Australia and the South Pacific, we are even more suited to the use of sit-on tops than our northern hemisphere counterparts. It suits us to imagine days full of sunshine, warm water, huge waves and the idyllic lifestyle that is promoted around the world, and the Sit-on-top kayak would seem to be an integral part of this 'fun' life-style.

We have reviewed 4 kayaks, all of which are fun and easy to use, and also suit a variety of uses.

Cayman

The Cayman is perhaps the fastest sit-on-top in the Dagger Range, and has been touted as the most stable and versatile. Its wide beam for stability allows even the most nervous paddler to feel secure and ready to take on the world. The boat has a little bit of rocker (or arch) to the hull allowing for efficient movement through the water, and it is this design that makes the boat a shade faster than its competitors. The turned up nose of the boat allows the boat to be maneuvered easily through waves, chop and swells, and also allow the boat to be 'surfed' with relative ease.

The Australian-made Cayman has a small hatch in the bow, with a mesh bag to accommodate small objects; a large rear deck area that could be modified to carry diving gear or other large bags; carry handles at bow and stern; and attachment points allowing optional attachment of a padded backrest. The boat has been reviewed as 'comfortable, responsive and predictable to paddle' (Canoe&Kayak 1999).

CAYMAN
length:375cm
Width:72.5cm
Weight 26kg
www.dagger.com



Colada

The colada is a new design by Islander. The boat is stated as being an easy paddle for absolutely anyone. Even though the boat is shorter than most sit-on-tops in the beginner range, it is also narrower in aspect allowing the ratios to remain adequate for good tracking and stability. The kayak has high sides and a slight rocker adding to its versatility as a surfing kayak, and (hopefully) allowing the paddler to remain a bit drier throughout. The back deck boasts loads of room for storage or an added passenger.

We weren't able to get hold of this boat to test it, so hopefully its as good as it sounds.



COLADA
Length: 315cm
Width: 75cm
Weight: 19kg
www.islanderkayaks.com

C A Y M A N



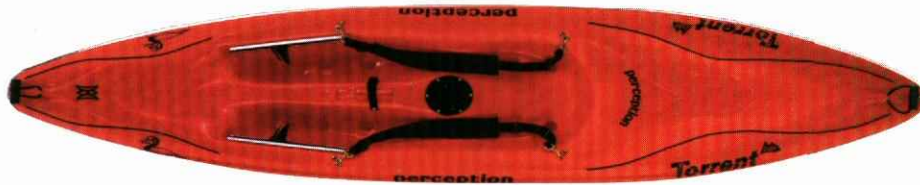
"stable and smooth paddling with a speedy touring boat feel"

Available from all Dagger Dealers in Australia, New Zealand and the South Pacific

Torrent

The torrent is the most popular boat in the Perception Range of sit-on-tops. The boat offers surfing and whitewater capability, and has been a versatile addition to their range of boats. The Torrent is a fairly wide boat with a large amount of rocker that allows for its surfing capability. However, the amount of rocker on the boat makes it hard to keep on track without the added extra - removable fins. The torrent is a fairly slow boat on flatter water, but makes up for this lack of capability in the surf, waves and swells. A thoroughly enjoyable ride for beginner and experienced alike.

The torrent is a basic version with a hatch bag and water bottle.



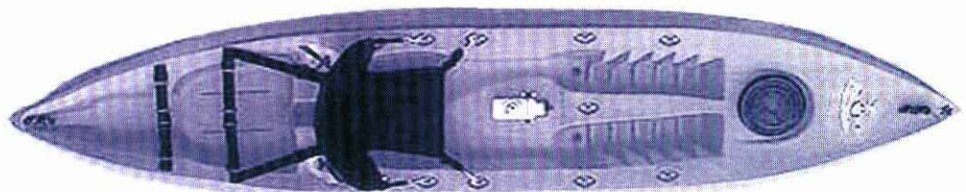
TORRENT
Length:312cm
Width:81cm
Weight:22.7kg
www.perceptionkayaks.com

Escape

One of Quality Kayaks range of boats, the escape has proven a popular choice for Australian paddlers with family. The boat is reasonably priced and easy to paddle - two criteria which have become increasingly important to the discerning buyer.

In the scheme of things, however, the Escape has a number of limitations with regard to versatility. It proves to be a good beginner and flat-water fun boat but lacks on ability in the surf. Even though the boat has a slight rocker, and upswept bow it appears to be a little harder to surf for a beginner. It is a little slower than its counterparts, but makes up for this in stability when used as a family fun boat.

ESCAPE
Length: 330cm
Width:75cm
Weight 23kg
Quality Kayaks:
64 6 326 8667



KAYAK4play
www.kayak4play.com.au

....'cause it's Fun.

photo by:
Matt Newton

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Whitewater and AN OLYMPIC

text- Andrew Stamp, Photos - Andrew

"Slalom canoeing is the only whitewater paddlesport to be included in Olympic competition. With the Olympics upon us and the slalom canoeing to be contested in the next few days, it is only fitting that we include an in depth review of the paddlers competing and particularly introduce our Olympic contenders" editors note.

Mens K1

The last few years have seen the US's Scott Shipley, UK's Paul Ratcliffe and Germany's Thomas Becker dominate the big races. But with Becker beaten by the rapid-fire but penalty plagued World No.6, Thomas Schmidt, safe money will go both ways on Shipley and Ratcliffe.

Current World No.2, Scott Shipley has finished 2nd in the last three World Championships and is a perennial World cup winner. Rarely furious but always fast, stop watches and medals most clearly reflect Shipleys magic. You won't see flying bows and penalty risking neck maneuvers; rather, you'll witness the most considered and smoothest of lines and great conservation of momentum.

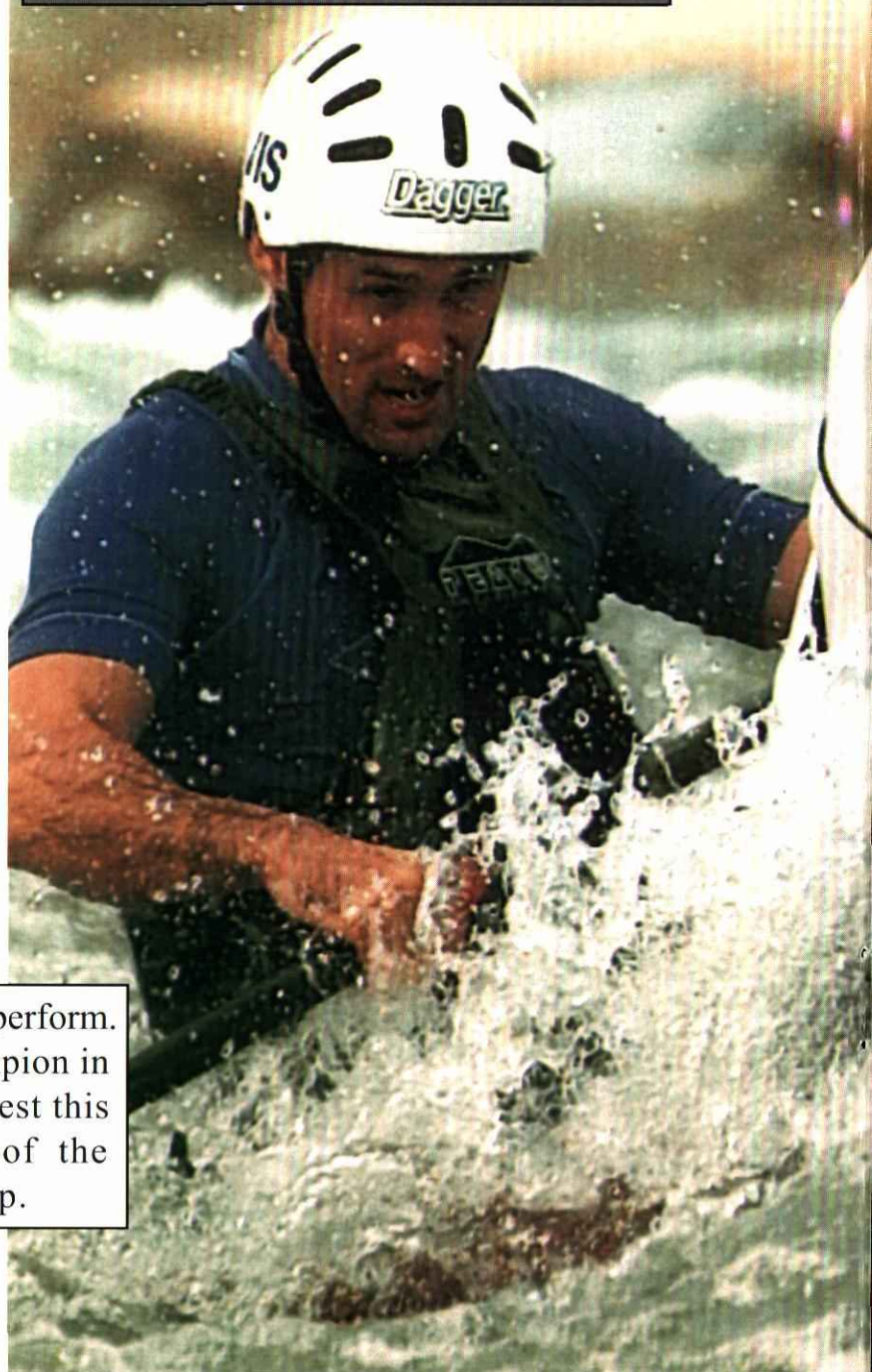
Failure to perform in preliminary heats is a Shipley hallmark, so don't be disconcerted seeing him ranked down in the field going into the finals. In contrast, the World No.1, Britain's Paul Ratcliffe, is often regarded as the fastest and most spectacular racer on the circuit.

Ratcliffe's domain is high speed, dynamic and potentially risky maneuvers. Likely to be leading the bunch for the top of the course, the question for Ratcliffe will be whether he can hold the run at the bottom, and hold off the penalties which have robbed him, like Shipley, of 1st in the last two World Championships. Then again, if anyone can win with a penalty, it is Ratcliffe.

David Ford - the current World Champion should also not be discounted in his attempt to win the Gold.

Italy's Pierpado Ferrazi should also perform. World No.3 and the Olympic Champion in 1992, Ferrazi has returned to his best this season, winning the biggest race of the year - the European championship.

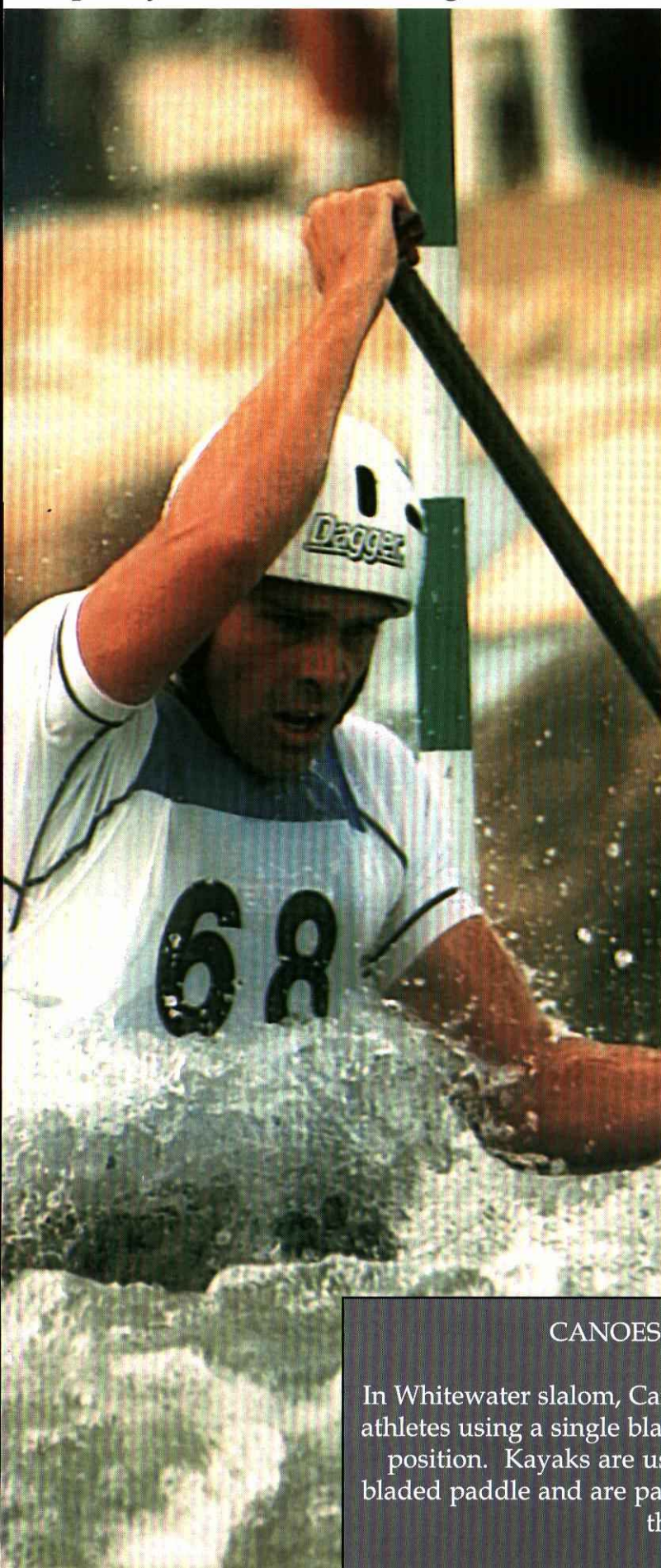
Whitewater Slalom is run through a course of 20-25 gates that must be navigated by the paddler(s). The aim is to complete the course as quickly as possible, and without touching or missing gates (accruing penalties). Each event consists of two runs, each of which count toward the final score. The competitor with the lowest score wins. There are four slalom events to be contested at the Sydney Olympic Games - K1 - Mens single kayak; Lk1- Ladies single kayak; C1 - Mens single canoe; C2- Mens double canoe.



the Olympics

PREVIEW

Stamp, Roy Farrance, Britt Uhlig



Womens K1

last year it would have appeared that Germany's Susane Hirt would be racing for nothing short of gold at the Olympics. Despite a three year retirement, Hirt stormed back onto the German team in 1999 and went on to leave the world behind. Her performance at the World Cup at Penrith last year was arguably the most convincing LK1 victory ever and clinched the overall 1999 World Cup for her. Hirt backed that up with a 3rd at the first World Cup in Sydney earlier this year, and ended this season ranked 3rd in the 2000 World Cup.

This year, however, America's Rebecca Giddens has demonstrated a pace and confidence that, on the right day, no-one can come close to. As with most LK1 frontrunners, this will be her first Olympics and with such a recent climb to the top she may prove more susceptible to pressure than her more seasoned competitors. Giddens finished the World Cups season ranked No.4 in the World Cup. Hirt's teammate, Mandy Planert, is a more likely contender to win. With a 1st in the first World Cup here at Penrith, and with medals in four of the six World Cups leaving her in 2nd overall, she proved a consistency that countered earlier speculations about her ability to perform under pressure.

Current World and Olympic Champion from the Czech Republic, Stepanka Hilgertova, is one of the most decorated contenders. Hilgertova missed all but one of the World Cups this year to concentrate on preparation for the Olympics. However, her one World Cup outing saw her win. Weighing just 55 kgs, she has enormous power to weight ratio and navigates a fine line between riding high over the water and fighting for traction in the upstreams. Perhaps the hottest favourite to win. Slovakian Elena Kaliska was the pace setter in 1998 and won the overall World Cup title this year. Very powerful with perhaps the most aggressive style and attitude, Kaliska's final result will most likely depend on the extent of her errors and like Giddens, could be sunk just as easily as it was created by her no prisoner style. Wildcard will be Swiss speedster Sandra Friedli.

Danielle Woodward, Australia's competitor, has proved herself before with a Silver in 1992, and is out to go one better. She will perform very well with hometown support.

CANOES AND KAYAKS

In Whitewater slalom, Canoes are paddled by one or two athletes using a single blade paddle, and from a kneeling position. Kayaks are usually paddled with a double bladed paddle and are paddled from a sitting position in the boat.

C2

A simple rule of thumb in C2 is to assume that if they're Slovak, Czech, Polish or French, there are good odds that they will be returning home with some sort of medal. In fact, it is hard to imagine a crew from any other country in the top four spots. The Slovakian Hochschorner brothers dominated the season this year and it will be a great upset if anyone beats them at the Olympics. On the flip side, however, their worst race occurred at the World Cup in Penrith this year. Nevertheless, the gold medal is almost already theirs. View it like this: only mistakes they make - not the pace of other crews - can change that.

The dynamic French duo of Adisson / Forgues won the Penrith World Cup earlier this year, but like the other French Olympic Team paddlers, failure to attend the final of the World Cup series prevented them obtaining a World Cup ranking. Their style makes them appear to be more of a wild card than the longer stroking Polish, Czech and Slovakian crews, but their credentials are their proof: multiple World Championships, a 3rd in the 92 Olympics and gold at the Atlanta Olympics.

AUSTRALIAS' OLYMPIC C2 TEAM (photo pg 12-13)

ANDY FARRANCE

DATE OF BIRTH: 14.9.1972

WEIGHT: 69kg

HEIGHT: 175cm

PROFESSION: Athlete / CKEA Sydney Manager

LIVES: Penrith

INTERESTS: Computers, reading, music

BIGGEST INFLUENCE ON CAREER: Danielle Woodward

KAI SWOBODA

DATE OF BIRTH: 4.8.1971

WEIGHT: 68kg

HEIGHT: 176cm

PROFESSION: Athlete / Research Officer

LIVES: Penrith

INTERESTS: Bushwalking, camping, cycling, skiing

BIGGEST INFLUENCE ON CAREER: Rob Crick

CURRENT WORLD CUP RANKING: 18

BEST RESULTS: 2000 World Cup No.2: 5th; 2000 World Cup No.3: 15th; 1999 World Championships: 22nd; 1999 Australian Champions; 1998 World Cup No.4: 9th

COMMENTARY: Andy and Kai made the transition from former Australian Team K1 paddlers to C2 in 1998. With probably the shortest time spent together out of all Olympic C2 paddlers, their improvement over the last two seasons has been dramatic. With Olympic selection for the crew coming down to less than 1/10th of a second after a three race dual with Wilson and McGuiness, they have vindicated their selection with an impressive push for a finals berth in every World Cup this season. Times recorded at all World Cup races this year indicate that these results are still below their potential.

AUSTRALIAS' OLYMPIC LK1

DANIELLE WOODWARD

DATE OF BIRTH: 20.3.1965

WEIGHT: 63kg HEIGHT: 171cm

PROFESSION: Athlete / Federal Agent

LIVES: Melbourne

INTERESTS: Reading, music, rollerblading

BIGGEST INFLUENCE ON CAREER:

Roy Farrance

CURRENT WORLD CUP RANKING: 17th

BEST RESULTS

2000 World Cup 1: 7th; 2000 World Cup No.3: 12th;

2000 World Cup No.4: 12th; 2000 World Cup No.5:

13th; 1999 World Cup ranking: 15th; 1994 World Cup

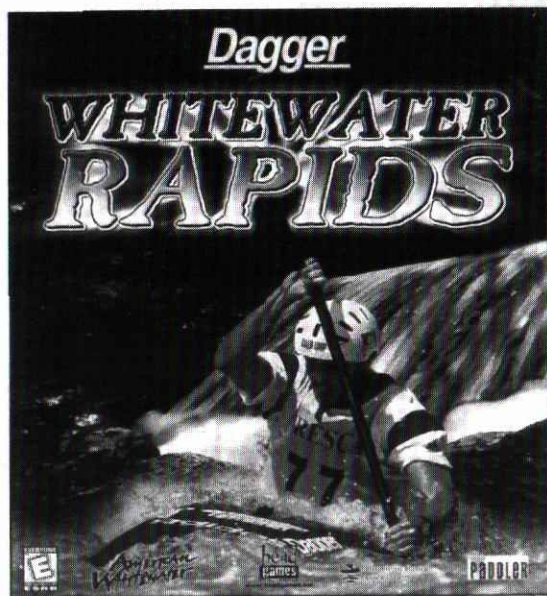
winner; 1992 Olympic Silver medallist



COMMENTARY: Danielle's qualifications rarely need any listing, but include the 1992 Olympic silver medallist. Danielle retired after the 1996 Olympics, and moved into a coaching position with the Victorian Institute of Sport. Reinclusion of slalom in 1997 saw Danielle return to training and competition in 1998. Her physical power should be an advantage in the relatively slow waters of Penrith where acceleration is paramount. A focused athlete and excellent competitor, Danielle will have a home course advantage and crowd support.

The Penrith Whitewater course was built for the Olympic Games at a cost of about \$6.5 million dollars. Water is drawn from a nearby lake by five submersible pumps which each deliver 2800 liters of water per second to the start pool at the top of the course.

The rapids are formed using plastic cones which are slotted into a type of peg board fixed to the bottom of the concrete course, as well as man-made rocks and humps which are cemented into place. The moveable obstacles allow for variations in course design.



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AUSTRALIA'S OLYMPIC K1
JOHN WILKIE

DATE OF BIRTH: 24.3.1977
PROFESSION: Athlete / shop assistant
LIVES: Penrith
WEIGHT: 71kg
BIGGEST INFLUENCE ON CAREER:
Richard Macquire
CURRENT WORLD CUP RANKING: 39

BEST PERFORMANCES:
2000 World Cup No.4:
16th; 2000 Australian
Champion
1999 Australian Cham-
pion

COMMENTARY: John Wilkie's best racing has occurred at Penrith, and over the Open International Slaloms held during summer John's pace was often pushing the main contenders for Olympic medals. With both outright power and a power to weight ratio unequalled by any other competitor, there is no doubt that John will provide edge of seat racing. However, it is when reigned back fractionally that John's best results have occurred. Despite lacking course familiarity, John recorded his best result of 16th in the toughest World Cup of the year with four very controlled and convincing runs. However, if John can maintain composure and race strategy throughout four runs on his home course at Penrith, this personal best result should easily be eclipsed.

C1

At 16, Slovakia's Michal Martikan won bronze medal in the 95 Worlds. At 17, he won the Olympics. At 18, the World Championships and World Cup. This year, once again the World Cup champion, he will start as odds on favourite for gold. Shorter, stockier and sitting exceptionally low, he is the exception to the rule which presents C1 paddlers as tall, lanky and flexible. But a very powerful stroke, excellent balance and total professionalism offset any attributes convention may hold as a disadvantage.

Jiras / Mader are the reigning World Champions and pulled in to 4th spot in this year's World Cup, with a 2nd in two of their three starts.

Rumour has it that their rapport has been developed through a career that has never seen either in a boat without the other, ever since they first met on their inaugural paddle at a local canoe club in the Czech Republic. Such a background may well provide an edge over other, more recent crews when under Olympic pressure.



Hailing from Poland, Krzysztof Kolomanski and Michal Staniszewski - or Chris and Mike as they are more commonly known - surprised everyone with their win in the '95 Worlds. With more grunt than any other C2 crew, no performance of theirs since has ever been unexpected. Their worst performance from their four World Cup starts this year has been a 3rd, culminating in a World Cup ranking of 2nd. A good bet for a bronze at least.

France's Tony Estanguet presents Martikan's strongest challenge. The younger brother of Olympic medallist and current World Cup No.3 Patrice Estanguet, Tony has raced selectively this year but has shown amazing pace when competing. Countryman Manu Brugvin, current World Champion, will be hard pressed to replicate his World Championship form, nothing short of which will be required of him to either beat Estanguet or medal at the Olympics.

Germany also fields two competitors: Soeren Kaufmann and Stefan Pfanmoller, ranked 5th and 8th in the World Cup respectively. Kaufmann successfully made a comeback this year after retiring in 1997 in a bid to claim one of the two Olympic spots his teammates acquired at the 1999 Worlds. Kaufmann is capable of producing an upset and could easily match his World Cup ranking. In contrast, Pfanmoller is young, powerful, and renowned for pinning very tight upstream manoeuvres. He could do well but consistency is not his strong point.

Local favourite, of course, will be Rob Bell. Finishing the year ranked 7th in the World Cup, Bell's best performance came last year with a second at the World Championships. Considered by some the most natural paddler competing, he is characterised by a very long, flowing and controlled paddling style. The biggest question for Bell will be whether he can withstand the combined pressure of fielding Australia's greatest medal hope and home town Olympic pressure.

AUSTRALIAS' OLYMPIC C1

ROBIN BELL

DATE OF BIRTH: 16.11.1977

WEIGHT: 82kg

HEIGHT: 192cm

PROFESSION: Athlete (formerly Student)

LIVES: Penrith

INTERESTS: River running, surfing, climbing, windsurfing, Mountain Biking, Pubs, Dancing

BIGGEST INFLUENCE ON CAREER: father

CURRENT WORLD CUP RANKING: 7th

BEST RESULTS:

2000 World Cup No.3: 4th

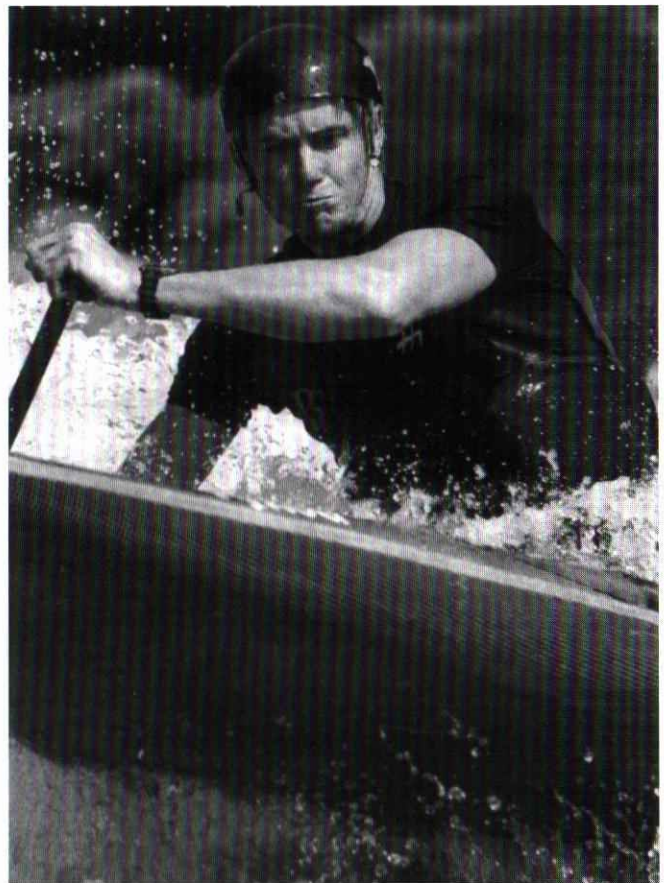
2000 World Cup No.5: 5th

2000 World Cup No.2: 11th

1999 World Championships: 2nd

1999 World Cup ranking: 12th

COMMENTARY: Rob Bell's silver medal at last year's World Championships was one of the most popular results the sport has seen, and is the best Australian male's result in the sport, ever. Although Olympic selection was almost a formality after this result, housemate, teammate and World Cup medallist Justin Boocock continued to apply pressure to Rob throughout selection and, along with Richard Fox, has helped mould Rob into one of the most technical, efficient and powerful single bladed exponents. And yes, he can do one arm chin ups.



The Future of Slalom
A Personal view of the future
Jane Farrance

Now in 2002, after the Olympics we, Australia, have a wonderful course at Penrith and with great management the course is making a truck load of money for Penrith City Council and allows great access to canoeists to train and run events.

Penrith now has an active enthusiastic Canoe Club made up of Penrith residents. They have regular slalom coaching programs in the local schools and after school programs through the summer terms. Slalom in Penrith is booming.

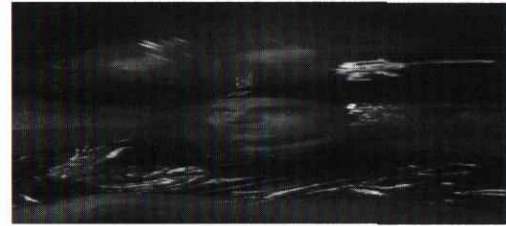
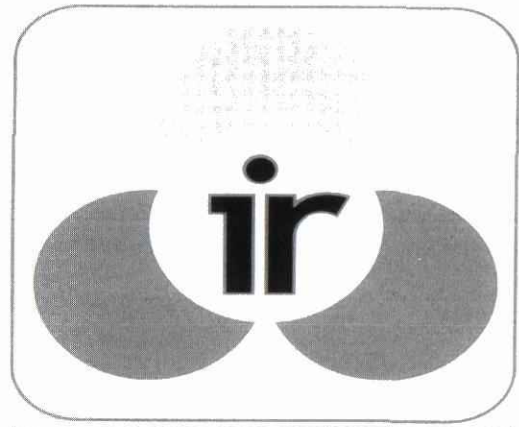
And what is happening in the other States ? My vision is that we now have permanent, regulated courses in WA, Queensland and Victoria with South Australia and Tasmania due to complete theirs in the next two years. Each state has a strong program, which encourages schools to include Slalom as part of the sport program. There is a strong athlete pathway consisting of various development squads leading to Club and State representation. Each State has its own State Institute which have regular inter- institute competitions, training camps and support networks. There are regular trips to Penrith and to each of the artificial courses so the athletes have well balanced skills easily transferred to new courses and situations. The Australasian cup has been revived and now includes NZ and the Pacific Rim countries. Australia is a force in World Slalom.

How did all this happen?

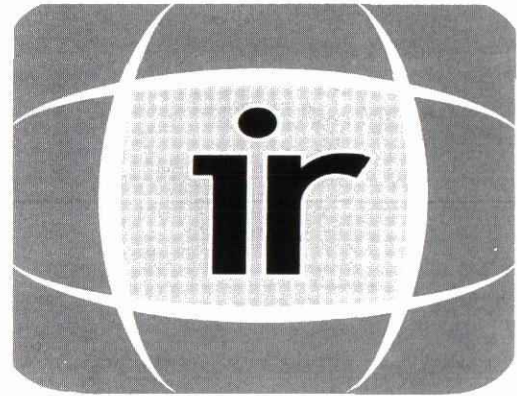
The organization of the sport was put in the hands of the slalom committee. They did away with 2 layers of the current tiered administration system and opted for a more flat management structure. Each state was then able to access more of the existing funding. Each state put in place a well structured athlete pathway supported by in large by the paddlers themselves, who all assisted in the coaching and development of the younger/newer paddlers.

Each State developed their own similar system of a strong program based around their major facility. Each facility included development programs where paddlers accessed top coaching from very early in their paddling career. Paddlers worked their way from squad to squad until reaching the top institute squad in their State. All paddlers remained based in the State of their choice, so all states had top level paddlers to act as role models, to assist with coaching and bringing back the knowledge they learned while overseas, while on National Camps and clinics. The knowledge of slalom spread quickly and evenly as the state institutes had inter- institute co-operative camps, competitions and supported each other. It was a point of pride to the States that a beginner at their first slalom may

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find Australian Team members competing, assisting at the event and coaching the newcomers. Personal coaches were encouraged to have input into the development of their athletes and they were invited to National camps/clinics where knowledge was shared and spread into all states and levels of slalom. Paddlers attended camps/clinics in their own State which included information on diet, sport psychology, program planning at all levels and each paddler had their own individualized, periodized plan. Differences of opinion were explored. People were encouraged to try new, innovative methods. Paddlers were encouraged to work with the coach and institute of their choice. Australian teams were selected objectively and consisted of Senior A and B; an under 20 development squad and Junior A and B teams. Officials had the focus and ability to see the 'big picture' on a National level. Volunteers were assisted to travel with the teams and had their 'out of pocket' expenses covered. The major change to the administration was in decision making.....RRRRIIIIIIINNNNNNGGGG whoops my alarm - time to stop dreaming and get up.

Coaching in the new millennium

A look at the attributes of the modern coach and the changing roles today's coach has to face.

Roy Farrance

My first major international event was in 1977. Observing other coaches and trying to listen/learn as much as possible. In those days I was impressed by the strict, authoritarian approach of most of the European coaches, their teams seemed disciplined, organized and well planned. In comparison the Australians had a much more relaxed approach. On reviewing our results and the whole events my impressions were that basically there wasn't a great deal of difference, and slalom results really came down to the ability of the athletes to put it together on the day: the ability to compete under pressure. It was not so much the physical but the mental ability of the athlete - coaching was far more than a science, it was also an art.

The role of the modern coach is to create an environment where the athlete has every possibility to excel. This environment requires the finesse of making all the fine detail come together, a total commitment and understanding, a focus of both athlete and coach and integrating all the influences that effect the athlete. Days of the 'Authoritarian Coach' are gone -now is the era of the 'sensitive, new-age, caring' coach (SNACC).



Team Harmony is important for good morale

Someone once said 'Great corporations don't do one thing right, they do 1000... little things right every day' Today's and tomorrow's coach must be an expert facilitator who can bring together all the factors needed to make an elite athlete. Often the best coach is not the best ex-paddler, some make good coaches and some are purely paddlers without the skills to impart their knowledge and skill. Far too often these abilities are misunderstood.

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**Or Canoes Plus
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A good facilitator can be someone with the most limited paddling skills, but someone who can communicate with athletes or get athletes to communicate with them. Coaching at elite level is more subtle than simply telling a paddler what to do. Slalom coaching MUST teach independence to the athlete. It must educate the athlete to think and make the right decision. The elite paddler is the expert on the water, they know the strokes, they know their capabilities, they know their limits. The coach must encourage them to have confidence in their own decision making ability - Independence is the key to elite performance. The coach that wants to maintain dependence is doing a disservice to the athletes.

The following are some important considerations for the coach of tomorrow (SNACC).

- 1 Successful coaches must understand and be able to 'read' their paddlers. They must be able to read both mental and physical states and be able to adjust training, preparation or race routines accordingly. Head coaches must involve personal coaches and influential others in an ongoing team effort to maintain the athletes' well being. This is one of the 'arts' of good coaching.
- 2 The role of the slalom coach is ever changing. For the beginner paddler the coaches' role is very skill orientated and coach dominant, however, as the paddler develops over the years, the coaches' role needs to change to enable the paddler to develop independence, self confidence and self-awareness. Many less confident coaches have trouble with this concept for fear of losing control. In fact the role must change to a partnership and become that of a facilitator and mentor. The coach sets the problem (the gate sequences) for the paddler to find a way to complete. It is far too easy for a paddler to become both mentally lazy and dependent, always relying on the coach to direct and tell them how to do it. By coaching this way the paddlers are not learning for themselves and developing their own strengths. The coach is not on the water during a competition run and this is where paddlers need to think independently, make decisions and know exactly what they can and cannot do. This is a trained skill - not something which just happens.
- 3 The good coach needs to create an environment where excellence is inevitable. This is the ever-going subtle role of the coach. Individual and

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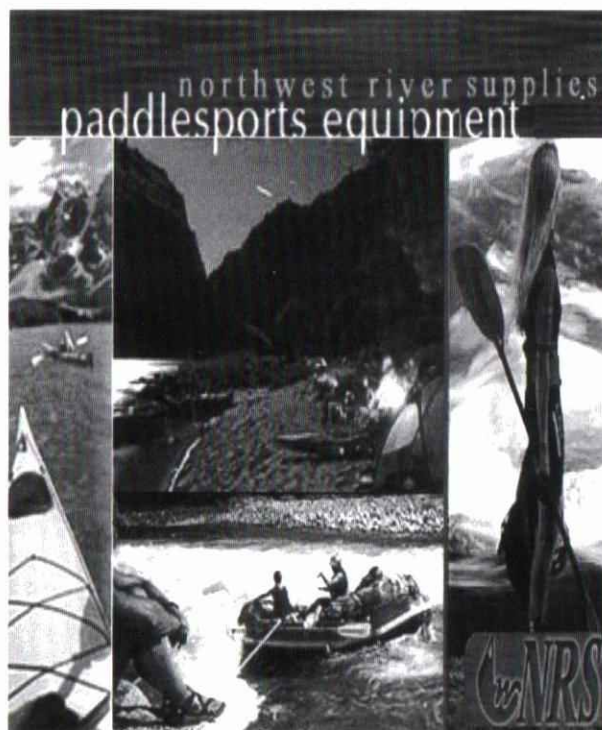


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team cohesion and harmony are vital factors for success. Team morale and trust in the athletes' coach are a complex interplay of many factors both on and off the water. Creating such an environment is part of the art of coaching that is not defined by facts and figures, not one of fitness programs and exact stroke placement, but is one of the more difficult roles of tomorrow's coach.

- 4 Knowledge of the many skills associated with paddling, strokes, water, gate technique and so the list goes on. This area may develop into the role of a specialist coach. Coaches must be willing to listen, adapt and change. It is not easy to understand that a paddler does not see the same picture as you, the coach, sees. The ability to use a number of technical coaches to facilitate gate techniques can help a paddler understand and learn.
- 5 Periodization is a critical factor in any long term program. Both athletes and coaches need to have patience to follow a long term periodization to its conclusion. Knowledge, education and understanding of the periodization process and then of the tapering and peaking process is essential. It is far too easy to 'over coach' as major events come near, begin to panic, and rather than stay focused and stick with the well devised and thought out plan. Have faith and trust in your ability to plan and learn to disregard your competitors training regime. There is a fine line between over training and getting it right. Athletes training hard have very little tolerance to sickness and injury and with big event pressure it is essential to plan both mental and physical recovery periods.
- 6 Sports psychology has developed enormously over the past decade. It is subtle, but plays a very important part in developing a mature athlete. The mental skills to focus, concentrate, relax, and to visualize, all takes years to learn and are all athlete orientated. A coach may tell a paddler to concentrate, and how, but paddlers must learn these skills as surely as they must learn the strokes. It takes time to learn to evaluate a competition run, to analyze how you felt, and how to improve. There is no short cut, just as the physical conditioning and the skill development takes years to build to an elite level, so do the mental skills. The junior paddler will start by simply walking down the course with pen and paper, learning the moves and gate sequences and mentally rehearsing how to do 25 gates. The elite paddler does the same, but in more depth and detail, studying every wave and possibility, working out every angle and lean, always with an open inquiring mind looking for every possibility to achieve the perfect run and doing this in real time.

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- 7 In early 87 Queensland psychologist, Joan Jane, on returning from a National Sprint Team tour wrote, "Although the team were as physically prepared as the teams from other countries they lacked the necessary mental preparation. Many people underestimate the importance of mental preparation and the necessity for it to be developed along with physical skills. Winning depends primarily on mental toughness and readiness" Many elite paddlers often come under the influence of Sports Psychology, but it is an area that cannot be over emphasized and developed alongside physical preparation.
- 8 Successful coaches have well prepared plans and preparations. Sound travel, accommodation, meals, boat transport, rest, training, timetables, recovery, variety and entertainment are all in the control of good management. The good coach is also a good manager. The ability to help the athlete control all of the factors affecting their well being and performance. The good coach is someone the athletes can trust and have confidence in. The athletes job is to perform, the coaches job is to make sure all the right circumstances are in place. The focus is the 'athlete'. It is so often administration and coaches get this basic truth the wrong way around.
- 9 The good modern coach will use all support personnel by integrating them into a team of specialists, while at the same time making the very best use of personal coaches, friends and influential others. The good coach will create the perfect team.
- 10 As technology increases, so does the temptation to overuse video to replay situations. Information overload is an important consideration in major events. Remember the aspect of the video replay is far removed from the aspect the paddler sees while on the course. "Ideally the athlete has done all the training, worked on the mental preparation and competition day is the day to relax and reach that ultimate mental 'zone'. The role of the coach is even more vital and the temptation to take over, over coach, over visualize and watch runs on video is high. If the athlete needs to relax, even more so does the coach.
- Lawrie Lawrence sums up coaches. "I believe these great coaches have many things in common - they are all deep thinkers, dreamers, people with active fertile imaginations these people are lateral thinkers, forever seeking new ways to assist athletes. (they) are people who lie awake at night dreaming, worrying, conjuring like a magician..... they spent lots

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of quality time with their athletes becoming both friend and mentor."

What does Australia need beyond 2000?

First an administration that can look to the success Australia has achieved and how it was achieved, with a decentralization of administration, coaching and program. Athletes achieve best in their own environment. State Institutes are the key to a successful slalom future in this country. All with their own full time coaching specialists. Penrith Whitewater Stadium is a great boost to Australian athletes. But only if used properly and sensibly. This does not mean a mass migration to Penrith and depletion of every States' resources, it does not mean all resources are poured into a tiny minority with nothing for the vast majority of the sport. It means a well planned training program with Penrith as a focal point for whitewater training. Funding needs to be distributed to State programs for ongoing strong development. Australia needs to develop State coaches not just one National Coach. Each State needs to develop. The idea of one National Coach knowing all is out dated and naïve. This single person, single center view is the best way to stifle individual coach and athlete development. Australia needs to develop good personal coaches and athlete rapore. Coaches need to think globally but act locally, and develop their own athletes and to develop good strong state competition and State based programs.



Ben Young being Ben Young on the Tully.

MEET TEAM D

One of Dagers Elite Team D paddlers will be profiled in each issue.

BEN YOUNG

Nickname: Youngy

Where do you live: Mission Beach, Queensland

How did you get in to paddling: A mate from school did it for sport one year and enjoyed it, so we all tried kayaking and never looked back

What is your favourite River and why? The Gwyder River - It has some of the Biggest rapids in Australia and some great play-spots

Favourite Rapid? The Sweeper Rapid under the bridge on the Tully River (in flood). It has the best waves and holes I have ever surfed and its all in one area.

What paddle and Boat do you use?
My paddle is a Ruff Stuff -its great and my boat is a Dagger Centrifuge - The only one in the Country at the moment.

What is your star sign? Gemini

Are you single or married? Single (but no word on a girlfriend?)

What other sports are you addicted to? Skydiving and Snowboarding

What is your favourite paddling memory? Paddling the Barron Gorge in extreme flood 2 days after Cyclone Kona came through North Queensland. It was the biggest Whitewater I have ever seen -10 -15 meter waves and holes for 5km non-stop.

Achievements in your paddling career?
Many national titles in Freestyle Junior and Open, and many times Australian freestyle team member.
Now have a great job video kayaking in North Queensland, boating all year round on the Tully River, and teaching North Queensland paddlers how to rodeo

Where do you see yourself in 10 years? Doing something that involves kayaking or skydiving

CLASSIFIEDS AND LISTINGS

Dealer Listing

Dagger

Canoes Plus
140 Cotham Rd, Kew
3101, Victoria
Ph 03 9816 9411
Canoes@canoesplus.com.au

Horizon Line
Shop 10, 140-142 Henry St.,
Penrith, NSW 2750
Benrick@bigpond.com

Kayak4play
PO Box 140, New Norfolk,
TAS 7140
Ph: 0418 569 044
Info@kayak4play.com.au

Auckland Canoe Center
502 Sandringham Rd
Auckland NZ
Ph: 64 09 815 2073
Fx: 64 09 815 2074
www.kayak.co.nz

Perception

Call for your local dealer
Ph: 08 8362 2279
Fx: 08 8362 8090
Sales@perceptionkayaking.com

Islander

Distributed by CanoesPlus
www.islander kayaks.com

Quality Kayaks

New Zealand
Ph: 64 6 326 8667

Solution

Canoes Plus-as above
Horizon Line-as above

NRS

Distributed by CanoesPlus
www.canoesplus.com.au
www.nrsweb.com

Camping/ Accomodation

Blue Gums Caravan park
476 Back Rd Eildon
Eildon 3713
Ph: 03 577 42567
www.bluegums.com.au

Canoe Education

Canoe Kayak Education Australia
140 Cotham Rd, Kew 3101
Ph 03 98165934
Ckea@canoesplus.com.au

Whitewater 2001

Contacts:
PO Box 3007 Cotham LPO, Kew
3101; Fx: 03 9817 1820
Whitewater2001@canoesplus.com.au
Peter Garguilo 0417984 726
Darrell Koochew 0419658561
Roy Farrance 03 9816 9411

Classifieds/ For Sale

Carbon Fusion GC \$700 - Jake
Humble 9844 2811

Fusion, Carbon epoxy Good
condition \$600ono- Duncan
Proust 0413 525 030

Dagger Redline with endcaps,
bomber gear backrest V Good
condition \$1000 ono - Dan
Crowley 0402 120 054

Arrowcraft Sensor C1, Slalom C1,
awsome condition, less than 2
years old, very little wear, super
stiff, Full carbon/ kevlar lay-up by
P & H. Selling with full outfitting
plus 2 Solution spraydecks worth
more than \$2250 Sell \$1400ono -
Scott 0413 888 158

Arrowcraft Viper, Slalom C1 top of
the range, Carbon/ Kevlar \$700 -
Ben Young 0413 537 352

Dagger Transition Blue/ Purple
good condition \$650 Also Dagger
Caption with triple fit kit \$2000 -
Kate 0407 548 822

Midi Bip Omax's One excellent
condition, great visuals, rock
hard, 9.1Kg \$1400, Second good
condition, well traveled but still
very strong \$600 - Warwick
Draper 0411 567 665

Dagger Infrared white water
kayak excelent condition \$1150 -
Luke 5263 2111 1300 132 441

Dagger RPM Max 6 months old,
with Stab deck and Taupo paddle
all in excelent condition, dirt
cheap at \$1100 - Jay (07) 4053
4040 jyabbie@yahoo.com.au

Dagger Transition 12 mnths old
c/w nose cone, spraydeck \$750 -
Chris 0409 252

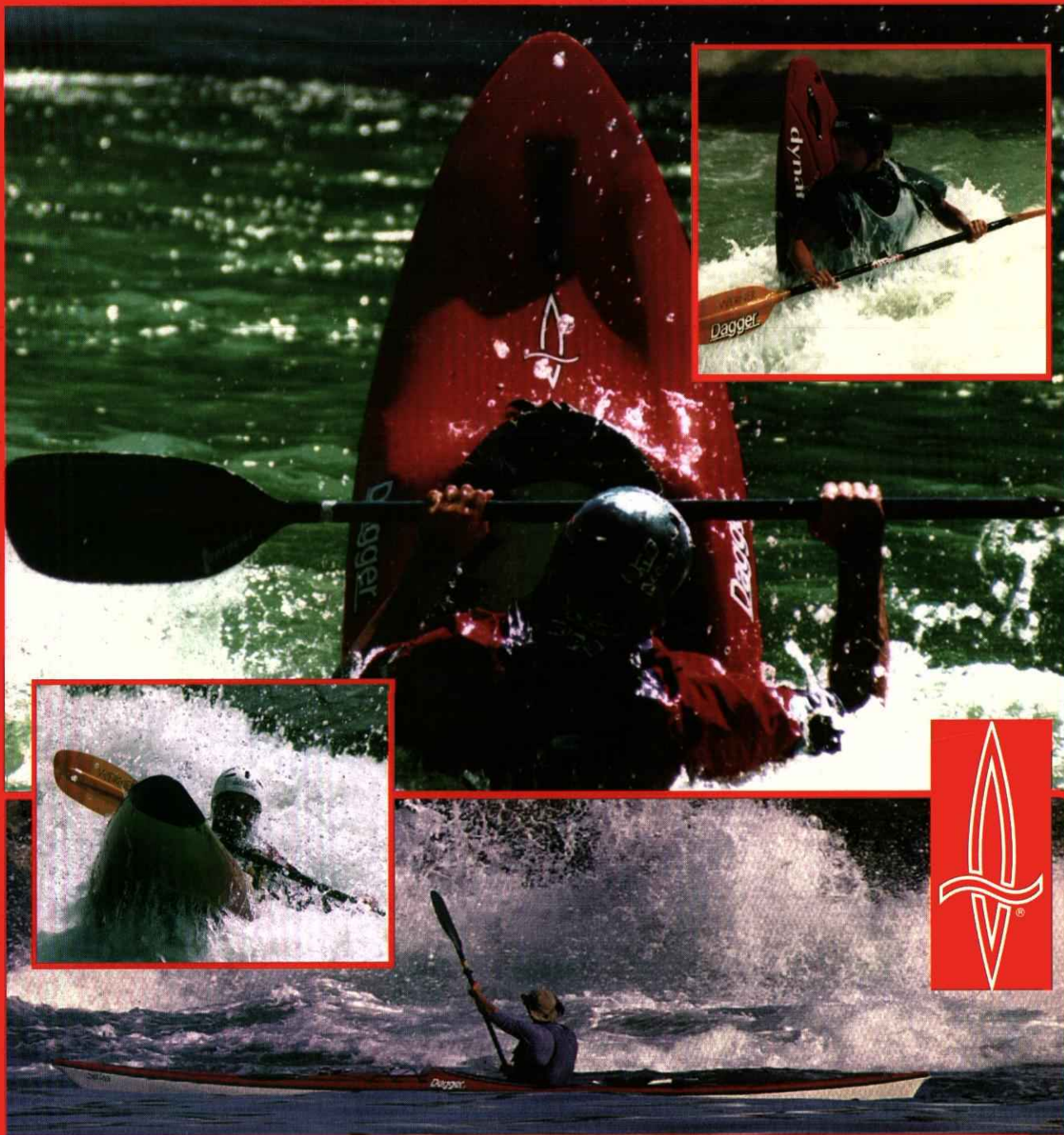
Reflex Barcelona \$250 - Mark
Bellofiore 9431 2487

A picture is worth.....

1000 Words



Dagger™



Paddle Harder

Dagger. Australia

www.canoesplus.com.au

dagger@canoesplus.com.au