

Paddler

MAGAZINE OF THE VICTORIAN CANOE ASSOCIATION INC.

TWO GREAT WORLD POLO CHAMPIONSHIP WINS



THE VERY SUCCESSFUL Australian Women's Canoe Polo team with their two male coaches pictured after their great Grand Final 2.0 win in the World Championships over Great Britain. They are from left: (Back) Janet Humerston, Kevin Crow, Julie Keast, Caroline Ninnnes, Merrilee Flint, Joanne Hemsley, Julie Makin and Duncan Cochrane. Front: Caroline Houghton, Elizabeth Shem, Kaye Truscott and Anne Duncan.

**. . . and Danielle takes out
World Cup Slalom title**

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VICTORIAN CANOE ASSOCIATION INC.



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*LEADING TRIO in the 1994 World Cup Slalom Championship line
up as their country's National Anthems are played. First placegetter
Danielle Woodward (centre) then heard "Advance Australia Fair"
played for the first time at this event, as she proudly stood on the
victory dais. Runner-up Marcella Sadilova (Czech Republic) and
third-placegetter Isobelle Despres of France (right) are beside her.*

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Danielle wins World Cup Slalom Championship in Spain



THE World Cup program now takes on a three day format.

Practice runs for all classes were held on the Friday, with the World rankings and qualification race for the final on Saturday and the final on Sunday. It's interesting that the timing of the Sunday finals depends on local television transmission.

For most, the hardest day is Saturday, just qualifying for the final. Twenty nine countries with up to four paddlers in each class, leading up to 90 paddlers in each event.

Australia is not a favourite in any event, although names like Woodward, Boocock and Macquire are well known and respected on the international circuit. Head coach of the German team said, 'Australians cannot win World Cups in Europe . . . they can't spend enough time learning our courses!'

The weather is hot and humid on race day. *Danielle* has a good qualifying run, not perfect, but enough to put her in 7th place, thus into the final. The only other Australian to qualify is *Justin Boocock* in C1, who is in 15th place. Fifteen paddlers in each class qualified for the final held on the

Sunday. This finals format makes an excellent two hour television segment. The course is altered and made harder, and even more spectacular as paddlers race to win.

By Roy Farrance

The Spanish Olympic course at La Seo 'd' Urgell is one of *Danielle's* favourites, with very fond memories and the one European course she has trained extensively on and feels very confident on. It is also one course the European paddlers use least of all because it's too far for them to travel. Even though in 1992 the German team held 20 x one week camps here prior to the Olympic games. These camps were interspersed with two weeks training in Augsburg, then back to Spain again.

International Series win

Danielle started her overseas tour this year with impressive wins in the Champion International Series in America and a good result at Nottingham, finishing 8th, but the European World Cups are usually on artificial courses -- very different to the

American big natural rivers. Artificial means tricky, unexpected surges, changing water patterns and moving eddies. It requires a very different paddling style and technique and takes many weeks to get accustomed to paddling this type of course fast and clean.

Augsberg was not a good result, 27th for *Danielle*, quite fast, but both runs picked up penalties. *Justin Boocock* had a great run in C1 and was the only Australian to make the final, gaining an exciting 7th in the final placing.

Bourg St Maurice, in France was back to a natural river course, but after four weeks on artificial water this was going to be hard to readjust. It was, *Danielle* came 21st, and no Australian made the finals.

Morale was not high, World Cup events are very hard . . . race one weekend . . . travel to a different country Monday . . . train for three days and compete again on a new and different course week after week. The long hot drive down to Spain was not the most enjoyable, but it was good to be back on the Olympic course.

The Finals were held on Sunday and started well. Danielle was confident and looked strong on her first run. There are no practice runs for the finals, just two race runs with the best one to count. She had the third fastest time on the first run -- 117.8 sec -- but it was not perfect, there was room for improvement. She has also picked up a suspect 50 on gate 11, which put her at the bottom of the rankings on first runs.

Impressive second run

However, this course and with the standard of paddlers competing, meant this would be a second run Salom. Most paddlers use the first run to get the feel of the course and then pull out all stops for the second runs. Danielle's second run started impressively with a very fast top section, which seems to gain confidence as each gate came up. This run looked good, even better than her Silver Medal run down the same course.

She was looking faster, stronger and more confident than ever. This was going to be the run. If ever a perfect run was possible this was going to be it. A time of 112.6 sec, clean. The excitement in the Spanish announcers voice was all that was needed to realise that Danielle had hit the lead.

All that was left was to wait and see how the next six paddlers . . . the top qualifiers . . . handled their second

A winning wave



runs. It soon became evident that THIS WAS DANIELLE'S RACE, as the other paddlers could not match her speed or ability.

Yes, it was finally announced, Danielle had paddled her best race ever to be the only Australian to win or even be placed in a Slalom World Cup.

Final results were:

Danielle Woodward Aust	112.6	1st
Marcela Sadilova CZE	113.4	2nd
Isobelle Despres FRA	114.4	3rd

With notable names, such as Elizabeth Michler (GER) in 7th place and Lynn Simpson, last year's winner in 11th.

It was one hour later, when Danielle took to the same podium she stood on almost two years earlier, this time in the centre position and to watch the Australian flag raised to the music of 'Advance Australia Fair', was a great thrill. This was the first time this anthem has been heard on the World Cup circuit.

This was Danielle's finest moment and a major step forward for Australian canoeing. Yes, WE CAN MATCH it with the Worlds best . . . indeed we have the worlds best!

In the words of world renown Canoeist Melvyn Jones, "This is Danielle's magical place!"



TASMANIAN Justin Boocock seen in action during the recent World Cup competition in which the '93 World Junior champion finished a very creditable seventh.

Marathon team and Danielle winners at VicSport Awards

By Jane Farrance, VCA Executive Officer

THIS YEAR'S VicSport Awards were held recently at a stand-up, informal buffet style function at Ormond College, Melbourne University and Canoeing did well after several nominations in the various categories were made.

These awards are probably the most prestigious in Victoria with the winners and finalists being considered best in their category across all sports. Each category is selected by a panel specially selected for that category.

The evening evolved into the most successful award ceremony Canoeing has ever experienced.

Our first thrill occurred when the Australian Marathon team, made up totally of Victorians, was announced as one of the three finalists. This quickly escalated when the team was declared outright winners. Geoff Blanc accepted the award on behalf of the team and spoke exceptionally well on the efforts and successes of the team.

MIKE MILLS THOM NAMED IN TOP TRIO

Soon after, the Governor's Award was announced and Canoeist Mike Mills Thom was named in the "final three" of this group. Cricket's Shane Warne was the eventual winner, but to have a Canoeist in the top trio was great for paddlers and shows the recognition our sport is now receiving.

The last award of the evening was the Kitty McEwan Sportswoman of the Year Award. It was no surprise to hear Danielle Woodward's name announced as a finalist, given the success this lady has had over the past two years. Although hoping she would win, there were some fine performances from other sports, which could have attracted votes from the judging panel. Yes, Canoeing was honored again when Danielle's name was announced as winner of this prestigious award.

There is no doubt these awards are important to sport and we acknowledge and thank VicSport for conducting them to honour of States' finest in the selected categories.

ELITE PADDLERS DO WORK HARD

The night showed very clearly the developments made in Canoeing over the years. And we continue to increase the profile of the sport, due largely to the efforts of our elite paddlers, who work so hard and bring such success and honour to the sport.

As Executive Officer of the VCA, I am always proud of our athletes, both for their fine performances on the water, as well as being fine ambassadors for our sport. We are extremely proud of our champions . . . they are probably our greatest asset!

I believe Canoeing was the only sport to have three of their nominations selected as finalists and to top this with the great honour of WINNING TWO AWARDS made me very proud to be a part of Victorian paddling.

Other Canoeists in top three

Details of the awards made and Canoeing's nominations were as follows:

The various categories and Canoeing's nominations were:
Vic Sport Junior Team Award: No nomination.
Dame Mary Herring Junior Athlete: Warwick Draper (Mia Farrance was a previous winner of this award in 1990)
Vic sport Team Awards: Women -- No nomination
Men -- Australian Marathon Canoe team.
(Canoeing had not previously nominated for this category)
Eunice Gill Award for Sports Administration: Former "Paddler" Editors - Jill and Tony Prior.
Governor's Award for Sportsman of the Year: Mike Mills Thom
Canoeing's John Jacoby a previous winner in 1986 and 1988)
Kitty McEwan Sportswomen of the Year Award: Danielle Woodward
(Elizabeth Blencoe was a winner in 1981)

Level One Slalom and Wildwater Coaching Courses

Slalom - August 5, 6 and 7

Cost: \$110.

THIS COURSE has been slotted into the program because of demand. **If interested you'll have to move quickly and advise Jane at the VCA office (03) 459 4251.**

Several VBCE Instructors are doing the course so they can link in with the Australian Coaching Council Sport Liability Insurance Scheme. This was explained in "Paddler" - Volume 100 in the Canoe Ed section.

Aussies win both World

"IT'S A DREAM COME TRUE" These were the words of the Australian Men's Canoe Polo Coach Steve Bath, after both the men and women's teams won the titles in the inaugural Canoe Polo World Championships held at Ponds Forge Centre, Sheffield, England in July.

It was not so long ago when Canoe Polo nations were playing different rules and a World Championships event was truly a dream for seasoned players.

The Aussie women won their Grand Final 2.0 over Great Britain and the men thrashed Germany 6.1 to win their title.

There could not be a better result to end what was the most professional Australian Canoe Polo tour to date. The excitement and jubilation of players, supporters and friends back home was really heart-warming.

For me, the focus of these championships began at the Women's Equity Program in Melbourne during June, '93, where speakers such as Jane Farrance and Reg Hatch shared their expertise and spoke of the commitment required to

*By Women's team member
Kaye Truscott*

make it to the top. Fortunately there was a wealth of knowledge and experience amongst the players -- past and present -- to draw on regarding the specifics of the game.

Lead-up Camps helped our program

Over the past 12 months there were three rigorous selection events and two Training Camps to complement the State-based training programs. The seven-day (N.S.P.) Training Camp at the NSW Academy of Sport just prior to leaving for overseas was a valuable time when the teams developed spirit, bonding, ethics and of course the distinctive style that Australians play the game. We are especially renowned for our variety of shots at goal and in France a "round-arm" is now fondly known as "an Aussie".

We arrived in Paris on June 17, finally free of work and family commitments and all set to shine! To overcome jet lag, the teams were thrown straight into a competition at Lockrist, Brittany. This was a competition organised for our benefit and provided the local French teams with a chance to



BOTH AUSTRALIAN CANOE POLO teams pictured beside the venue in Mechelen, Belgium where they took out the Flanders Cup from a large international field. These pictured are left to right: Standing -- Steve Hemsley (NSW), Scott Makin (NSW), Elizabeth Shem (SA), Paul Carter (SA), Anne Duncan (Vic.), Aaron Fleet (SA), Juliette Makin (NSW), Chris Van Genderen (Qld - men's captain), Brett Houghton (NSW), Keith McClery (Qld.), Duncan Cochrane (SA). Seated -- Janet Humerston (Qld.), Kaye Truscott (Vic.) Caroline Houghton (NSW), Nerilee Flint (SA), Joanne Hemsley (NSW - Captain) and Caroline Nimmes (SA).

Canoe Polo Championships

also test their skills. Both Australian National teams proved too strong in these matches.

Midweek training was held on the river system which runs through the very beautiful village of Pont D'Ooilly, Friendships from previous tours were renewed, however this did not extend to allowing the French National Coach to spy while our men trained. A new venue was found upstream to complete the training session where both sides enjoyed friendly challenge matches against local senior and junior teams.

Flanders Cup win over many

Next is was on to Mechelen, Belgium, venue for the Flanders Cup competition. This would provide the real test of our preparation, as a large international field was expected, including the current European champions Germany. We were not disappointed and in fact there were more nations, competing in the Women's category than at the World's two weeks later.

Our teams took out both titles, defeating Great Britain 3.0 in the Women's and Germany 2.1 in the Men's. Overall, the competition was very enjoyable and provided a great boost for individuals and teams alike.

Our second midweek Training Camp was held at Seneffe, Belgium . . . a period of solid training, rest and a chance to send all those postcards

Now it's over to England

The Hull International Canoe tournament in the United Kingdom was our next destination. The venue was like a compact Darling Harbour and the entry list was huge -- with fifty Club and International teams.

The Australian women were entered in the Open "B" division. Unlike in Australia, the European men rarely play all women's teams, so a lot of pride was at stake. They did not hold back in any regard, which provided us with fast and tough pre-world's competition.

We finished fifth out of sixteen teams and took out the ladies trophy, while the men won the "A" division trophy, breaking the full press applied by the British Club team, in the Grand Final.

As for the World Championships, the results say it all. The Australian women won all five league or preliminary round games prior to the finals defeating New Zealand 4.1, Germany 3.0, France 4.0, Great Britain 6.2 and Ireland 6.0.

However as always, finals are a different story and the

road to victory was not easy. Australia took the Semi Final against Germany 6.4, after a penalty shoot out. Ironically for the Germans they later had to endure another shoot-out with France -- and lost again!

Nerves got the better of players from both sides in the first half of the Grand Final, but our women took control and ran out victors 2.0 against Great Britain.

Final positions in the women's competition were: Australia, Great Britain, France, Germany, New Zealand and Ireland.

Men in heart-stoppers!

After some heart-stopping games, the Aussie men played an extremely controlled and skilful final game against Germany when they held a narrow 2.1 lead at half time. But they routed the Germans defence and forged ahead to take the World Championship with a 6.1 victory.

Earlier, in the league games they defeated Brazil 20.0, New Zealand 6.2, and Belgium 3.2, before downing Hungary 5.1 in the quarter final. They also defeated the Netherlands 5.1 for their very first time ever, when they met them in the Semi Final.

Highest goalscorers over the whole event were Duncan Cochrane (15) and Brett Houghton (12).

The two Aussie teams ended their league rounds with only four (men) and three (women) goals scored against them. Both goalies -- Chris Van Genderen and Juliette Makin -- recording some magnificent blocks.

There were many great individual performances, but it was the team(s) who won and I'll leave the coaches to single out individuals if they dare!!

A total of eighteen nations competed and all continents were represented, making for a very colourful and enjoyable tournament.

Final positions in the men's competition were: Australia, Germany, Great Britain, Netherlands, France, Belgium, Ireland, Hungary, Italy, New Zealand, Chinese Taipei, South Africa, Finland, Austria, Japan, Brazil, Portugal and Canada.

It has been reported that Adelaide is bidding to hold the 1996 World Championships, which if it is successful, would be a further boost to the profile of Canoe Polo here in Australia.

I must make special mention of the wonderful job done by the coaches - KEVIN CROW, DUNCAN COCHRANE (Women's team) and STEVE BATH (Men) and our Manager MARIANNE COCHRANE, who turned the dream of a winning tour into a reality.

1994/1995 CANOE EDUCATION PROGRAM

CONGRATULATIONS are extended to the following named paddlers, who are now well into their respective programs with the Victorian Institute of Sport.

We wish them all well during their paddling careers and know that with dedication to succeed, there is every possibility we could produce future Olympians or simply top Australian paddlers from their ranks.

SPRINT CANOE

Full Scholarships: Brooke Harris, Martin Hunter and Natalie Hunter

Part Scholarships: Billy Curry, Christine Marot, Anthony May and Doug Parkinson.

Temporary Training Athletes: Peter Cannard, Leda Cunningham, Gabriel Digenis, Stuart Legg, Michael Leverett, Cameron McMillan and Justin Quill.

SLALOM CANOE

Full Scholarships: Andrew Farrance, Mia Farrance, Robyn Galloway, David Heard, Cathy Kesterton, Richard Macquire, Wayne Thomas and Danielle Woodward.

Part Scholarships: Ben Copley, Scott Crabtree, Warwick Draper and Andrew Stamp.

VIS/VCA Development Squad: Anton King, Daniel Milne, Lachlan Milne, Louise Natoli, Ben Patrick and Lauren Sykes.

Valuable Uncle Toby's

sponsorship will help our Development program

THE AUSTRALIAN Canoe Federation has entered into a sponsorship agreement with Uncle Toby's. There are essentially two parts to this sponsorship. The first is that Uncle Toby's will sponsor the running of the Australian Championships and the Intensive Training Centre Regattas (one in each State with an ITC program). The second part of the sponsorship is the Development program . . . it's this program which can have a major effect on our State and our Clubs.

A trailer with 5 x K1s and 5 x TK1s plus paddles and PFDs has been supplied to Victoria by Uncle Toby's. The aim of the Development Program is to introduce many more juniors to the sport of competitive flatwater racing.



Life. Be in it™

VICTORIAN CANOE ASSOCIATION INC

1994

**VICTORIAN
SLALOM**

CHAMPIONSHIPS

September 24-25

Hawqua River

*Further details available
from VCA office.*

*Call by phone on
(03) 459 4251 or
Fax (03) 457 5438*

Working closely with the VIS coach, formerly Reg Hatch and now Ageneta Andersson, the State Flatwater coaching co-ordinator, Dasha Kopecek, the VCA, flatwater committees and regional coaches, the following program has been planned.

* The trailer of boats is to be located in a specified area for a minimum of two weeks under the organization of the Regional Coach or nominated person. The local school, youth groups and community will be invited to send Secondary school age children down to complete a four session introductory Kayaking course.

* A press package will be sent to each area organizer, as well as a suggested marketing strategy and a suggested course outline. The VCA office will contact the local Recreation Officer and Council to get as much pre program advertising as possible. The local contact will try to get coverage in the media and if finances allow the VCA may take out a large advertisement in the area newspaper.

It is hoped schools will become involved in the programs *within* school time, bringing groups down to be coached as part of the school physical education and sport curriculum. Additional coaching may be arranged both before and after school hours to involve teenagers whose schools may not be directly involved in the program.

Intensive weeked programs, too

The weekend can be taken up running an intensive program for those who cannot attend the week day sessions or could be offered as an optional extra for the more enthusiastic students involved during the week. This will be for the area organizer to arrange.

All participants will receive free products and caps from Uncle Toby's. Posters (like the one shown above -- only in full colour) have been printed and will be sent to participating schools to promote the program.

Coaches will have to be qualified to at least Level One standard. In addition, the VBCE and Flatwater coaching co-ordinator have created a safety module for all Level One coaches to attend and update their qualification.

Coaches working on the Uncle Toby's program will be expected to attend one of these modules.

S P R I N T O N W A T E R !

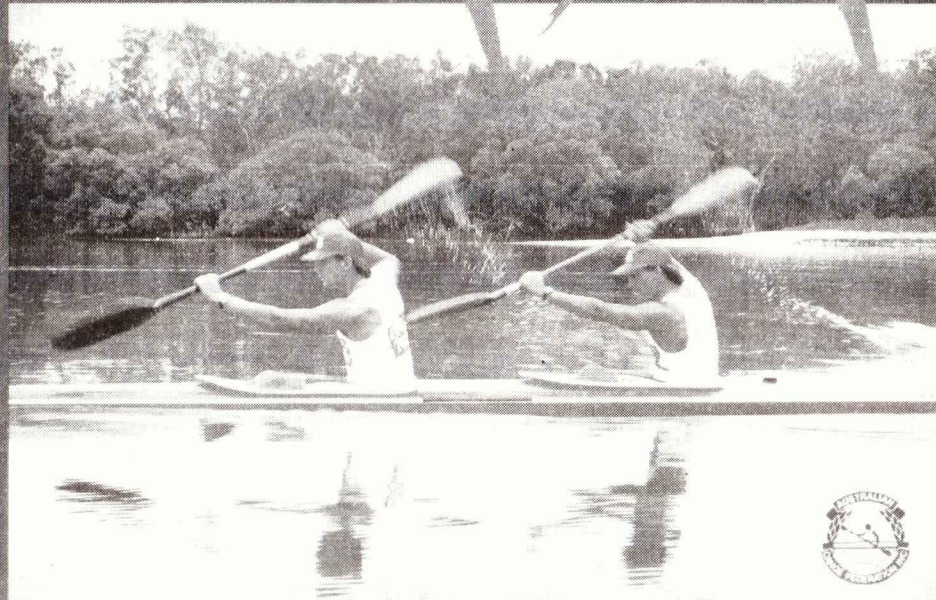
UNCLE TOBY'S

OZ Kayak



LEARN TO PADDLE
AT UNCLE TOBY'S
OZKAYAK CLINICS

NAME _____
DATE _____
TIME _____



The next Flatwater Level One coaches course is to be held on October 14-16. The Friday evening session will be the safety module and all existing Level one coaches are strongly encouraged to attend.

New Safety Module for coaches

From this point forward, all Level One Coaching courses will include the new safety module. Reason for this update is that the existing safety section of the Level One course is designed for use within the club situation with small numbers of beginners at any one time. With this new program, coaches could have 10 beginners in one session, a situation which obviously needs different and more emphasis on group management and safety.

It is important to note that all persons using Uncle Toby's equipment MUST always wear a PFD while on the water. Coaches are expected to set a good example and high standards in this matter.

We are endeavouring to end each program with a highlight for the participants, suggestions are that the program coincides with a VCA Regatta or Marathon, to which all participants would be encouraged to attend. If this is not possible, perhaps the local Club could stage a small Club Regatta or Marathon. Another highlight would be to arrange for a special guest to assist with a session, Ageneta has already expressed a willingness to attend where possible, while other leading paddlers can also be utilized this way.

It is important that once these juniors have been exposed and encouraged into the sport, we do not just pack up the trailer and leave.

Local Club link is a must

To establish a strong link with the local canoe club is paramount to the success of the program. To ensure this, it has been decided that all Uncle Toby's programs must be

run in conjunction with a Club, with \$15 of the course fees going directly to the Club and then the club will give each participant a 12 month membership to that Club. It is then up to the Club to try to encourage and develop the new paddlers. Some Clubs are clearly better placed than others to take advantage of this situation.

Clubs with club rooms, and club boats are at an advantage, but those without these assets can still benefit by running regular club training days, activities and continuing the coaching programs with this assistance.

Cost to the participants to become involved is \$40. For this they receive a minimum of four sessions of coaching, access to the boats and equipment, and membership to the local Club for 12 months, as well as free Uncle Toby's gifts.

Coaches to be paid for time

Coaches working on the program will be paid for their time and expertise. A scale of pay according to coaching qualifications is being worked out in line with Slalom coaching and VBCE Instructors pay rates.

The system is in place, now it is up to all Clubs and Regional Coaches to make the program really work.

The potential is there to dramatically increase the numbers of juniors paddling in this state, to raise the profile of flatwater competition in all areas and to increase the numbers and activities of your club.

To become involved as a club, as a coach, as an individual participant or as a school or youth organization, simply contact the Canoe Association (ph. 459 4277) and keep reading "Paddler" for updates on the whereabouts of the Uncle Toby's flatwater kayaking program.

The first pilot course was held in Sale and arranged by Warren Boulton. Essendon Canoe Club is planning to run a program early in November, so get yourself involved its a terrific program and will be great fun for all.

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1994 VICTORIAN CANOE MARATHON CHAMPIONSHIPS



Conducted for the V.C.A. Marathon Committee by the
SHERBROOKE KNOX CANOE CLUB

on the

YARRA RIVER, MELBOURNE



SATURDAY, 17th SEPTEMBER

SINGLES: Briefing at 10.30am

Start at 11.00 am

SUNDAY, 18th SEPTEMBER

DOUBLES: Briefing at 9.30am

Start at 10.00 am

MEDALS PRESENTED IMMEDIATELY FOLLOWING THE RACES EACH DAY

Dinner from 6.00 pm, Club Trophies and Personal Awards 7.30pm.

COURSES

SENIORS AND VET 35 COURSE

27 KMS.

Start upstream from the Banks Rowing Club, paddle upstream, taking the right hand channel around Herring Island to buoy just downstream from Leonda jetty, turn anticlockwise, paddle downstream past Banks Rowing Club and turn anticlockwise around a buoy on the downstream side of Princes Bridge, then upstream to the portage (*For INTERNATIONAL RACING CLASSES ONLY*) in front of Banks Rowing Club, then upstream again to the buoy near Leonda jetty, turning anticlockwise to finish downstream in front of Banks Rowing Club.

JUNIOR, VET 45 AND LADIES TOURING COURSE

18 KMS.

First lap is as per senior course (*But with NO PORTAGE*), then upstream to a buoy between Morell and Hoddle bridges, turn anticlockwise then downstream to finish in front of Banks Rowing Club.

INTERMEDIATE COURSE

11 KMS.

Start upstream from the Banks Rowing Club, paddle upstream around Herring Island anticlockwise, then paddle downstream, past Banks Rowing Club and turn anticlockwise around a buoy on the downstream side of Princes Bridge, then upstream again to the buoy between Morell and Hoddle bridges, turning anticlockwise to finish downstream in front of Banks Rowing Club.

SUB-JUNIOR COURSE

3 KMS.

Start upstream from the Banks Rowing Club, paddling upstream to the buoy between Morell and Hoddle bridges, turning anticlockwise to finish downstream in front of Banks Rowing Club.

COURSE DETAILS

The Yarra River will provide some tidal movement, but conditions are generally flat and calm. There may be some Tour boats and Rowing craft to contend with.

IMPORTANT

The course will be buoyed and all paddlers must keep to the right of all buoys on the river.

Food and refreshments will be available at the Canteen located inside the Banks Rowing Club.

**Contacts: Tony Meek (059) 40 2011
Glen Rose: (03) 720 1462**



WORLD SLALOM TAKES OFF INTO THE FUTURE

*By Roy Farrance,
just back from a tour overseas*

SLALOM CANOEING was voted by the world press as the second most spectacular sport (behind athletics) at Barcelona in '92 and was the fourth most popular event covered by TV, even though virtually ignored by Australian television.

Slalom Canoeing now receives more television coverage than all other Canoeing events put together. Both the World Cup and Champion International Series races can boast regular direct, live coverage.

This year saw the full impact of Slalom being re-introduced on to the Olympic program in Barcelona and continuing in Atlanta. The newer countries to slalom, plus the established countries which gained increased momentum due to the Olympics, have taken until now to show their real improvements.

Many of these countries had increased their programs in '89 and '90, but only a few years leading up to Spain was not enough to show the full benefits from the new increased in funding, support and involvement.

The standard this year is the highest ever, with paddlers in all classes being quicker, cleaner and more professional in every aspect. In the last nine World Cup finals in Men's K1, only one paddler, Olympic champion Pieraolo Ferrazzi, has made a final with a five second penalty. Every finalist except Pieraolo has had a clear run. This is compared with 1989, when Richard Fox won the World Championship in USA with a five second penalty on gate 1.

'94 performance would have taken medal in '87

The World Cup race at Bourg St. Maurice in France was one of the best races for young Australian Kayak paddler, Richard Macquire, with a clean run only five seconds behind the

leader, a score that would have won a medal at the '87 World Championships on the same course. In 1994 the top 15 men were all within 3.3 second, pushing the Australian back into 21st place.

In just 12 months, slalom has changed . . . courses are faster, requiring paddlers to acquire even greater speed, and speed through the gates in particular. The development of the one stroke upstream and the duck and weave method of gate clearance, add a new dimension. Paddlers skills are further refined and show an even greater ability to compete on any grade and type of water with utmost finesse.

Australian paddlers are annually surprised at the developments of slalom internationally, and need weeks to adjust to the ever changing sport, thus continually play catch-up!. Each year, Australian paddlers improve and get better only to go overseas to find the other 28 competing countries have also improved.

Every year, overseas coaches and paddlers express disbelief that Australia's top paddlers still work or study, yet still manage to compete at such a high level. Additionally, is the fact that Australia has no 'international standard course' on which to train daily. But maybe Sydney 2000 will help change all this and really give Australian paddlers a chance at competing on a better footing on the International scene.

The Australian Canoe Federation has to work and push hard to ensure that Slalom is one of the proposed sports in the Sydney Olympic program.

The world Slalom scene has now developed four different race formats, each needing its own strategy and formula for success.

At this stage, the Olympic format will not change and is set for '96. Practice runs and two race runs. Simple, and similar to most races held in Australia.

Three different World class event formats

In World Championships there is a practice run, followed by the World ranking and qualifying race of two runs, with the top 30 per cent of each class going through to a final to race for the World Championship medals. World cups are run over a three day program. One practice run on Friday, World ranking race of two runs on Saturday and the top 15 going on to a two run final on the Sunday.

The Champion International series of races has yet another format. A one day event with no practice runs. Two qualifying races, with the top 15 to race in the final, on the afternoon of the same day.

To learn to race these different formats takes time and experience, again something most Australian paddlers lack, just managing one race format, then having to learn another.

Slalom is changing, and changing rapidly! Slalom paddling has long been one of Europe's most popular sports, ranking up there with soccer and Skiing. In France alone there is at least six man-made courses with the EDF (Electricity Commission of France) and other Government bodies backing the building of at least 20 more.

In America there is an estimated 19 million paddlers, so is it any wonder the International scene of slalom canoeing is in a massive mood for change.

Will Australia be able to keep up?

Letters to the Editor

In the past these pages have proved popular as readers express their views on every conceivable aspect of paddling (and much more) so we're looking forward to continuing this service and to receiving your letters.

Simply drop a line to: "Paddler Magazine", c/o Jane Farrance, V&A, 332 Banyule Road, VIEWBANK, Vic. 3084 BEFORE the copy-closing date of our next issue -- September 10.

It's best wishes to the "old" AND the "New"!

WELL, HE'S gone and like it or not, Australia has just lost the best Canoeing Coach this country has produced to date. A patriotic Australian, I know he will still help any Australian.

Much has been said about Reg Hatch -- some true and some of it false, -- but what will be remembered is the fantastic results his paddlers achieved.

I'm not only talking about the World Champions that everyone knows. No, like Reg, I am more impressed by the incredible number of champion people who have developed in his squad over the years.

Many of these people never won a kayak race, but they are "champion people", and I'm proud to have been involved with every one of them.

I love to see all people become better Canoeists, but more importantly better people and our sport caters for this magnificently.

While I'm talking about Champion people I'd like to take this opportunity to welcome Agneta Andersson to the Victorian Institute of Sport Head Coaching position.

A true Champion person who will add so much to Australian Canoeing.

Agneta has now directed her sporting dedication, discipline and energy to coaching. The VIS and Australian Canoeing are indeed very fortunate.

Good luck Agneta and Reg in your endeavours.

Martin Ralph, (Assistant VIS Coach, Sprint Canoeing).

"Thanks" to those at the Goulburn Working Bee

I WOULD LIKE to thank all those people who attended the working bee at the Goulburn river on Saturday July 9. With the water turned off and the weather turned on it was great to accomplish a whole weekends work in just one day. This is a tribute to those who came, both in numbers and in effort.

Special thanks need to be given to Robin Sanders who not only designed the changes but stood around all day Friday and Saturday directing traffic. Robin could soon be recognised by his call of, "That's great, just a few more rocks".

Thanks also to Ron Heard who organised the earth-mover and front end loader. Both Ron and Robin were feeling somewhat poorly, so it was to their credit they were still able to help out on Saturday.

Once again I would like to thank all those who attended the Goulburn working bee, without this sort of help, the Goulburn River would still be a boring, fast flowing river current without feature. -- *Andrew Farrance.*

A Selector gives his side of the question . . .

To the Editor,

Dear Sir,

AS I HAVE been a Selector for two consecutive years, I believe it is now time to reflect the experience to the paddlers.

Firstly, I must admit to being critical of the selection process, whilst being a paddler, has altered little since becoming a Selector. The advent of I.T.C. regatta is, however, an assistance to giving Selectors a better view of Paddlers performances throughout the season. Hopefully next year we can see the I.T.C. Regattas become fully fledged Selection Regattas and it is my personal view that this would be a good thing. However I cannot speak for the A.C.F. Race Committee, nor the other Selectors.

I'm sure Heath Brown would not have had to appeal if the above was the case this year.

Of paramount importance when the new selectors had our first meeting, was to ensure that we remained as accessible as possible to paddlers to confer with.

NOTE: There is no longer a "Disclaimer" at the end of any Selector statements, nor at the end of the announcement of the team.

The selection process so far has been fairly obvious and when I have asked Paddlers "What do you think of the team?", most have said, "Well, it's about right, but why "Z" . . . why not "Q"? Most times I have enlightened them of a view they may have overlooked and once considered, they've seen reason.

Some might say it's downright dangerous to be so open on selection, as it does leave one totally open to criticism. My answer to this is, "if you cannot justify the selection to paddlers, you cannot justify it to anyone." There has been some very close justifications this year for the team and with the talent shown at this years' Nationals there should be!

In our first year, the Selectors were put under pressure to look at small teams by individuals, who at times must question their own motives. We were elated with the team's results last year and can only conclude the improvement shown in so many paddlers at Penrith has been partly motivated by the opportunity given to those in last year's teams.

I was surprised last year at my first A.G.M. meeting of the Sprint Committee as to the level of direct involvement by elite Sprint Paddlers. The decisions made on major aspects of the Sprint Kayak field have very little to do with the Selectors as it is your State delegates who direct this movement. If you don't see the sport moving in the direction you consider fair and correct, then TALK TO THEM!

Since our first selection, there have been occasions where the A.C.F. Executive have been involved in amendments to the structure of the team, with little consultation with the

Sprint Committee Executive. If there are "Procedures of the Selection Process" which need amending, it is up to Paddlers to lobby delegates and tell them of your complaints.

It is also very wise for the delegate to talk frankly with as many paddlers as they can, on particular points. It is very easy for delegates to think they are considering the majority, when they may be only communicating with a minority.

If paddlers think the Paddlers Representative on the Race Committee can overcome all delegates at an A.G.M., sadly, they are over-estimating the Paddler Representative's position. This is in no way demeaning to our current paddlers rep as he is forthright in his opinions and is well heard. But please consider his difficulty in ensuing that minor points are resolved to the paddlers benefit when there is so little time to debate and so much to get through. Your delegates can assist him greatly to ensure he achieves the best possible result for all paddlers.

On the Selection of Coaches, the current A.C.F. Guideline to Selectors does not actually state that coaches be selected upon their results in current National titles at all. This needs to be corrected and resolved. If we continue to select Coaches on their previous year's World titles results and place little emphasis on results of Nationals, a rut will develop that is not in the best interest of the paddlers or the sport.

We have the very best in coaching in this country and it is difficult to believe one of our finest has recently left our shores to take the top position in one of the leading medal tallying nations - the USA.

They certainly don't need our help to get more medals. Think about it. Why did he leave?

It's also about time the paddlers were honest about who is really coaching them on Nomination Forms for teams. The practice of I.T.C.'s pressuring paddlers to insert the I.T.C. Coaches name on the Nomination Form, should cease forthwith. Paddlers say they want a fair and decent selection process. Well fellow paddlers, it may well commence with you.

For whatever reasons, it has been noted that paddlers/coaches have not put the best team-boats on the water. At one I.T.C. regatta some paddlers even chose not to paddle their best event. Ha! What a joke. What will happen at the next Regatta if they get a virus or DQ in a heat. They'll be the first to say the selection process is unfair!

Some coaches have even hampered their own paddlers chances of making a team by choosing not to paddle them in a team-boat -- which may be beneficial, but is not political. If coaches really want a non-political association -- then don't be POLITICAL.

I believe that as a nation, we can combine to out-perform the world and exceed all our expectations. This selector believes in the paddling talent of all of you, but you cannot have a champion Formula One driver with an ill-informed pit crew. It's up to you to get what is most beneficial to you at A.C.F. level. It's not only the personalities of the Executive that control the sport, but also the delegates. Ring them up and have a whinge, chat, praise them, chastise them, but most of all . . . COMMUNICATE.

Wing-it (I mean Prop-it).

---- Cliff Goulding

UPDATE: Since the above was written, HEATH BROWN has lodged an appeal with the A.C.F. This appeal was heard and the Executive of the A.C.F., in their wisdom, decided to admit Heath into the team. The selectors justification was

dismissed on the grounds their statement did not exclude performances and I.T.C. Regattas.

The Selectors statement read that I.T.C. Regattas "may" be considered.

Why wouldn't they be considered? Well, I suppose if no-one turned up. If some of the paddlers didn't FEEL like doing K1 that day! There are loads of reasons why a non-mandatory Regatta may not be considered.

Hey! Please don't get me wrong, Heath Brown is one of our finest paddlers and has the respect as being such, of all selectors.

The procedure the A.C.F. Executive took was incorrect, and it is not the inclusion of Heath Brown, that has prompted my resignation, but the Procedure of the Executive!

The Executive had two alternatives:

1. -- To ask the Selectors to re-consider.

2. -- To proceed with an overriding action,

which they have done.

It would seem logical to follow through option 1. prior to option 2. This has not been done. Why?

Does the A.C.F. have so little faith in the democratically voted Selectors as to HASTILY override them with all their knowledge and background in Sprint Canoeing.

Canoeists can enter Young Achiever Awards

Young paddlers are reminded they may join other junior sporting people and are eligible to enter the Herald Sun, Channel Ten Victoria Young Achiever Awards of 1994 and in particular, the Nissan Sports Awards. Nominees must be under 27 years of age as at the 1st of January this year.

Many young people are encouraged when a friend or colleague nominates them for these awards. But if you are thinking of entering this year, you'll need to move quickly, as **entries close on August 12.**

General enquiries or requests for entry forms may be made either through the VCA office or by contacting the Awards office direct by phone on 878 0411 or fax to 878 0472 requesting an entry form.

Safety module now in Level One Flatwater Coaching Course

THIS COURSE has been extended to include a "Safety Module", which all coaches working on the Uncle Toby's Development plan are expected to do in addition to their Level One qualification.

All Level One Flatwater courses held in Victoria in future will include this module as standard.

Dates for the course are October 14, 15 and 16. and the cost is \$110. Please contact Jane at the VCA office.

THE VCA has, on a number of occasions, been requested by Melbourne Parks and Waterways to instruct all Paddlers to keep to the right hand side of the Yarra, and Maribyrnong Rivers.

We are issued with permits to use the rivers with instructions to observe the right hand ruling in the safety of all river traffic.

All marathon paddlers at each race briefing have been instructed to adhere to this regulation. Unfortunately this instruction has been ignored.

Following further correspondence from Melbourne Parks and Waterways, together with Glen Rose, Marathon Committee Chairman and Senior Vice President of the VCA and Tom Hirschoff, Marathon Committee Race Organiser, I attended a meeting at the Burnley site of Melbourne Parks and Waterways.

River traffic on both the Yarra and Maribyrnong Rivers is increasing. Eight new Ferry licences have been granted to operate from Southgate and as river traffic is increasing, more care needs to be taken in all river users. If we do not address the above problem, Melbourne Parks and Waterways will cancel our permits to use the rivers for Regattas.

As a result of the above meeting, the Yarra River will now be buoyed for all VCA Marathon Races.

Paddlers MUST, at all times, keep these buoys on their on their LEFT.

Buoys will be specially marked and will be manned. Offenders will be penalised. If this step does not resolve the problem, then Melbourne Parks and Waterways will not issue further permits for Regattas.

ETIQUETTE AND SAFETY ON THE RIVER

*Please keep to
the RIGHT!*

Over the years, we have enjoyed a great association with Melbourne Water (now Melbourne Parks and Waterways) and we are very grateful for assistance so freely given at all times.

I hope due thought for the safety and consideration of other river users and ourselves, *all* paddle using these waterways will 'play the game'.

Dawn Middlesborough
President, VCA
Secretary, VCA Marathon Committee

SUBSCRIPTION/CHANGE OF ADDRESS -- Vol. 101

My subscription to "Paddler" magazine has expired,
please re-new as detailed below:

I wish to subscribe to "Paddler" commencing Vol..... for one year (Cost: \$30) or two years (\$60) and enclose payment for same.

Please change my address:

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Payment details are as follows:

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ACROSS THE OFFICE DESK

By VCA Executive Officer, Jane Farrance

SORRY, BUT THE PRICES DO HAVE TO INCREASE

WE'RE NOT trying to keep up with the latest rush of price rises from the cost of water to the footy finals tickets, but as the cost of producing "Paddler" has not risen for several years and costs have done so dramatically, we've been forced to take action on this front.

As from this issue, the cost of Paddler for individual copies of "Paddler" will be \$5.00 and for Club bulk copies the cost will be \$4.25 each. This of course makes the annual subscription rates increase to \$30 for one year and \$60 for two years. Subscriptions received since our last issue will be honoured, but any received from August 10 onwards will be at the new rate.

I can say we're sorry to have to do this, but rising costs in every area of producing this magazine have risen dramatically over the last five years. Paddlers generally have had the benefit of the Association being able to 'carry' these rises, but the time has come to be realistic.

MLC JUNIOR SPORTS FOUNDATION

CONGRATULATIONS to young Canoeists WARWICK DRAPER and LAUREN SYKES, who were awarded scholarships under the MLC Junior Sports Foundation. Both paddlers have much in common in that they are both slalom paddlers, members of the VIS Development Squad, attend the same school -- Eltham College. -- and are representing Australia at the World Junior Slalom Championships in Wausau, USA. We wish them well.

These two impressive young paddlers will receive \$2000 each to assist in their paddling careers and were invited to attend a MLC Sports Camp. These camps are of great benefit to young athletes, giving information on fitness training, diet, handling the media and other relevant topics to assist them with their sporting careers.

DATES FOR VCA MEETINGS

The dates planned for up-coming VCA meetings -- to be held at the Olympian Room at the Southgate complex, City -- are as follows, but dates may alter at short notice.

- August 23 -- Council meeting
- September 27 -- Executive meeting
- October 25 -- Executive meeting
- November 22 -- Council meeting
- December 13 -- Executive meeting

Taken any great Canoe shots lately?

Life Be in It and VicHealth are proposing to produce a promotional Poster for Canoeing in the near future and they're looking for good quality coloured photographs or transparencies (slides).

We have decided to choose photos taken from any aspect of our sport and we'll submit them to Life Be in It, who will make the final choice.

It is believed this is preferable to trying to represent the many variations and qualities of Canoeing on the one poster.

So please go through your photos and see if you can come up with some which could possibly be good enough to feature on a Poster designed to help promote Canoeing. Please include your name and address when sending to the VCA office, so we can return them to you after use!

POSITIONS VACANT

WE CURRENTLY have four positions associated with the VCA we urgently require to be filled, preferably by people associated with Paddling. They are as follows:

SECRETARY (Minute) for the VCA Council. This position was not filled at the Annual General Meeting and we do need a keen person to take on the position.

ADVERTISING/PROMOTIONS PERSON

A "Commission" based position, aimed at obtaining increased advertising for the "Paddler" magazine. The selected person must be keen and have plenty of initiative. Work will have to be done *away from the VCA office*, but all telephone calls will be reimbursed. The more advertising obtained for the "Paddler", the more money the successful applicant can earn.

SLALOM COACHES

Required January 27-31 at Nymboida for the NSP Talent Identification Camp. Good pay and conditions. Lunch provided. MUST be an accredited Slalom Coach.

GRAPHIC DESIGNER FOR BROCHURES

The Canoe Association and Board of Canoe Education are in the process of producing their 1995 brochures and are seeking the assistance of a graphic designer who has professional expertise (and would be prepared to assist Jane) in the design and layout of these brochures.

If you are interested in any of the above positions, please contact me at the office as soon as possible. (03) 459 4277.

MOUNTAINS TO CITY CHALLENGE

Marathon paddlers – your

chance for glory

THE INAUGURAL "Mountains to City Challenge" will certainly not be for the faint hearted. It is a multi-sport endurance event which incorporates running, paddling and cycling from the summit of Mount Buller to Southgate in the heart of Melbourne. This endurance relay will be staged on December 3-4.

Multi-sport events like the "Mountains to City Challenge" are fast becoming the latest trend of endurance events. They have moved away from the traditional circuit type endurance events to one of constant challenges of terrain, conditions and disciplines.

The launching of this event follows the highly successful "Coast to Coast": multi sport endurance event held in New Zealand every year since 1981. Tourism Victoria and Sport and Recreation Victoria have already shown their support and a television documen-

tary will be made showing the picturesque scenery Victoria has to offer, plus the stamina, skill and determination of the multi-sport athletes taking part.

The race will have two divisions - Bi and Tri (two and three person relay teams) with classifications for men, women, mixed and veterans in each division.

So whether you're an experienced multi-sport athlete or a specialist, now you have an event of a different nature you may enter as an individual team member.

The response to the

initial announcement "flyer" has been excellent, with interest already coming from the UK, New Zealand, New Caledonia, WA, Qld, NSW, Tasmania and a terrific reaction from Victoria. Over 200 potential competitors have already registered their interest in competing in the inaugural "Mountains to City Challenge".

With such a large proportion of overseas and interstate competitors, comes a logistical nightmare for the competitors.

Challenge Events Man-

agement are looking to assist these competitors with Kayak hire or loan, ground transportation and support crews.

A register will be set up with kayaks available, ground transport either shared with other competitors or exclusively for a group or individual, and the most important commodity, the support crew.

Anyone who may be able to help are asked to please call the race organiser Garry Ebbeling of Challenge Events Management on (052) 614 686 or fax (052) 613 245.

(For more details, see special insert with this edition of "Paddler".)

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Reg says "thanks" for many years support

FORMER VIS Head Coach REG HATCH, now "moving about America as the United States head Canoe and Kayak coach, before settling in San Diego, California, has been a prolific contributor to "Paddler" over many years. Although he has a very busy schedule in his new position, Reg may possibly grab a few minutes to "pen us a few lines" from time to time.

In the meantime he's sent us his last contribution for a while in which he speaks in glowing terms of the talented lady who has taken his place at the VIS, as well as thanking a few people and paying tribute to others from the Canoeing world with which he's been associated in Australia for many years..

Here is Reg's column:

Welcome Agneta Andersson

Far from the frozen lakes of Karlskoga, moose wandering the roads and the smell of fresh bread baking in the air, to a leaf strewn autumn Yarra River, where the temperature is kept at bay by the enthusiasm of dedicated and happy athletes", he writes by way of an introduction. "Agneta (Ag-neeta) is in Australia for some considerable time."

AGNETA took over as Head Sprint Canoe coach last month and has started a new era. This squad has been the most successful in this country and it is my opinion, it will continue to be so under Agneta's watchful eye. For 17 years, athletes from this team have LEAD THE WORLD.

Look forward to some changes in routine and ideas, but you won't see any changes in attitude-to-discipline or the requirements to the job. This is one area Agneta knows is important and is unlikely to be sympathetic to slack attitudes and make-believe excuses.

I look forward to being able to assist the VIS and Agneta in their quest to be better-than-ever and will be available to help where and when possible.

Without any sexist comments implied or meant, I think the VIS is to be congratulated for breaking into a new area of coaching and helping break down the stereotypes we expect to do certain jobs.

Whilst talking about the VIS, I would like to thank them as a total unit for the support given to Canoeing in general.

From my point of view as a coach, Peter Spence stands out as a true human being, who has genuine feeling for all matter of subjects he is required to tackle every day.

Buddy Portier and the office staff too, have been just fantastic and I'll miss them greatly.

It is unfortunate there is not room for all the people who

would like to be in VIS, but this is the situation and to my mind, the way it should be.

There is a lot on offer from this "Pinnacle of Performance Institute" and none of it monetarily rewarded.

Sincere thanks to *Greg Skewes* from Mildura, who was the original Regional Coach for VIS and has done a magnificent job. To *Murray Rantall - Cliff Goulding - Paul Tierney - Andrew Della - Brian Lunde and Frank English*, thank you for your assistance and kind support.

And thankyou to one person who made my job less difficult -- for no other reason than to keep me in check -- *Martin Ralph!* Few of you will know of Martin's commitment. Ours was/is a great relationship and through his eyes, I've been able to see many things in a new and better light.

I thank you all.

Finally I would like to point out some athletes who went that extra step and stood out:

JOHN SUMEGI -- who started Australia back on to the Medal list after a 24 years absence with Silver Medals in 1979 and again at the Moscow Olympics, plus two very close fourth places in his non-preferred distance over 1000 metres.

MARTIN HUNTER -- our first World Sprint Gold medallist, beating the mighty Kai Bluhme in 1989. This was just one of the best days of my and Martin's lives - I cannot begin to explain how proud I was of and for him. This man has solely been responsible for the resurgence and confidence in Australian Canoeing at the Sprint level and there's no doubt his was a real "Bannister-type" effort.

JOHN JACOBY -- our first international Gold medallist and Marathon champion on four consecutive occasions. John is the benchmark few will ever aspire to. He is also a World Triathlon champion and one of the best people one could wish to meet.

MIKE MILLS THOM -- two World titles and in the same vane as John in terms of personage, he stimulated both single and team boat performances for this country.

To all WC representatives and Olympic Games representatives and those who supported us through thick and thin -- to the media for their support and VIS for seeing the worth of this sport -- I say a big "thankyou"!

Good luck to Agneta. I hope you will all support her in her efforts to keep Victoria at the top of this objectively determined sport.

I again thank Tony and Jill for their support and wish them well in the future.

COMPLAINTS DEPARTMENT

Another issue of Canoe Ed has rolled around and I've received nothing from the great unwashed masses out there.

Is there anyone out there . . . or does no one read all this stuff. If anybody is listening, can they please call me, even if it's only to let me know the world still exists.

IN THE OFFICE

Things are going along swimmingly in the office. Jane is thrashing around doing great deeds and threatening the computer with death and of being thrown out the window and I'm pottering along trying to calm the computers down and administering the computer equivalent of Valium.

I'm still very keen to have people contact us and just confirm that the information we have on you is current. If you have a spare few minutes call the office and just check your details.

We would especially like to hear from anyone who hasn't received certificates or doesn't receive "Paddler" and thinks they should. Please spread the word.

THE BOARD OF CANOE EDUCATION

For those of you who don't know, there really is a board of canoe education. They meet monthly usually in Warrandyte and are the decision making body for canoe instruction in Victoria. There is also an Australian board of canoe education but that is another matter. The members of the Victoria board are: Greg Pearson (President), Erik Ligtermoet (Vice President), Thomas Reginald Maxwell (Max) Kerr (Treasurer), Anne Duncan (Secretary), Malcolm

Canoe Ed.

Cowell (Committee), Bernie Boulton (Committee), Shaun Clements (Committee) and Jenny Hogan (Committee).

Most people don't realise that the system for gaining canoeing qualifications is flexible. The requirements set down for various courses and qualification can and is varied by the Board (within limits set by the ACF). So if you think you have a special case or want to change something about a course you're doing then write to the board and outline your case. Address your letter to the VBCE, 332 Banyule Road, Viewbank, Victoria, 3084. Phone calls to the office may help clarify points but we can't make variations ourselves.

On the same line, if you have an idea for a course that you would like to see implemented, the Board is also keen to hear and is receptive to any new ideas.

EXAMINERS WORKSHOP

On June 25th an Examiners workshop was held at the VBCE offices with an all star cast in attendance. The day was coordinated by Tim Wadsworth (thank you very much Tim) and was a success in so far as a number of issues were clarified and a great deal of valuable discussion occurred. As a follow up I would like to hear from anyone who believes they are ratified as an examiner. The holding of an instructors qualification does not qualify you as an examiner and our records are woefully inadequate. In the next issue

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MOUNTAINS TO CITY



CHALLENGE

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INFORMATION LINE!

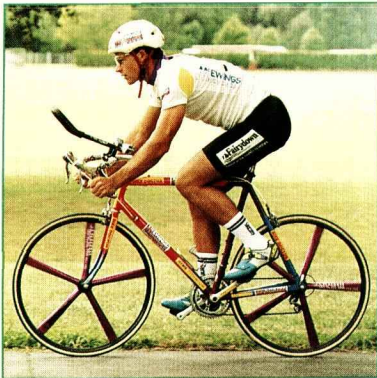
Phone: (052) 614 686

Fax: (052) 613 245

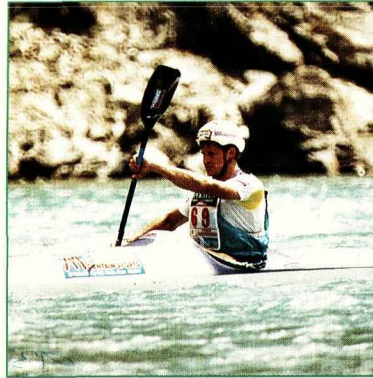
Garry Ebbeling

Saturday 3rd December 1994

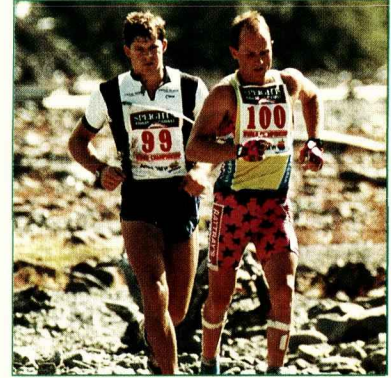
Day One



Stage 3 - Cycling
50 Kilometres
Picnic Point to Marysville



Stage 2 - Paddling
32 Kilometres on Lake Eildon
Camp Howqua to Picnic Point

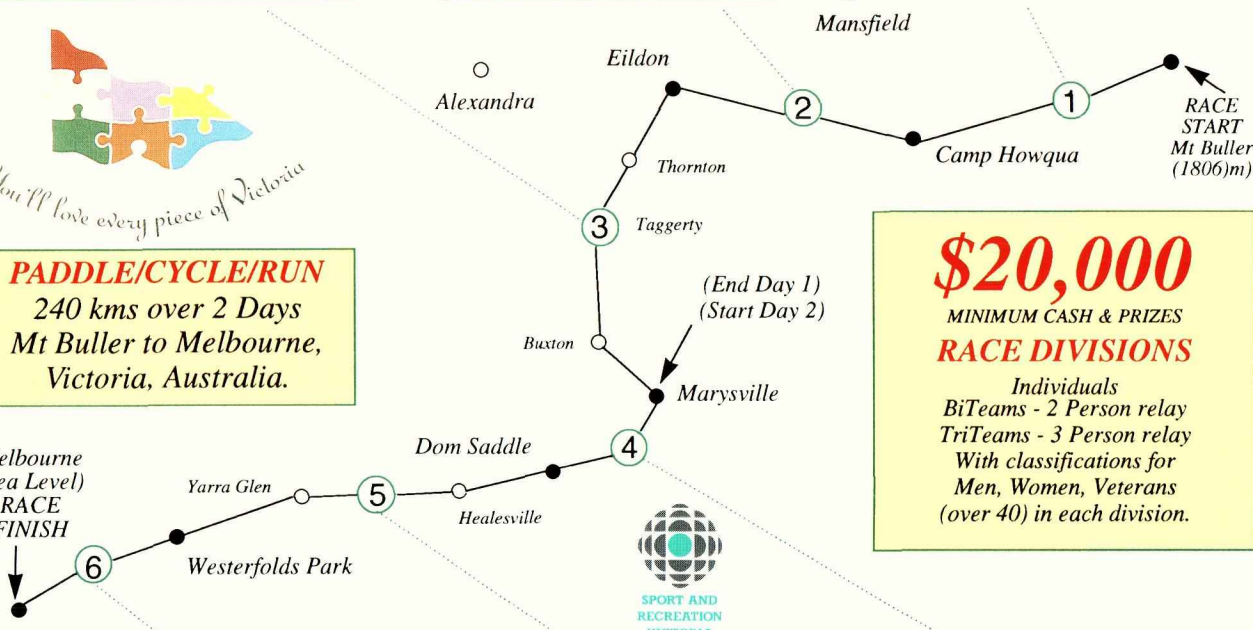


Stage 1 - Running
30 Kilometres of Mt Trails
Mt Buller to Camp Howqua



PADDLE/CYCLE/RUN
240 kms over 2 Days
Mt Buller to Melbourne,
Victoria, Australia.

Melbourne
(Sea Level)
RACE
FINISH



\$20,000

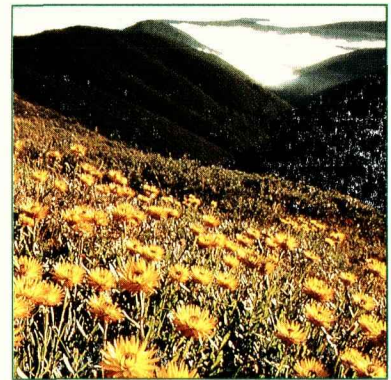
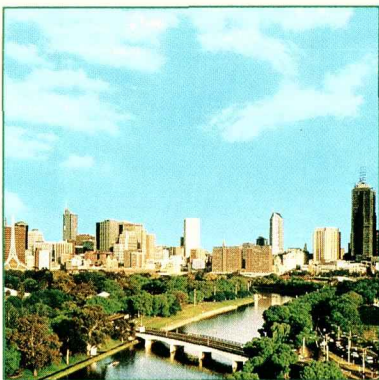
MINIMUM CASH & PRIZES
RACE DIVISIONS

Individuals
BiTeams - 2 Person relay
TriTeams - 3 Person relay
With classifications for
Men, Women, Veterans
(over 40) in each division.

Stage 6 - Paddling
45 Kilometres on the Yarra
Westerfolds Park to Southgate

Stage 5 - Cycling
62 Kilometres
Dom Saddle to Westerfolds Park

Stage 4 - Running
20 Kilometres of Logging Trails
Marysville to Dom Saddle



Sunday 4th December 1994

Day Two

Challenge Events Management – PO Box 254 Torquay Victoria 3228 Australia
Telephone: (052) 614 686 Facsimile: (052) 613 245 Mobile: (018) 444 458

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Tourism Victoria

of "PADDLER" I will try to provide a complete list of examiners in Victoria.

WORKSHOPS

All instructors in Victoria MUST attend a workshop at least every three years and preferably every year. Workshops are valuable, cheap and well worth your while attending. Most instructors work in isolation and it is not uncommon to see an instructor of long standing teaching out of date techniques or using ineffective methods largely because they don't get access to new ideas. We run 4 or 5 workshops a year on topics such as paddling technique, river rescue, games and activities and teaching techniques and strategies and are always open to ideas for new workshops, to address issues of interest or concern. We also would rather have working instructors from outside running the workshops so if anyone out there wants to run a workshop call us. The benefit of running the workshop is that you don't have the requirement of attending another workshop.

ADVANCED CANOEING AND KAYAKING COURSES

For all of you out there who may feel that you have reached your limit in terms of skill, don't you believe it. The VBCE runs courses for paddlers above proficiency standard, staffs these courses with senior instructors and runs them on real rivers such as the Mitchell or the Mitta.

It would be great to see paddlers going on with skills development and benefiting from the wealth of experience available. Paddlers can also be assessed for the advanced award on these courses. The advanced award is a prerequisite for the senior instructor award. If you're interested there are two courses running this year on September 10 and 11 and October 15 and 16. Call us!

RIVER RESCUE COURSES

There are probably hundreds of paddlers out there who would class themselves as good on grade 3 water and above. Now ask yourselves how good you are at dealing with someone in need of rescue in grade 3 water, perhaps with a pinned boat in the middle of a drop or with a foot entrapment in a fast current.

This is all part and parcel of paddling and especially part of being an instructor or trip leader and yet it is one of the neglected skills. Don't worry though, help is at hand. We run river rescue courses specifically designed for canoeists using the equipment you would normally have on you when paddling and based on simple, direct techniques.

The cost for a two day course is only \$120 (\$100 for instructors) and is highly recommended for anyone paddling on white water.

ADMINISTRATIVE MATTERS

1 -- During August our insurance policy runs out and a new individual insurance scheme comes into effect. From this time on all paddlers in VCA or VBCE must be insured with the new scheme. This is of special interest to all instructors who will no longer be able to work for the board unless covered under the new scheme. The new scheme only costs \$12 pa. and offers cover for all canoeing and related activities (eg. Driving to or from courses or meetings, training, etc). Applications are available from the office or your club.

2 -- Trainee instructors should be aware that the trainee assessment forms that are completed when you assist on a course should be kept by you and not sent to the office. They are for your information and should be brought to the assessment weekends.

3 -- Some instructors indicated they were interested to do the Slalom Level 1 Coaching course on August 5,6, and 7. Please confirm bookings now. Instructors who complete this course then have access to the Coaching Insurance scheme which covers coaches for professional liability.

Classified ads.

YES, THIS IS your special section where you can advertise almost anything of a selling type nature.

We will set aside a special section each issue for those wishing to advertise through these columns for only \$6 for 15 words and 40 cents per word thereafter.

Simply drop a line to: Paddler Classifieds,
VCA,
332 Banyule Road,
VIEWBANK - 3084

Please enclose money made out to the VCA:

If you want to be included in the next issue of Paddler you'll need to have your copy in to us BEFORE September 11.

BUSINESS FOR SALE

Butlers Canoes and Outdoor Centre

45 Arnold St., Stradford (Cairns) Qld.

Price: \$80,000. Contact (070) 581188

Goulb. River developments

By Andrew Stamp

It's here again. The great "Goulburn Rock Moving Festival". On July 9 and 10. There will be lots of rocks, a little water and heaps of concrete to pour . . .!

SO BEGAN Andrew Farrance's invitation to all "boys and girls" to make themselves available for this ever so joyous occasion. Note that an invitation was required, of course. No real dress code may also have appeared as a boon to many of the slalom paddlers who take the slightest opportunity to dress in smelly, grizzly and stained thermals.

However, perhaps sadly for some - but even less likely not - warm, sunny weather so reminiscent of summer at the Goulburn, meant this was not to be. Nonetheless, many felt free to expound their perception of being "cosmetically challenged", as they became true fashion bandits.

But do not fret. Despite many wading around wearing gumboots, tracksuit pants and flannels in waist deep water (not a real "Cindy" or "Elle" look at all really) the upper echelons -- or at least the people on the higher mounds of rock doing the concreting, still wore that most elegant of garments -- gloves.

Could it be true that you've just read a paragraph and learnt nothing about the developments? Sorry. But you should have been there! Nevertheless, the real interest will be in a couple of months when the water begins to really flow again. But to fill you in the meantime, if no photos find their way into this -- brace yourself for more islands at the top, middle and bottom of the rapid: stop dreaming of groynes on the far bank: be ready for bigger, repaired groynes in the place you've come to know and love: and finally, with fingers crossed, you may have to stop laughing

in any conversations which somehow mention both "Goulburn" and "stoppers" simultaneously. But stay tuned for that one.

Sure, when we were rolling boulders out of the river and up the bank it felt we were like that poor bloke in some ancient mythology whose punishment was to push some stone up a hill for eternity.

And yes, we were subject to false advertising when told it was a "festival": I for one never saw any balloons, except the one on my leg after taking out some aggression on rocks -- with my shin! The same incident also provided enough stars (to me anyway) to efface the claims that there were no "stars" to make it the "rock concert" some had hoped for! But at the risk of making some questionable value judgements regarding some movie stars, there were: *Ben Patrick*, who became bigger than Ben Hur, or in any case, the rocks he lifted. And if you didn't notice that, the ever so ham cameo performances of numerous Hercules impersonators must have struck you. Did you witness Yoga's candid appearance?

And what of Mia Farrance's quests to move bigger and bigger rocks? -- I think there were bets Beringa placed on her trying to shift the earth movers in some fit of delirium. Or the Demtel guy. B1 and B2, Scraggy from Scooby Doo or Mrs Brady Bunch?

Maybe I got carried way on the last count, but "heed the warning" . . . you can't be too sure of what you'll miss if you're not at the second instalment of this exciting mystery/adventure. This will most likely be previewed -- with all paddlers' attendance desired -- later in the year to finish it all off. After this, the Goulburn shall be a new, improved site, ready for the mecca status it seems to acquire every summer for Melbourne's slalom Paddlers. It should really be worth it, as is a "thankyou" from all paddlers to Robin Sanders, Ron Heard, Jane Farrance and Andrew Farrance.

GET RID OF THAT OLD cadetship . . . at the VBCE Pre-loved Equipment Sale NOVEMBER 20, 1994

Like most of us, you've probably got a yard full of old paddling gear that you don't use any more, but don't want to throw away simply because it's too good to throw out! Well, here's your chance to find a new home for it with someone who'll love and care for it (at least get it out of your yard).

The VBCE is going to sell off some of our equipment which we no longer need, so we've decided to make a day of it and invite everyone along to a trash and treasure type event. We haven't worked out the fine details yet, but hopefully it'll be held at Westerfolds Park and we'll try to keep costs as low as possible.

GO OUT NOW AND CLEAR OUT THAT BACK SHED. You might be surprised at how much money is just sitting out there!

For more information or to book a place, call Jim at the VBCE office on 459 4277.
REMEMBER, YOUR OLD GEAR IS GOING TO BE VALUABLE TO SOMEONE ELSE.

DON'T HOARD IT AWAY . . . SELL IT!!

HOW TO REACH WORLD CLASS IN AN OLYMPIC SPORT

WHAT makes one person become a Champion and another person not? Imagine there are two athletes, both doing the same kind of training, both putting in the same amount of hours in the gym, the same amount of time on the water and doing all other types of training exactly the same . . . at least that's what they *think* they do!

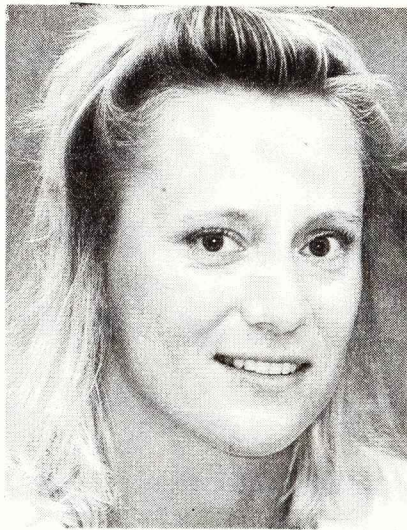
One enjoys what he/she is doing, the other does not. Which do you think will be the most successful? In my opinion, it really doesn't matter how much time you spend on training, but how you do it is what counts. It is not only your body that has to do the job while you are training, but your mind and heart have to be in it just as much!

It doesn't matter at what level you are training, you must ENJOY it. In other words, *it has to be fun!* Of course, there are times when you don't enjoy it, but it doesn't matter what you are doing, there are always times when things are not as enjoyable as you would like and you just want to be somewhere else. But if you have that feeling each time you have to go training, day after day, you will not attain good results.

You will not be able to push yourself session after session, because you see no reason to do it. You get angry and upset at your coach, your training friends, your friends and even your family, because your training doesn't give you any pleasure and you're seeing no improvement. To an athlete like this, I would say, "take a break and do something else for a while", so the "fighting spirit" in you may have a chance to come back. But in my experience it will NOT come back, particularly if you have to keep forcing yourself to do something you don't want to do and you just wish you were somewhere else!

The "Team Spirit" is very important, even if we are doing an individual sport. We still spend a lot of time together training, travelling and racing. If there is tension in the team, it is hard to be relaxed and be yourself in the group. We have to care about and support each other. Problems which prevent us from working this way must be solved.

I have been paddling since I was 13 years old. This sport has been a great deal of my life and I've enjoyed it a lot . . . in fact most of the time! Sometimes I felt I was in the wrong sport or in the wrong country to be doing this sport because the Winters' in Sweden are very cold and long and it



By Head
VIS Sprint Canoe
coach Agneta Andersson

is not much fun training on the water when its in 7-8 degrees below zero. During the Winter we had to look for open water because most of the lakes and rivers are frozen at that time of the year.

But even though we have this "problem", the Swedish team are on a very high international level. How is this so?

It's because during the long and cold Winters, we spend a lot of time *together* on training camps where it is warmer, and are literally forced to be together for many months every year. It's because of this we became a very "welded-together" team.

There were no "stars" in the team, everyone was on the one level and is treated the same way. whether you're an Olympic champion or not. The team also expect all members to behave as one in the team. I do not believe athletes who think they are better people because they are successful, are real sports people.

You should be proud and happy you have managed to do something not many people are able to do, but you must also be humble and remember you are a role model for many young sports people. We simply do not need 'airs and graces' in our sport!

But, of course, you will not be successful if you only have fun. There really is only one way to be successful in a sport and that is through hard training . . . day in, day out, hour-after-hour. I have no respect for

athletes who find ways to be successful other than by hard training and believe they are a dishonour to their sport. How would you feel, if you won an Olympic or World Championship medal and knew you did not do it the fair way!!

There is not one way of training right, and there's not one way of paddling right. If that was the case, there would be only one country winning medals at the International competitions -- the country that trains and technically paddles correctly. At last year's World Championships in Copenhagen some 15 countries won medals.

In my opinion however, there are some basic training and technical methods which are the same for those wanting to a world class paddler. For a start you have to be strong, but you have to be able to use that strength on the water for one purpose . . . to make your kayak go faster! It is of no interest at all how much you improve your strength in the gym, if you cannot use that strength to make you paddle faster.

The important thing is to believe in what you are doing, believe in your program and the way you are paddling and make the best of it. Do not expect miracles, simply set up realistic goals because nobody becomes an Olympic champion overnight. It takes time to get all the bits and pieces together.

Train hard, enjoy it and have lots of fun, then the results will come.

PADDLERS WANTED

for the



Down River Race

Mitta Mitta River, Omeo
September 3rd and 4th

Race over two days for the prizemoney or race only on the first day
only for the FUN and MEDALS.

\$2500 prizemoney

A class for everyone, including C2, plastic, master, junior and mixed.

at the



Winter Family Games

PRIZEMONEY TO: Eighth place in OK 1
Fourth place in LK 1
Third place in JK 1
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Further information available from the VCA office,

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SIDELIGHTS TO PADDLING

with Katie Kanoe

Not THE Richter, but the Bernie Richter!

DO YOU KNOW what the Bernie Richter scale is?? Well, this is the name of the river level at Homestead Road . . . something most Touring paddlers have been wanting on this section for quite some time. It is very beneficial to have this gauge and it should be a noted safety feature for this section of the river.

ANYONE SEEN SOME MISSING LUGGAGE OR SPARE SHEETS??

IT WAS RECENTLY rumoured that two members of the wildwater down-river team who had been competing in Europe had a certain difficulty with the key to the door of their hotel room in Bovec Slovenia.

It seems this particular door locked our two heroes INSIDE their room, whilst the key remained outside!!

Not to be intimidated by a silly door, one decided that as they were three storeys up, to tie all the sheets he could find together to throw out the window so he could get down to the ground.

Meanwhile, the other team member decided it was taking too long, so he scrambled down a drainpipe to the ground, ran back up and unlocked the door . . . and I believe they're still friends!

But the drama didn't stop there. Once they'd safely reached their destination back home, it was discovered their luggage hadn't!. I am only guessing they have it by now!!!

Championships coming up . . .

JUST A LITTLE REMINDER in case you didn't notice the adverts elsewhere in this issue about the Victorian Championship events coming up in the next couple of months.

First off it's the Canoe Polo Champs at the State Swimming Centre, Batman Avenue, on Saturday, August 6. These will be followed by the schools Slalom and Downriver titles on the Yarra at Warrandyte on August 27-28 and the Slalom Championships on the Howqua River on September 24-25.

Of course there's also the Canoe Marathon Championships conducted for the VCA Marathon Committee by the Sherbrooke-Knox Canoe Club on the Yarra River, Melbourne on Saturday, September 17 and on Sunday, September 18.

GOT ANY SNIPPETS? . . . I'd love to have them . . . simply address any items which could be of interest to other paddlers to:

**Katy Kanoe,
c/o 321 Esplanade East,
PORT MELBOURNE -- 3207 Bye for now . . . Katy.**

Congratulations Peta and Phil

CONGRATULATIONS are extended to Peta and Phil Clark on the arrival of their daughter Emily Ellen, born June 17 and "weighing in at 6lb.15ozs (or 3.15 kgs). from all your friends in the Canoeing world.

Will this be the start of a brand new Polo team? It was heard out of the proud Dad's mouth that he is already making little Emily her very own baby Polo paddle. Perhaps a good name for the new team might be the Ducklings?

Agneta and Anna when they won Gold Medal



NEW VIS COACH AGNETA ANDERSSON (right) pictured with her Swedish partner Anna Ollsen pictured as they stood on the victory dais after winning the Gold Medal at the 1993 World Championships in Copenhagen, Denmark.

PROFILE OF NEW HEAD VIS SPRINT COACH AGNETA ANDERSSON

THE OTHER DAY someone asked me the question "Just who is this lady who's just been appointed Head Coach at VIS?". Thinking I'd like to know this and a few other things, I quickly 'put the wheels in motion' to interview her.

Here are my questions and the answers given by Agneta:

The first thing I learnt was her name, which is actually pronounced AG-NEE-TA. I thought, "That really is a pretty name when pronounced correctly"!

KK - Agneta, What country did you come to Australia from and why did you come here?

AA - I have come from Sweden to live in Australia because of my boyfriend.

Being a woman myself, I would like to know how the men you are coaching are adapting to being coached by a woman?

So far no problem at all. It doesn't matter if they're male or female . . . I have four female and between seven and 10 male athletes are training at the moment. Most train in K1's, but sometimes they train in team boats - K2's and K4's.

Do you have any particular coaching problems because of your gender?

No. I have not experienced any problems coaching as a woman.

Do men and women train together? I am sure there would be obvious differences in their specific training programs . . . if so, how much difference is there?

Of course there are some differences in programmes for men and women training for overseas competition. But here, training is the same for both. They do the same work both at the gym and in boat training.

Do you have any favourite athlete whom you admire and does this person affect your style of coaching?

Yes I do. My own coach back in Sweden - Stefan Lindeberg and I do seem to base my own coaching on his methods.

Does a VIS Sprint Coach have any time to paddle for pleasure?

Yes, I do. I still like to keep fit, so paddle occasionally with the girls in the squad - sometimes in team boats - or go to the gym or go running.

Where would you paddle for pleasure and what type of boat would you use?

I always paddle in K1's, K2's and K4.

Do you belong to a Canoeing Club in Melbourne?

Yes, I belong to Ivanhoe-Northcote Canoe Club. Before coming to Australia I was with the Befor Canoe Club in Karlskoga, Sweden.

Are you interested in going for a Club paddle - either flat or white-water?

Yes, I would like to go on a lake for a picnic canoeing trip.

What made you take up the VIS Coaching position and was it always one of your aims to be a coach?

Until two months ago I was still an athlete competing myself and only doing some coaching.

Are you an ambitious athlete?

Yes, I am quite an ambitious person. I also expect a lot from the athletes I train.

Do you think it was harder for you to be selected for the VIS coaching position than if you had been a male?

Not sure. I had a lot of competition from males, but still won the position.

I've heard of your efforts on the world scene, but some readers may not be familiar with your latest exploits. What are they?

With Anna Ollsen, I won the Ladies K2 World Championship and currently hold this title. As well, we are defending Olympic Silver Medallists in the K2 and K4 from Barcelona last year.

What is your favourite food?

Everything . . . especially Italian food like Pasta.

Do you believe in the use of supplements for training or taking special energy food, either when training and/or racing?

Not really, we just need basic, healthy food.

What suggestions do you have to help our young Canoeists coming from either Club or School backgrounds and wanting to become skilled enough to be selected to train with the VIS? How do they go about this?

I would suggest kids group as teams, keep playing and training together as a team at club level. I am wanting to start a recruitment group later on and perhaps run Training Camps. It is important for them to paddle together. Not alone at 13-14 years of age. They need to train, but have fun at the same time.

How do you see VIS Sprint Canoeing changing under your guidance?

I'm not sure yet, but I am hoping to get more girls into the sport. Girls need higher goals, the need to be encouraged to aim higher, so they can make it to the top and go to a National level. It takes years to get there, so they have to make a big commitment to aim to be one of the top six female athletes. I've made it, so I am proof it can happen for other girls.

What fitness components will be emphasised in your training programmes?

Girls need to be strong, but not build too much muscle. However they do need more flexible muscles. Gym work like sit-ups and push-ups help make flexible, long muscles and give better endurance. I also emphasise stretching in the program.

What do you want to be doing in ten years time?

Have had a family that is healthy and happy.

Every sporting person needs a *different* weight training program . . .

Here's a specifically Slalom

THIS WEIGHT training article is designed for a slalom canoeist -- over a six week period -- although the program has been periodised so it can be carried out over a longer time. A needs-analysis is provided, to give a basis and an understanding of how the program was devised.

It could also provide valuable information to those wishing to design their own program. It should be realised it is *only a guide* to a generalised program. Because every person's needs are different, each program should be tailored to the individual.

SPECIFIC MUSCLES NEED ANALYSIS

The major muscle groups are those of the back, shoulders, chest, arms and the abdominals. The Radialis (concentric contraction) and tricep (eccentric contraction) muscles are important on the arms; these can effectively be strengthened in the weight room.

The wrist and hand muscles (concentric and eccentric), which are important for fine paddle control and blade angle, are strengthened sufficiently during the water training.

The major shoulder muscle is the Deltoid (concentric). The Rotator Cuff muscles are important for joint stabilisation and support. This is very important in White Water Canoeing, as the shoulders are put under a lot of stress and dislocation is one of the biggest injury nightmares of any canoeist.

The Pectoralis major (concentric) in the chest is an important muscle, used primarily during the Draw strokes well as helping initiate the forward power stroke.

The muscle of the back is what generates most of the canoeists power during normal forward paddling. These muscles also act as a stabilising platform for many other strokes . . . Draw and Sweep strokes, for example. The major back muscle is the Latissimus Dorsi (concentric), other muscles are the Trapezius, Rhomboids and the Erector spinae - these are primarily used for stabilisation.

The Abdominal's are important muscles, as they too play a major role in stabilising the canoeist in his canoe. The abdominals are usually contracted concentrically, but there is also a fair degree of eccentric contraction. The Abdominals hold the paddler forward to ensure good technique and plays a major role in trunk rotation.

In summary, the most important muscles are the:

- Biceps,
- Rotator Cuff
- Pectoralis major
- Latissimus Dorsi
- Abdominal group

Other essential, but less important muscles are the:

- Wrist muscles - Rhomboids
- Triceps - Erector Spinae
- Deltoids
- Trapezius

ENERGY SOURCES

As a Slalom run lasts for approximately two and a half minutes, the major source of energy is obtained from the Aerobic system. To top up this energy to the levels required when accelerating or sprinting, the Lactic Acid system comes into play. In the weight room it would be most useful to vary between the Lactic acid system and the A.T.P. - C.P. system (very short term energy system) - depending on the desired training effect. In the gym there is little point trying to develop the Aerobic potential of the muscle as this can be done more effectively in the canoe. Strength and power, however, are ideally suited to being developed in the gym, as without white water, not enough strain is placed on the muscle to bring about significant change in strength.

MUSCLE ACTION

The most common muscle actions are Isotonic concentric contractions. For the stabilising muscles, both concentric and eccentric contractions are used.

INJURY SITES

The primary site for injury to the Canoeist is the ego! As we cannot assist this in the weight room, the next potential injury site are the shoulders. For most elite Canoeists, once a shoulder is dislocated it means the end of their Canoeing career. This is because once the joint has been dislocated, it is extremely hard to retain the degree of support required to stop the shoulder from re-dislocating. For this reason, a reasonable amount of time is spent on shoulder strength and pre-habilitation. Canoeists do occasionally suffer from minor back injuries, a pulled Biceps attachment or other such aches and pains.

PERIODIZATION

This program has been periodised over a 24 week (six month) training period leading up to the athlete's major event for the year. The first three stages are of six weeks duration, the fourth stage, peaking -- lasts for four weeks. After this there is a two week break before the big event. This is to give the body time to recover and for the athlete to concentrate more on the skills and on water performances.

This program is relatively simple and is designed for those who have not had an extensive weight training background. It is assumed the participant is currently on a weight training program. For those who are not, a 4-6 week introductory program should precede this program. It should also be realised that a period of soreness will accompany the introduction or alteration of a weight training program.

weight program designed for the Canoeist

By

Andrew Farrance (B. Applied Sc. (H.M.))

HYPERTROPHY	STRENGTH	POWER	PEAKING	ACTIVE REST
WEEKS - 1 - 6	7 - 12	13 - 18	19 - 22	23 - 24
SETS - 4	3 - 4	5	3	Normal, on water
REPS 10+ 3 FORCED	6 - TO FAIL	4	3	training
INTENSITY LOW	MEDIUM	HIGH	VERY HIGH	
REST MIN	3 MIN	3+ MIN	3+ MIN	

During the Hypertrophy phase, the 10th repetition should be done to fail, then 3-4 forced repetitions should be performed. The rest should be performed in only 1-2 minutes, so the muscle is still fatigued at the beginning of the next set. This exhaustion stimulates muscle growth, so it's most likely that the weight may need to lower for each set.

During the Strength phase, the 6th repetition should be done to fail. Rest should be relatively long (3 minutes) with enough time to recover before the next set.

In the power phase, the rest should be long enough so that the previous set has minimal effect on the following set. The 3rd repetition should be done without help, but hard enough so a 4th repetition is not possible.

In the peaking phase, none of the repetitions should be done to fail. There should be large rests between sets lifting heavy weights but no maximal 95-10 pounds under max) concentrating on the speed of contraction to get a "snappiness" about the performance.

THE PROGRAM

This program is an example of the six weeks power phase of the 24-week periodised program.

	SETS	REPS	WEIGHTS
ROTATOR CUFF - INTERNAL	3	10	85% of IRM
-EXTERNAL	3	10	85% of IRM
LAT PULL DOWNS	3	3	95% of IRM
DIPS	3	3	25% of IRM add weight using a weight belt and a chain
BENCH PRESS	5	3	90% of IRM
SINGLE ARM ROW	5	3	90% of IRM
RADIALIS CURLS - Biceps curls with thumbs forward	5	3	95% of IRM
DB BENT OVER ROWING	5	3	95% of IRM
ABDOMINAL'S MEDICINE BALL THROWS-PASSES	1	50 - 75	MEDICINE BALL
TWISTS	1 2 each side	50 - 75 30 - 50	
BACK EXTENSION	3	20	MEDICINE BALL

Each exercise should be done in pairs, as they are listed. This is mainly to decrease the length of time the program takes to get through. Approximately 1-2 minutes between each exercise -- this means 2-4 minutes between the same exercise. Lat pull-downs, Bench press and Radialis Curls should be done with a spotter, while the back extension and abdominal exercises need to be done with a partner.

ROTATOR CUFF - these help strengthen the shoulder stabilising muscles which prevent injury to the shoulder joint. This is done first and is also used to warm up the shoulder for the other exercises. These need to be worked regularly but NEVER do low repetition and high weights (this can cause a different type of injury).

LAT PULL DOWNS - work the Biceps and Radialis but primarily the Latissimus dorsi muscle. This requires a spotter who should also check that your technique is correct. Chin ups is a great substitute for Lat Pull Downs.

DIPS - primarily work the Pectoralis major, but also strengthen the Anterior Deltoid and the triceps. Dips are also good, because they require the shoulder to be stabilised.

BENCH PRESS - works the Pectoralis major, and the Triceps and the Anterior Deltoid to a lesser degree. This also requires the stabilisation of the shoulder joint. This can be done with a barbell or with dumbbells, which requires greater shoulder stabilisation.

SINGLE ARM SEATED ROW - is one of the most specific exercises that can be done in the gym as you are attempting to mimic the paddle action. The exercise works the Radialis, the Latissimus Dorsi and the abdominal's that assist in rotation, as well as the Erector Spinae. When the weights are lifted, the shoulder must be held in its socket by the surrounding muscles, thus strengthening the stabilising muscles. The Rhomboids and the Trapizius are also used as stabilisers.

RADIALIS CURLS - very specifically work the Radialis.

DB BENT OVER ROWING - work the Latissimus dorsi and the triceps and partially the Pectoralis minor. The Rhomboids and the Trapizius are used to help stabilise the shoulder area, and back.

ABDOMINAL'S - Medicine Ball Passes are to increase the local muscular endurance of the abdominal's. The Medicine Ball throws cause an eccentric contraction of the Abdominal's, as when paddling through waves or stoppers. The Twists work the Oblique muscle of the abdomen, these aid torso twisting, hence their name.

BACK EXTENSIONS -- are done to strengthen the Erector spinae muscle, although it is not of prime importance in canoeing it is 1) a good stabilising muscle, and 2) counters the postural effects of over developed abdominal's. -- Andrew Farrance

A GREAT DEAL has been written about the Junior Development Program and how successful it has been. However there has been very little feedback from the coaches or the juniors themselves.

From my perspective as a member of one of the development programs I have a very different view to those of the innovators of the program. I have perhaps been one of the most privileged juniors in the world, having had an enormous amount of coaching from top competitors of the sport after only competing in a handful of slaloms.

I have been supported and encouraged by everyone at slaloms, and they have offered advice unselfishly and happily, helping to convince me to train and become competitive. And finally I was persuaded this sport was the best one for me, so I took it up with relish.

The coaching clinics have been an innovation I've got a great deal of benefit from and perhaps most importantly, have enjoyed. They have brought everyone who competes against each other to work together for a week or weekend.

This gives us an opportunity to compare ourselves against each other, have competitive training sessions, as well as have a great time. They've provided inspiration to train after the camp to catch up to the others, or in some cases, increase your dominance.

To have been coached by *Gareth Mariott* and *Ian Raspin* is something which can only be good for the sport!

The individual training groups, such as spring group and VCA groups where coaches were assigned to paddlers for eight weekends or a year respectively, I have seen the very encouraging results, but I believe there are also some problems. I can see a distinct class separation developing between the individuals who have had coaching and those who have not.

In the under 18 age group in Victoria there are a few highly competitive boys vying for medals in every Victorian slalom from Yarra Series to the Vic Champs. Where are all the other paddlers? We seem to have scared the less committed ones away by not encouraging them to the same extent.

This is also beginning to happen in schools which have had the benefit of some paddlers receiving coaching, while other schools have had less paddlers selected.

They now rely on droves of Rapid-Riders to get them points in the Vic schools. Rapid-Riders provide very little benefit for slalom as few people who paddle these "crates" continue with the sport. Their crews are never seen again until the next years Vic Schools.

Grammar 'stole' Australian title

After one and a half years of competing in slalom competitions Melbourne Grammar stole the Australian Schools Championships without one person entered in downriver. St. Leonards and Ivanhoe, who cleaned the board at the Vic Schools a few months previously, had few paddlers representing them and weren't even in the running.

Melbourne Grammar had seven paddlers chosen for, while Ivanhoe and St. Leonards had far fewer. All but one of those chosen for coaching from Melbourne Grammar competed in the Australian Schools, which gave them the second largest number of competitors. Previously dominating paddlers like Andy Stamp, Rob Ledger and Rod Greedy watched from the bank as their old school, St. Leonards, disappeared from

Junior Coaching in Victoria --another perspective

*This story
has been written by 16 years
old Ben Patrick, a member of the
VIS/VCA Development Squad who
expresses his views not only on this
subject, but because he's so
passionate about his paddling,
moves into other areas.
Ben is still a student
at Melbourne Grammar.*

contention. It became clear the schools which hadn't the benefit of the coaching program had lost their dominance.

Plenty of interest and potential

This enormous growth in just two years was accelerated as Danielle saw the interest and potential, so supported us through hours of willingly sacrificed training time. This started a chain reaction in the school . . . by coaching a few to get started it has grown from there.

This is a story which could well be repeated, but where are we going to find coaches who will donate their time free to promote interest in Slalom.

We now only have three coaches still coaching, from the ten or so from Spring last year and two of these are overseas competing for several months of the year. None are involved at schools any more.!

Having professional coaches come to schools is not viable, particularly if the schools have never tried the sport before. I believe having free coaching (as Danielle gives) is too much to ask anyone, but maybe agreements with schools, on a "try before you buy" basis could be the answer to promoting the sport without compromising the coaches.

The program has been remarkably successful in achieving what it aimed to do in the short time it has been running, as

those who have had coaching have improved astonishingly quickly. Danielle has achieved something remarkable with Melbourne Grammar by getting it to rise to such a high standard in such a short time. If every coach had taken such interest in the promotion of Kayaking at the schools as Danielle has, our sport would have several schools with many promising paddlers of all ages.

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Schools need to be encouraged

A great many schools own kayaks which they use on flat water for their outdoor education, or just for river trips and if given the chance, may become involved in the sport. This would mean a broad base for slalom, with the opportunity for high quality coaching of talented paddlers within the school. It is an option which hasn't yet been explored and in conjunction with the current program, I believe the sport would flourish in a controlled way without overburdening Slalom organisers with hundreds of people descending in dancers and wildcats to the Yarra series.

Girls have also become a major worry, as there are very few young paddlers from anywhere, competing at slaloms. Lauren, Erin and Louise are now the only ones regularly seen at competitions. Firbank, who has produced some excellent paddlers, has no kayaking program now, and some mixed schools have part-time capsizers, but generally there needs to be an incentive for schools to take up the sport.

The success of the promotion of rowing for girls has shown there is obviously a lack of strong and co-ordinated girls available. Rowing has promoted itself through the schools rather than coaching individuals who show aptitude. There is now a plethora of rather unstable boats giggling up and down the river, and later on in the season there will be several extremely fast crews of girls who began to row through the schools program. If we can imitate this success (not just in girls schools), then Louise and Lauren could have some very healthy competition for the right to compete at the junior World's next year.

Learning the skills important

One of the problems with encouraging Slalom is the skill barrier in the sport. Before it is enjoyable, you have to learn how to control the boat, and to feel confident going through gates. In our school Club, it is easy to get people to start, but difficult to get them to continue.

Dights Falls has been a major contributor to the breaking of this barrier as for the first time, we have a convenient rapid where skills can be practised on white-water.

It is now possible to have afternoon whitewater and slalom rips at little cost or effect for individuals or schools. We now have a site where it is convenient for people to become confident on rapids, so they can enjoy slaloms without the fear of capsizing or the ridiculous feeling of ineptitude, if you are given fifties on a Yarra slalom.

However it too has not been used to its full potential, as only one school uses it regularly, while others are as little as five minutes drive away. Thankfully I believe there are poles put up to hang ropes up and this will make it even more convenient.

Pay-TV could be some help

I can also see a need to bring the sport to the public eye with more regular and organised media coverage. We used to give the sport an image of success to encourage kids to begin it. Sports shown on TV generally expands, so with the advent of Pay TV we have a great opportunity to get fantastic coverage on these entirely-sports Channels. Football, cricket and basketball will be banned on these Channels, so we have as perfect opening for our sport to get coverage . . . but it's at a cost!!

If Slalom results were quickly and punctually given to newspapers, perhaps with a story on the major events, newspapers would quickly "cotton-on" to our sport. It has marvellous opportunities for exciting photos, there are competitors willing to co-operate with the media and hopefully, successful news form overseas.

Without this coverage, few people will know of the sport and fewer will take it up, while sports like basketball grow like lightning with media coverage being thrust into the faces of families and kids.

Sponsorship may spring up after seeing Slalom on TV providing a more secure financial base for Slaloms and the expansion of Slalom in Victoria.

For the few people for who the coaching has been available, they have improved out of sight, bringing them up to standard to make a new group of highly proficient competitors in juniors. We have been given opportunities such as the trip to New Zealand where, apart from having a fantastic time, learned a great deal from Roy, Danielle and Andy. This gives us an advantage over the paddlers of lower standard who, after struggling for a little while, decide it really isn't worth it.

Promotion should be increased

In my opinion, we need to broaden the base to promote more people to begin paddling, where competition with each other will provide incentive to train.

Assigning coaches through schools will give all levels of paddling experience, the information they need to train effectively, while having competition with others.

We also need people like Danielle, who are prepared to give up their time to train juniors, even though they have to sacrifice their own training or work time. Danielle's group of paddlers have not only become dedicated to their achievement but have also become involved in the expansion of the sport.

This I think was the result the VCA were looking for at the beginning of their program, but I believe we need to expand the number of people in the sport, rather than just promote those already in it!

Yarra Slalom Series One at Fitzsimons Lane

By M. Ulligrub

THE second event on the Victorian Slalom Calendar to the Bendigo race, this race was greeted with great weather. An unfortunate clash with the Short Course Slalom in Sydney meant most of the top VIS paddlers were absent, which, even if not greatly affecting overall attendance, gave the event a very local feel.

Overall attendance numbers were mysteriously down, especially considering the weather, but nonetheless around 60 entries across all classes were recorded.

The course, designed by and erected largely by Mark Swoboda with help from John Willis and St Leonard's College, provided for quick times with all nineteen gates trying to force something out of a rather flat Yarra.

Despite little bulk in some classes, the times were generally extremely tight across nearly all classes. This was epitomised in Mens K1, mens 18 K1, Mens 16 K1, Mens 13 K1 and Masters K1. The results probably show this better than my banter.

Mens K1

Andrew Stamp	75.00	74.27	74.27
Wayne Thomas	77.00	74.29	74.29
Scott Crabtree	77.00	74.69	74.69

Mens 18/16 K1

Antony Morris	81.66	80.66	80.66
Dan Milne	82.00	81.03	81.03
Tim Natoli	83.00	89.11	83.00
Lachlan Milne	83.00	85.76	83.00

Mens 14 K1

Nathan Moore	103.00	95.99	95.99
Jarrah Whitford	112.20	110.12	110.12
Nick Morris	150.00	142.31	142.31

Mens 13 K1

Tim McDonald	106.56	111.09	106.56
Kim Garriock	106.97	110.62	106.97
Lachlan Natoli	116.00	109.50	109.50

Masters K1

Brian Cooper	94.09	93.45	93.45
Bryan Whelan	94.55	98.60	94.55
Bill Jones	139.06	116.90	119.90

Ladies K1

Mia Farrance	86.56	87.07	86.56
Mandy Linden	94.24	90.24	90.24
Jane Farrance	95.52	99.62	95.52

Ladies 18 K1

Lauren Sykes	92.28	90.74	90.74
Emma Mountain	169.64	125.34	135.34
Amelai Burgess	CAP	137.59	137.59

Mens C1

Andrew Stamp	87.20	81.03	81.03
Scott Crabtree	91.07	DNS	91.07
Anthony Morris	91.84	DNS	91.84

Placegetters from May Templestowe Slalom event at Finns Reserve

C2.16

McAllister/McDonald (ELTH).....	232.06
Hammond/Tudor (MGS).....	233.28
Ikin/Morris (STLEN).....	298.40

C2.14

Garriock/McDonald (ELTH).....	247.48
Proust/Davis (ELTH).....	292.52
Whitford/Pierini (ELTH).....	293.04

MIX C2. OPEN

Woodward/Farrance (CPRT).....	155.34
Griffiths/Kelsel (MON).....	198.20
Whelan/Whelan (CPRT).....	345.00

POLO K1. OPEN

Kay Truscott (TCC).....	134.52
Dave Dougan (--).....	136.28
Pete Bartle (MON).....	142.28

K1. MASTERS

Bryan Whelan (CPRT).....	146.75
Roy Farrance (CPRT).....	149.50
Brian Cooper (CPRT).....	154.70

K1.18

Warrick Draper (CPRT).....	115.52
Antony Morris (STLEN).....	120.31
Tim Natoli (STLEN).....	129.14

K1.16

Rohan Orbe (ELTH).....	133.30
David Boulton (KKK).....	136.16
Chris Reinbach (MGS).....	140.11

K1.14

Craig McAllister (ELTH).....	154.00
Jarrah Whitford (ELTH).....	158.90
Nick Morris (STLEN).....	197.20

K1.13

Tim McDonald (ELTH).....	162.78
Kim Garriock (ELTH).....	163.01
Josh Pierini (ELTH).....	167.14

K1. OPEN

Andrew Farrance (CPRT).....	111.15
Ben Copley (--).....	113.85
Warren Elms (TCC).....	119.86

LADIES K1.14

Erin Leahy (CPRT).....	173.50
Maree Turbiak (STLEN).....	223.19
Susan Wharton (EXP).....	284.22

LADIES K1. OPEN

Danielle Woodward (CPRT).....	119.48
Mia Farrance (CPRT).....	132.93
Kaye Truscott (TCC).....	136.22

K1 NOV. OPEN

Anthony Hall (GIPPS).....	174.68
Chris Davies (ELTH).....	380.92

K1. PLAS. OPEN

Damien Hess (MON).....	148.16
Fraser Johnson (GWCC).....	149.11
Peter Bartle (MON).....	161.30

LADIES K1. OPEN

Marye Humphrey (KKK).....	184.74
Fiona Reddaway (MON).....	238.41
Rebecca Butcher (MON).....	257.17

C.16

Danny McDonald (CPRT).....	166.78
David Boulton (KKK).....	175.24
Craig McAllister (ELTH).....	208.72

C1. OPEN

Warrick Draper (CPRT).....	136.50
John Kelsdel (MON).....	145.76
Tim Natoli (STLEN).....	157.29

LADIES C1. OPEN

Monica Campi (MON).....	184.53
Morwenna Griffiths (MON).....	213.57
Fiona Reddaway (MON).....	370.82

C2 OPEN

Natoli/Morris (STLEN).....	168.97
Cooper/Whelan (CPRT).....	227.51

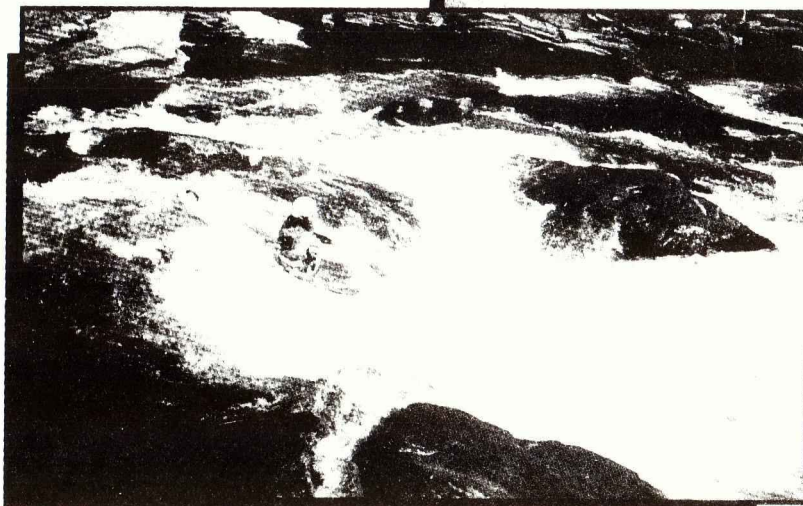
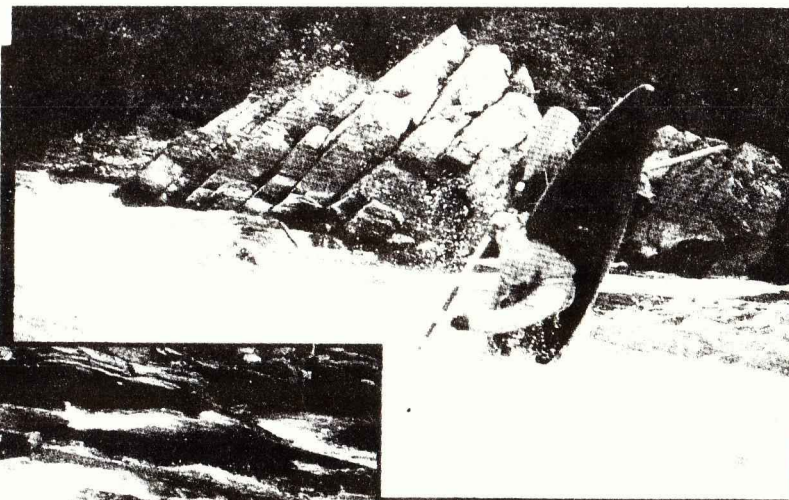
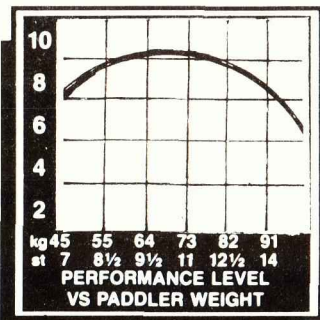


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DURING January/February 1965, Willem van Riet and Gordon Rowe successfully undertook an epic journey by canoe down the Kunene River from Matala in Angola to the Atlantic Ocean. In the process, they penetrated the unexplored gorge, where the river cuts through the Baynes Mountains. This story was originally published in the Mountain Club Journal of South Africa in 1965.

This edited version was supplied by Chris Bellamy of Canberra who obtained a copy of the full story from a former member of that club, who is now a resident of the ACT and also a Canberra paddler. This portion of the story comprises the last harrowing part of the saga. It could be said this is an account comparable to how any 19th century novel could have contrived!

The two paddlers would have made Indiana Jones look like a wimp! Of course this trip was done before the advent of Wars of Independence, several civil wars, the end of Apartheid and of course, plastic kayaks.

So read on, if you are game and watch out for the crocs!

CANOEING DOWN THE KUNENE

By W. Van Riet

and bruises. Penicillin and morphine could not be excluded as we could not rely on assistance after we had left Chitado. To supplement our diets we took vitamin and salt tablets. Before the trip we were inoculated against tetanus, typhoid, paratyphoid, yellow fever, smallpox and blackwater fever. Last, but not least, we took a 12-bore shotgun with SSG shells and a .45 revolver for protection against crocodiles and for use in supplementing our larder.

I had learned from experience on other rivers that crocodiles are very cowardly, but if they had never encountered humans before they attacked without hesitation. Our encounters with crocodiles were far worse than we expected, and the shotgun saved our lives on many occasions.

Our small bundle of kit was packed into two double-compartment Klepper waterproof bags measuring 30 inches by 15 inches. One compartment of these bags, when inflated, provided buoyancy for the canoes.

Why paddle the Kunene?

If we had imagined that canoeing down the Kunene involved blistering heat in a country of utter desolation, hunger, attacks by aggressive crocodiles and such back-breaking labour on the portages, perhaps we would have thought twice about our plans for exploring the lower reaches of this mighty river.

Canoeists, like mountaineers, always set their sights on a bigger and tougher challenge, and after having canoed down most of South Africa's largest rivers during the last six years, the Kunene had become my personal Everest. It was something I had to do; a final problem to be overcome.

The idea of challenging the 750-mile Kunene, which first occurred to me when canoeing down the Orange, grew and grew until Gordon Rowe and I decided to have a crack at it.

Huge range of equipment

Our two moulded fibre-glass single-seater canoes, which had been built by Gordon in Johannesburg, were shipped to the port of Mocamedes in Angola and then sent overland by rail to Matala on the river. They were 15.5 feet long and 2 feet in the beam, with a weight of 45 lbs. Our paddles were 90 inches long with fibre-glass blades.

Knowing that there would be considerable portage around rapids and falls in the mountains, only the barest essentials were taken. We took no sleepingbags or tents, merely a waterproof cover and tracksuits to sleep in. This proved to be uncomfortable at first, but we soon got used to the hard ground and were grateful for the waterproof cover as it rained almost every night on the trip. Medical supplies, cameras and food virtually completed our kit.

The box of medical supplies included a snakebite outfit, chlorodine for diarrhoea, malaria tablets and antibiotics for fever, elastoplast, needles, blades and a preparation for cuts

The Kunene River

The 750-mile long Kunene is one of the two rivers that reach the Atlantic Ocean between latitudes 12° 34' and 32° south, and for part of its course forms the boundary between South West Africa and Angola. The Kunene and Orange Rivers, 1,200 miles apart, are the only two perennial rivers in South West Africa that flow into the Atlantic Ocean.

The early explorers

In 1900-1901 Dr. G Hartman journeyed to the Lower Kunene, but the river was still largely unexplored in 1911 when an Englishman named Maudslay Baynes embarked on an expedition down the river on foot from the Erikson's Drift. Below the Epupa Falls he was forced to skirt the river which he described as flowing far below him in a rocky channel between vertical walls of rock 1,000 feet high. Baynes only saw the river again when he crossed it at Marienfluss Valley, the only place where he could find a ford. His journey, which started in holiday fashion, developed into a struggle for survival lasting 93 days. The Baynes Mountains were named after him. It was this 60-mile unexplored gorge in the Baynes Mountains that we wished to penetrate.

Baynes Mountains

Ahead lay the untrodden Baynes Mountains. The first day's paddling went without a hitch. Shortly after Zwartboois Drift, the Kunene cuts into the Zebra Mountains, the striped hills named by Baynes, with slopes rising from the river banks.

As the river turns to the north, the Rio dos Elefantes and two dry streams enter on the Angola side. According to the

Portuguese, these parts are frequented by elephant, rhino and lions, but we did not see any. We did, however, come on our first hippo in the Kunene, a small group of seven with another three a few miles further on.

The Lower Kunene Gorge

We floated our canoes in the gorge below the falls. This was it! It nearly was too, for no sooner had we entered the gorge when I saw a crocodile swimming straight for Gordon who was ahead. My shout of warning was drowned by the thunder of the falls. Luckily Gordon looked over his shoulder, saw by my actions that something was wrong, and sighting the crocodile, swung at it with his paddle. Frantically he dug his paddle in the water and shot between two boulders, inches ahead of the croc. I breathed a sigh of relief. It was short-lived, for the crocodile immediately turned around and came straight for me.

'Make for the bank!' was my only thought - the shotgun was completely forgotten. Shotgun in hand I leapt out of my canoe, slipped, and landed up to my neck in the water. In record time I struggled out of the water, scrambled up the bank, and shotgun to shoulder gave the crocodile an overdue shot. Much too close for my liking.

Pale, we continued downstream only to be attacked shortly afterwards by another crocodile coming out of a rapid. This time the shotgun was ready and the blast scared him off. Every 100 yards or so the gorge narrowed, with rock dams forming rapids between pools. We were unable to shoot these rapids as the maelstrom at the bottom was too rough, so time and time again we had to carry the canoes and gear around the boulders on the bank.

Shot one-handed at six crocs!

That afternoon, February 2, we were forced to leave the river and carry the canoes up the cliffs and along the mountains for about two miles. The river curled below us in continuous rapids. We had been forced to camp high above the water, clothes and skin torn to bits by the thorn bushes; our feet were also blistered and cut from jumping on to the rocks. We had been forced to fire at six crocodiles, shooting one-handed at them with the other hand holding the paddle.

A nerve-racking experience, for they had no fear of us and sometimes the noise of the shot did not scare them off so that we had to hit them with buckshot before they disappeared.

On the morning of February 3 we were forced out on the bank again and again until at midday the river dropped into a gorge with granite cliffs rising sheer from the water. We were forced to climb 700 feet up the mountainside, pulling and pushing our canoes with our hands, hauling first the one canoe and then the other. We seemed to become breathless at the smallest exertion and it took the whole day to climb up and down to the river again.

1,000 feet high cliffs

Although we were exhausted, we made reasonable progress the next morning largely due to the river flowing out of the granite area into a valley of soft sandstone where there were a few deserted Ovahimba huts. Our relief was short-lived, for about two miles further on the Kunene flowed straight between two huge cliffs, 1,000 feet high. Should we go in? We were scared of waterfalls, but another look at the height of those walls was enough to convince us that there was only one way through - by water.

After half an hour, without having met any serious obsta-

cles, we shot out of the gorge into a large valley. We spent the whole afternoon canoeing through this valley; there were few rapids, but attacks by crocodiles continued. I shot at two close to the canoe - one grabbed the back of the canoe but let go again. That night we camped just before the river entered the last stretch of the Baynes Mountains proper. A crocodile hit the back of a canoe whilst we were getting out on the bank.

Very lonely, hungry and extremely tired we sank on to the sand. It was a place of utter desolation; apart from elephant spoor and the lonely grave we discovered, there was nothing. A fearsome place in our weary dejected state.

Water of incredible turbulence

Knowing that we *had* to press on, however despondent we might be, we shot rapid after rapid on February 5. Towards afternoon we entered a very narrow cut in the granite - little more than 20 feet wide. The walls shot straight up and seemed to lean inwards on the top. The turbulence of the water was incredible, forcing us to fight for our lives to remain in the canoes.

After a mile we were out of the gorge, but those were the worst hours of my life. I did not expect to come out alive. We were just beginning to regain our composure when, after making good progress and shooting rapid after rapid, both Gordon and I were capsized by the force of the water. We managed to reach the bank safely and recover our canoes and supplies, grateful that there were not hungry crocodiles on the prowl! At 4 p.m. the gorge was already in deep shadow when we were forced by hills ahead to make camp in a little hollow with the thunder of the falls echoing from the high walls.

Gordon had a lucky escape during the day. While he was standing on the bank near his canoe a crocodile suddenly shot out of the water and lunged at him; just as it snapped its jaws closed, its front feet slipped on the canoe, missing Gordon by inches. On another occasion a crocodile came up beneath my canoe after I had taken a shot at it and I was lucky to avoid being capsized. We were interested to note that the floodwater level in the gorge was about 80 feet up the walls; obviously not a pleasant place to be in when the river is in flood.

Canoe ripped from safe pool

Precious hours were wasted on the morning of February 6 carrying around the fast rapids and a waterfall of 20 feet; these were created by huge boulders dropping into the river from the cliffs and are not natural barriers. At least we didn't have to carry around the waterfall, because in consternation we saw my canoe suddenly ripped by the current from its safe pool. Helpless, we saw the canoe hesitate on the edge of the fall for a moment, only to be dragged over by tons of water. For a few moments it was out of sight, then suddenly it shot like a rocket out of the water and, as if by miracle, came to rest in a narrow inlet.

This could not go on indefinitely, we thought, as we pushed our canoes back into the river and, at last, after seemingly endless hours of struggle against the rushing water, the gorge was left behind and the now pacified river flowed out into the Mariennfluss Valley. It was unbelievable - we felt as if we had escaped from a prison, and for the first time after leaving the Epupa Falls we saw a few thorn trees on the banks. With relief and in a state of near exhaustion, we headed for the bank to rest.

Continued over page

Behind us lay the terrible Kunene gorge, we were now 220 miles from the Bantu Commissioner at Ohopo, 440 miles from the nearest town, and ahead 60 miles still to go to the mouth of the Kunene. We were at 1,100 feet above sea level with the trackless Namib Desert between us and the mouth of the Kunene on the Skeleton Coast.

Through the Namib

Extremely depressed and lethargic, we seemed to have an insatiable hunger no matter how full of rice and soup we were. We were weak from our unbalanced diet and every movement was an effort. During the night the rain poured down again; even on the edge of the desert it couldn't leave us alone.

On the morning of February 7 we struggled with our canoes and gear around a shallow gorge for about a mile before being able to take to the Kunene again. Large grey-black cliffs enclosed the river and the only vegetation to be seen was on the immediate banks. It looked as if a tornado had hit the area, but it was clear from the tracks that a herd of elephants had been feeding.

What a struggle they must have to keep alive in this country! The flat water didn't last very long and soon we encountered another stretch of rapids in a narrow gorge. After the several hours of portage over rocks and boulders we had reached the end of our tether. We sank exhausted against the rocks. Even walking without loads had now become a torture.

Rapids-rocks looked impossible

The seemingly endless rapids and rocks suddenly looked impossible and we felt that we just could not carry around them in our present state. The only way out of our difficulties seemed to be to find the track to Ohopo from the Marienfluss Valley. With only a little porridge and no water, we set out to cross the Hartmans Mountains to try and reach the Bantu Commissioner at Ohopo.

Only three miles from where we left the canoes, with the sun beating mercilessly down on us, we came to our senses and realised the foolishness of this plan. We would never have reached Ohopo. There was only one way out, and that was to reach the Portuguese outpost at the river mouth as soon as possible. So back to the canoes we went.

Hopes dashed by fast rapids

*A short stretch of calm water revived our hopes to a certain extent, but they were dashed again by fast rapids between two almost sheer cliffs 800 feet high. I looked in despair at Gordon, and on his face I could see traces of the strain and hardship of the past two weeks. We decided to camp for the night before attempting a portage to where, we hoped, the river would become navigable again.

That night the river came down in flood and in the morning the water level was close to our fireplace. We carried the canoes, one by one, and then the supplies to the top of the sand-stone cliffs from where we could see the sand dunes of the Namib stretching to the south, and to the north, the grey-black mass of granite and other rock. Far below the river seemed to flow undisturbed through long, calm pools. With revived hope we ventured again on the river feeling that our difficulties could not last much longer. A few crocodiles emerged from the brown water in several attempts to have us for lunch, but with an air verging on disdain we fired at them to scare them off.

Towards evening the notorious desert wind sprang up and tried to blow us back from where we had come. With heads down, we battled to make headway into the wind and so we did not notice at first the entrance to another series of gorges. Too late we saw the first of the rapids, which I managed to get through, but when I glanced back I saw Gordon being thrown out of his canoe by giant waves five feet high. Over and over he went, clinging to his unsinkable craft.

Man disappearing -- with Canoe!

Against the rock wall in the pool below I tried to pull him out, but the water was too strong and we were pulled back into the next series of rapids. The whole river beat against the sheer wall of the rock and recoiled on wild brown waves. How on earth were we going to get through this? With a cold sinking feeling in my stomach, I entered the waves and miraculously got through only to see Gordon disappearing with his canoe under water. He appeared again a few moments later. At last we managed to pull out to the right bank. As we couldn't go any further that night we decided to camp.

We camped near the last major obstacle, a deep gorge about 30 miles from the sea. We judged it impossible to canoe through the gorge as the walls looked 500 feet high, and our aerial photograph seemed to indicate many falls and rapids. If we went in we might never be able to emerge.

Long before the sun was up on February 9, we struggled up the soft, gray, shale-like rock of the cliff on one side of the gorge. We could only manage to carry one canoe at a time and then only for a short distance before we sank on the ground exhausted.

The swelling of our feet was causing acute discomfort. Four hours of agony took us at last down to the water where we finished off the last of our sugar and porridge. It was essential that we reach our destination that day.

Attacked again by crocs!

The river was still very narrow, running between huge boulders. Crocodiles continued to attack us and since the Epupa Falls we had fired some 60 times. Towards midday the Kunene entered a curious series of reed-enclosed pools 10 miles in length, and then for the last 15 miles to the coast entered a narrow rock valley strewn with rapids. The rocks on the south bank keep the ever-shifting sand at bay, but every now and then rivers of sand flow over the barrier into the water. The north bank is completely devoid of sand and the river seems to be the barrier. The desolation of the country must be seen to be believed. To the north, the rock stretched to the grey horizon, and towards the south, sand dune after sand dune stretched into the distance as far as one could see.

Only in the last mile did the river slow down. Without warning, a white speck appeared on the right bank of the river - the Portuguese pumping station at last. We had made it! The Portuguese were at first suspicious of us, but then with typical hospitality they assisted us to the hut. From this lonely outpost the Portuguese pump water 40 miles up the coast to the fishing factories at Baia dos Tigres. Thin and physically exhausted, we were happy to escape alive.

Would I ever do the trip again? It would take a lot of persuasion, but I am grateful to have had the opportunity of seeing one of the last unexplored areas left in Africa. It is an experience and an adventure that I shall never forget.

CALENDAR OF EVENTS

Date	EVENT - Location	CONTACT	Cont. Ph. No.
1994			
August			
6	Schools Canoe Polo Championships, State Swim Centre	V.C.E.	459-4277
13-14	Skills Improvement weekend	V.B.C.E.	459-4277
20-21	Slalom - Champion Series 3 South Bend USA	Roy Farrance	816-9411
	Slalom & Wildwater - Country Series 2 King River	Mark Swoboda	489-5328
23-20	Wildwater - World Cup 4 & Final Bala GBR	Roy Farrance	459-4277
27	White Water Skills Instructor Workshop	V.B.C.E.	459-4277
27-28	Slalom - Champion Series 4	Roy Farrance	816-9411
	Slalom & Wildwater - Victorian Schools Champs Warrandyte Bridge	Mark Swoboda	489-5328
28	Proficiency Course	V.B.C.E.	459-4277
28	Marathon - Winter Series Race 8 Yarra River Ivanhoe	Peter Hogg	478-1224
September			
3- 4	Slalom - Champion Series 5 Ducktown USA	Roy Farrance	816-9411
4	Slalom - Yarra Series 3 Warrandyte	Aaron Martini	754-3737
10-11	Basic Skills Course No. 7	V.B.C.E.	459-4277
10-11	Slalom & Wildwater - Country Series 3 Howqua River	Wayne Thomas	816-9411
16-17	Slalom - World Cup Final Ohara/Ashahi, Japan	Roy Farrance	816-9411
17	Marathon - Victorian Championships Yarra River	Melodee Rose	720-7462
24-25	Slalom - Victorian Slalom Championships Mitchell River	Mark Swoboda	489-5328
25	Skills Improvement day Dights Falls	V.B.C.E.	459-4277
26	World Masters Games Brisbane end October 8		(07) 405-0900
October			
2	Sprint Race 1 -- Bendigo	Merril Meek	(059) 402-011
1- 2	Rescue Course	V.B.C.E.	459-4277
1- 2	Coaching Course - Level One Slalom Melbourne	V.C.A.	459-4277
1- 2	Marathon - Bendigo Canoe Club Cup Loddon River	Tony Misson	(054) 411-170
2	Sprint - Loddon River Bridgewater		
4-16	Coaching Course - Level One Flatwater Country	V.C.A.	459-4277
8- 9	Wildwater - Victorian Downriver Champs King River	Mark Swoboda	489-5328
8- 9	Basic Skills Instructors Intake	V.B.C.E.	459-4277
15-16	Basic Skills Course No.8	V.B.C.E.	459-4277
15-16	Slalom - Forrest Edge Slalom Neerim South	David Sharman	(056) 23-1939
23	Skills Improvement Day	V.B.C.E.	459-4277
23	Slalom - Yarra Series 4 Warburton	Chris Moore	848-7202
23	Marathon - Ted Pace Memorial & K4 Challenge Maribyrnong River	Noel Hunter	749-1386
30	Marathon - Swan Hill Murray Classic Murray River	Geoff Waites	(050) 323-533
30	Bridge to Bridge Challenge Geelong		(052) 615-072
November			
5- 6	Skills Improvement Weekend	V.B.C.E.	459-4277
6	Slalom - Yarra Series 5 Dights Falls	Scott Crabtree	439-8181
6	Sprint Race 2 -- Auravale Lake	Merril Meek	(059) 402-011
12	Instructors Workshop - Games & Initiatives	V.B.C.E.	459-4277
12-13	Marathon - Goulburn Classic Goulburn River	D. Mickelborough	754-4292
13	Proficiency Course	V.B.C.E.	459-4277
15	Basic Skills Course No.9	V.B.C.E.	459-4277
19	Basic Skills Instructor Assessment	V.B.C.E.	459-4277
19-20	Sprint Race 3 -- Sale	Merril Meek	(059) 402-011
20	Marathon - Sale	Col Brown	(051) 345-422
26-27	Basic Skills Course No.10	V.B.C.E.	459-4277
26-27	Slalom - Bogong Village Pretty Valley	Roy Farrance	816-9411
26-27	Whitewater Instructor Intake	V.B.C.E.	459-4277
27	Sprint Race 4 -- Footscray Saltwater Classic	Merril Meek	(059) 402-011
December			
3	Marathon - Murray 40 Yarrawonga to Cobram	Robert Schram	(058) 711-446
3	Mountains to City Challenge. Paddle, Cycle, Run -250km	Garry Ebling	(052) 614 686
3- 4	Skills Improvement Weekend	V.B.C.E.	459-4277
3- 4	Slalom - Canoes Plus Annual Slalom Goulburn River	Roy Farrance	816-9411
3- 4	Basic Skills Course No.11	V.B.C.E.	459-4277
6	Basic Skills Course No.12	V.B.C.E.	459-4277
10	Sprint Race 5 - Essendon	Merril Meek	(059) 402-011
10-11	Proficiency Course	V.B.C.E.	459-4277
11	Marathon - Murray River Marathon Dress Rehearsal Footscray	Noel Hunter	749-1386

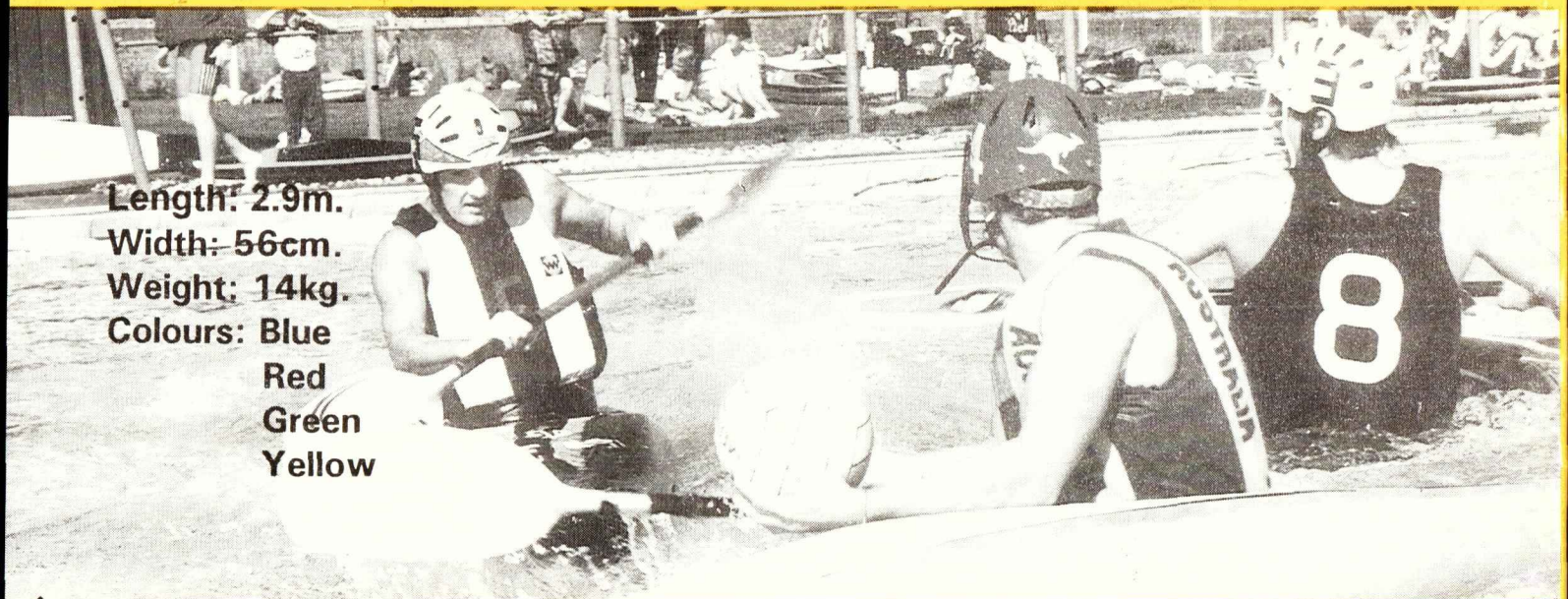
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