

Paddler

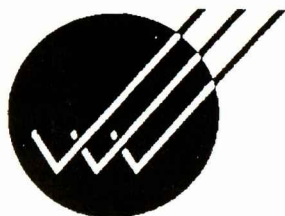


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MAGAZINE OF THE VICTORIAN
CANOE ASSOCIATION INC.

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Front cover photo: Victorian LK1 Team gets Gold (Roy Farrance)
Contents page: SunSmart Schools Championship (Liz Randall)



t t e r s

DE-MYTHING THE MARIBYRNONG FROM PADDLER MAGAZINE: DECEMBER 1996

The December issue of Paddler magazine contains an article entitled *De-mything the Maribyrnong*, which I wrote for the newsletter of Whitehorse Canoe Club Inc (WHCC). It was published in your magazine without my knowledge or consent. If you had informed me, or WHCC*, that you wished to use this article (my telephone number was on the same page of the newsletter which you copied it from*), I would have refused permission to publish it in its present form, and would have re-written it for a wider readership. It was written as a light-hearted account of a paddling trip, with the mockery, in-jokes and cliquy references typical of most club newsletters and was not intended for readers outside of WHCC.

I am extremely upset that you have published this article, in my name, with unauthorised changes to the text, and without explanation of its origin, and I regret any embarrassment to those mentioned in the article, caused by your highly unethical action.

**Yours sincerely,
David Clark**

APOLOGY FROM PUBLISHER (AS WRITTEN BY DAVID CLARK)

The article *De-mything the Maribyrnong*, which appeared in the December 1996 issue of Paddler magazine, was copied from the Whitehorse Canoe Club Inc newsletter, The Horses Mouth, (August 1996) and was altered and published, without the knowledge, or consent of the author or Whitehorse Canoe Club Inc. The publishers of Paddler magazine, the Victorian Canoe Association, apologise for any embarrassment that their actions have caused.

DEAR SIR/MADAM

Hope you can help...

Craig John is a young boy who is terminally ill with cancer. His "big dream" is to appear in the Guinness Book of Records.

To achieve this, he hopes to collect the largest number of business cards (one per company)

I therefore ask, that you please send one card to:

Craig John

c/-Mr Jeff Crozer (Principal)

Cabra College

225 Cross Road

Cumberland Park SA 5041

Please send this letter with attachments to 10 other companies.

I hope you will appreciate that it is important and send it without delay

Thank you very much for your support.

***See Across
the Desk**

REVIEW OF THE MLC JUNIOR SPORTS FOUNDATION

Since its inception in 1981, the MLC Junior Sports Foundation (JSF) has proven to be a pioneer in the area of non-government assistance provided to Australia's elite junior athletes.

During the past 15 years, MLC has provided around \$13 million in assistance to over 4,000 young athletes. We are proud of the achievements of Australia's young people and were honoured to be able to provide support at a time when it was most needed.

I had previously advised you that an extensive review of the JSF's activities was being undertaken. Following completion of the review, it has been decided not to renew the scholarship program and accordingly the JSF will be wound up as at 31 December 1996.

The major reason for this decision is that the type of assistance historically provided by the JSF is now widely available to athletes. In the past few years, and especially since Sydney won the bid to stage the 2000 Olympic Games, there has been a strong increase in public and private sector sports funding. Some private companies, in particular, have aggressively marketed sponsorships in a way designed to enhance their competitive position.

This means that many of our elite athletes will receive the type of assistance offered by the JSF from other sponsors, including merchandise, sports camps & media training as well as direct cash funding.

We would like to think that MLC has assisted in raising the profile of young Australian athletes over the years and that the JSF also serviced as a catalyst for the many corporate sponsorship programs now in existence, particularly at the juniors level.

In the future, MLC will continue to consider other community causes and endeavours equally worthy of its support.

On behalf of the JSF Advisory Committee and MLC, I would like to thank you for providing us with the opportunity to be involved with the development of Australian sport during the past 15 years.

**Yours sincerely, Vito Carrozzo
National Director, MLC
Junior Sports Federation**

Well Paddled

Thanks to Sportsgirl designer Julie Turmaine, who's given us her thoughts on which athletes she reckons have the best bodies. Ms Turmaine's credentials come from travelling around the country measuring 1200 athletes and officials before making a final 760 uniforms for the team. "The canoeists definitely have the best bodies", she says. "All those muscles from paddling..."

On Goulburn Ponds

One of the memorable events of the week at the Goulburn was the Slalomite Competition - open to novice paddlers who had never competed and conducted on the practice dam at OEG, during a perfect summer evening.

John Hankinson and Janice and Chris Runting had the task of organising the event - no mean feat with over 40 excited, nervous, novice paddlers of various ages queuing on the dam awaiting their turn at the gates. Under 12, 10, 8, novice - the youngest paddler being aged 3 and Slalom Dads and Mums - don't know the age of the older participants but they should have known better than to have become involved!

John Wilde's introduction of each paddler and commentary on technique certainly added to the fun atmosphere. The crowd deserve a mention here - strong similarity in mood with the Romans at the Colosseum, cheering and jeering, awaiting a spectacular disaster by some middle aged unfortunate. The Tasmanian Wave was something to hear and behold and would keep any expert in crowd control perplexed.

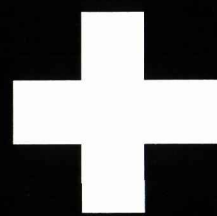
The course design was tricky for us novices, with the added challenge of having to "hug the hippo" at the half way mark, and hit the Superman floaties just

before the last gate. This opens great opportunities for novelty fun items to be included in competition courses - should sort out the serious paddlers!

The younger generation all excelled and were pleased with their efforts and it augers well for the future to see so many keen young paddlers enjoying themselves in a kayak and making new friends. For those of us who are time challenged, it was one of those life experiences I suppose we will remember with a smile in the geriatric home. However at the time, if fitted with a heart rate monitor it would have been off the dial, focus was a dirty word - nerves ruled and as we waited for our start the whole episode had a surreal quality. Is this what true fear feels like.

One more moment of glory awaited however. Each paddler received a certificate of participation, with their time (I could have done without that) and a lolly - mine was rather aptly named a "Fizzer". To receive these awards it was mandatory to climb the winners dais for one last look at that crowd, but more importantly for that crowd to take one last look at you. Many thanks to all who helped organise this event and to all who participated - it really was a lot of fun for all involved.

Chicken Liz



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to Paddler?
See Page 40

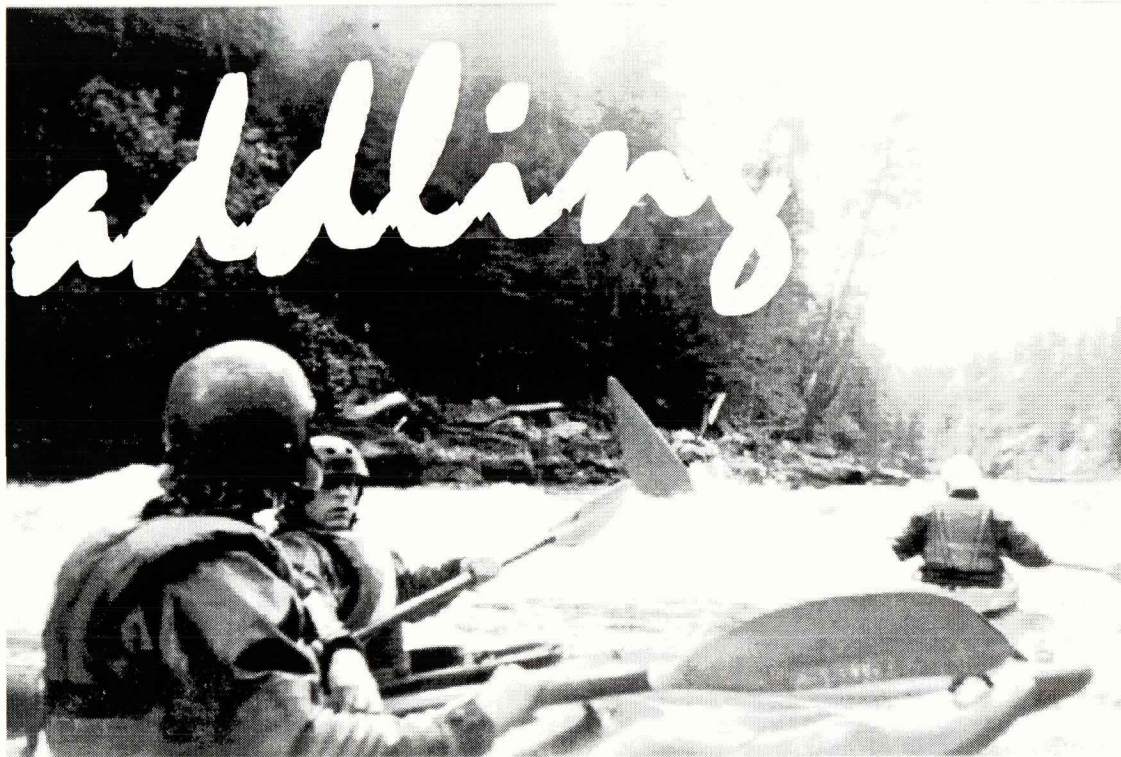
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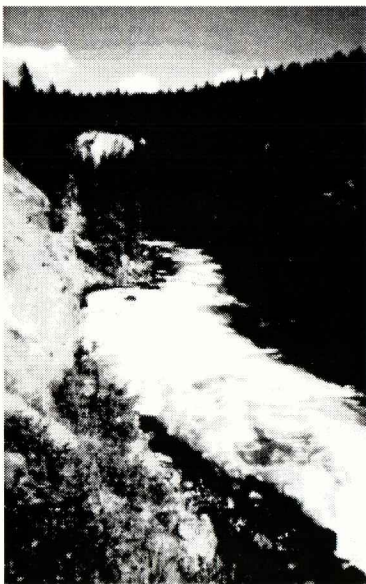
Anti-Cancer Council
of Victoria





British Columbia

Georgia LePlastrier



The best time to go boating here in British Columbia (Canada) is June through September. High water being June, July extending to August/September in other regions around the province. Expect cold fast continuous glacial fed rivers. Big volume water choked with logs and large hydraulics, it's brilliant.

Allow me to tell you about a small road trip to northern B.C. The Chilco River runs from Chilco Lake surrounded by miles of Alpine wilderness spread endlessly in the Central Coastal range.

Eight of us congregated at the confluence of the Tsakico and Chilco rivers, after an arduous drive. The morning was cool yet clear and we were keen to get on the river as one does. The "two hour shuttle" to the put in with eight of us piled in Captain Holidays Kayak School Truck, we travelled in style. After dropping one of our party to scramble down to below the most notable rapids, we finally arrived at the put-in.

A wide wilderness river running through the Chilco River Valley, housing soaring bald eagles and powerful salmon. At one point on our adventure "Lewie" stopped off on the side of the racing river to

have a snack. I floated past enjoying the beauty of the river and my eyes rested on a BEAR! I floated close by it and it proceeded to run up the bank towards Lewie. Lewie's eyes huge as saucers, jumped into his kayak awkwardly and slid into the river. Paddle, helmet, lunch neglected in fright. What a sight! We had to laugh!

The journey continued and we paddled "Bidwell" a huge crashing class 4 rapid with big hydraulics. Afterwards some brilliant surfing. The "Whitemile" rode us down through big volume wave trains continuously, with a few holes to avoid. The deep, wide river constricted to "Lava Canyon" a never-ending channel carved through lava rock. We felt ancient, floating through this wilderness environment. I knew why this trip is said to be a classic here in B.C. Some more exciting rapids and a float to the end of the run.

British Columbia has an abundance of excellent class 3-5 runs with easy access. Big volume rivers are also easy to come by with ocean-like river wide waves and surging holes. Kayak schools are spread all through the province and the sport is becoming increasingly popular in British Columbia.

Australian Schools Championships:

A Beginners Point Of View

Lauren Sykes

Scrutineering

"You're next!" Those words fell upon my ears like the saviour from above. Amongst all the boats, people and general mayhem and after waiting in line in the blistering heat, for what seemed like an eternity, it was finally my turn to get my gear checked. I didn't know what "scrutineering" really involved, so when I first lined up I was quite nervous that the boat I had might be too light and not pass, therefore I wouldn't be able to paddle in the race. However these fears were rubbed out when I asked the boy in front of me if he thought my boat would pass. He replied with a slight chuckle and grin "If the Plastic Fantastic doesn't pass, we're all done for!" With that reply I was put at ease and casually looked around to see who else had a boat that was as bomb proof as mine.

The boat was measured, weighed and my Bouancy Vest "dunked". All going well the red approval stickers were plastered on my gear along with a friendly grin by the scrutineer asking "Is this your first Australian Schools Championships?" I answered eagerly "Yes, Yes it is" because at this point I realised that all the excitement of racing, having fun and meeting heaps of new people was all about to roller coaster in.

Day One: Downriver Race

Under the shade of the towering Blue Gums and after a lengthy briefing with a strong reminder of the Sun Smart slip, slop, slap approach, the hustle and bustle of body number distribution began. Over 100 students from 36 different schools. Anne Trelor was quick to get everyone in order and by the end of the day Ann's name became "ask the body number lady!"

A few short hours after receiving body numbers, shuttle runs to and from the start pool, some five kilometres away began. Consisting of paddlers, boats, paddles, helmets, spray covers, oh and body numbers. Everyone collected in the cool, down under the shade near the waters edge. Onlookers of family, friends and

paddlers alike all cheered and supported the racers as they left. The first sixty paddlers consisted of Australia's finest junior male paddlers, proving that the competition was as hot as the afternoon itself. Lachlan Milne from Melbourne Grammar set the pace with a race time of 10:00.34 this time stood as the fastest for the day with Craig McAllister from Eltham College 10:13.70 coming in second. The boys under 16K1 also showed hot competition with under a second separating 1st and 4th placings.

The female competition was just as fierce with Louise Natoli setting the top female race time of 10:50.77. Other top runs in the female classes was in the 13 LK1 with sisters Clare and Vanessa Beach 1st and 2nd respectively.

At the end of a very long day with the race being a success and very few complications, all was not done! Presentations, awarding excellence and achievements. Overall a fantastic day however yet another reminder that a big day lay ahead, — more body numbers! for the next days events, - SLALOM.

Day Two: Slalom Race

As the first sunlight glistened on the rivers water, rumblings of preparation were apparent around the campsite. If the suns rays darting through the hole in the tent didn't wake you your backup alarm definitely did THE LOUD SPEAKER!! The sweet hummings of Roy Farrance's voice filled the air at 7:00 am in the morning. Blasting "Testing 1,2,3. Testing Gooood morning campers..." and then explaining the plan of attack for the rest of the day.

1st session started at 8:00 am and from there the day unravelled. A record number of runs, boats and kids going in all directions a really spectacular event. Spectators and paddlers were amused throughout the day by the various comperes used over the loudspeaker. First off was Vic Harris, an Eltham College parent then came Tim Natoli a well respected paddler who is known as having dabbled in the art of compereing before at



Australian Schools Championships Presentation Ceremony
Photo Jane Farrance

previous events. Tim took the comparing to new highs this year, along with his excellent understanding and explanation of occurrences on the water (doused with his humour), he did interviews, jokes, weather and sporting updates, more jokes and also found amusing new ways to remind everyone to Slip, Slop, Slap while promoting the events main sponsor and be SunSmart*.

Again the competition was fierce, there were 94 C2 runs and 21 competitors in the 15yrs K1 alone. An approximate total of 700 Runs in the day, with the teams events finishing around 7:00 pm.

Throughout the day the weather changed quite dramatically, from being hot and sunny with a slight wind to a howling gale as the change swept through rearranging most of the gates on the course much to the confusion of an innocent Ivanhoe Girls Grammarian, Naomi Hewitt who stuck around to challenge the finish gate; Naomi-0 (bruised arm)Finnish gate-1. At the

same time officials and judges scrambled to rescue the Sun Smart umbrellas, banners and chairs. While onlookers scurried to grab flying boats paddles, body numbers and tents all due to the mini tornado, it was the only time I saw just how many people were involved inside "The Nerve Centre" as they ran out to grab all the precious score sheets. Mini heart attack over things quickly got back to normal and the event rolled on. All in a days work.

Presentations followed after the event and went well into the evening. I noticed a very big grin on Ian Whitfords face after Eltham College won the overall event for the third year in a row with a total of 375 points from Ivanhoe Grammar 198 and Bonalbo Central School 76 from a total of 36 schools overall. A great individual performance from Louise Natoli whose school Canterbury Girls Secondary College came Eighth with only her paddling. A very successful and enjoyable event. Spe-

cial thanks go out to all the people who give up their time to make it all happen. And a very special thanks to the sponsors especially SunSmart with out which there would be no championships.

Lachlan Milne had the best score for the boys section 95.42 with Louise Natoli the best for the girls 107.37

Individual Championships

- JUNIOR FEMALE:
 Claire Beach (Eltham College)
- JUNIOR MALE:
 Tristian Lawrey (Ivanhoe Grammar)
- SENIOR FEMALE:
 Louise Natoli (Canterbury Girls Secondary College)
- SENIOR MALE:
 Lachlan Milne (Melbourne Grammar School)

NB: The "Plastic Fantastic" made it down the course and I can't wait till next year to do it all again..



Craig McAlister Co-Captain of Eltham College Canoe Team . Winner of Junior National Overall Champion

4. The SOCOG President and Minister for the Olympic 2000 Games the Rt. Hon. Michael Knight said that the cost of construction the Slalom Course was approximately 12 millions Australian Dollars, a figure which was based on a feasibility study which the ICF have not been given a copy. The ICF and all its member Federation cannot accept or understand that the IOC did not demand that SOCOG should have their figures scrutinised by ICF canoe Slalom experts. The ICF has many experts in the

field of Slalom Course construction such as France, who have obtained a Quotation by Electricite De France for the construction of a Slalom Course in Sydney for 6 Million Australian Dollars. It would appear that this information has been ignored. It was reported by the French Minister of Sport Mr Guy Diut on 22nd November 1996 that President Chirac of France has guaranteed that the cost of the Slalom Course will be no greater than 6 Million Australian Dollars..

Jeff Kennett supports Slalom in the 2000 Olympics

The IOC has produced a support petition to assist them in their endeavours to have Canoe slalom reinstated in Sydney 2000. **You** can help by getting the support signatures of your local VIP's. This petition is not looking for huge numbers but huge quality. Think of the most important/well known person you know, cut out the petition and get the signature. Politicians, media personalities, sports stars etc. It does not have to be a person known by everyone so if you cannot get one of the above, get the local doctor, Justice of the Peace etc. We all know someone.

Jeff Kennett has signed a petition and so have many other prominent people, who can you get?

International Canoe Federation CANOE SLALOM SYDNEY 2000 Support Petition

On November 15th 1996, the International Olympic Committee, under pressure from the Sydney organising Committee (SOCOG), decided to exclude canoe slalom from the Olympic Games in Sydney 2000.

In Fact, the slalom events in Barcelona and Atlanta enriched the olympic program with powerful and exciting images, the high television audiences showing the world wide interest in this exciting sport.

Considering:

- o that the International Federation is proposing a new low cost project for constructing a slalom course in Sydney.
- o that the Olympic facility would be available for leisure activities by the local community.
- o that slalom is practised by an increasing number of female athletes and by a growing number of nations.
- o that slalom is part of a sport which is close to nature and the conservation of the environment.

I subscribe to the support groups Canoe Slalom Sydney 2000, and I ask that the International Olympic Committee (IOC) and the Organising Committee for the Sydney Olympic(SOCOG) reinstate slalom events into the canoeing program for the Olympic Games in Sydney 2000

Name:

Signature:

Country:

Position:

Please send to

Frank Adisson - Olympic Cabb
Canoe Slalom Sydney 2000
FFCK B.P. 58

OR Roy Farrance
140 Cotham Rd
Kew 3101

Joinville Le Pont 94340 Cedex, France

Fax 33 (0) 1 48 86 13 25

Fax: (03) 98171820

email: wilfrid.forgues@francetelecom.fr

email: vca@werple.net.au



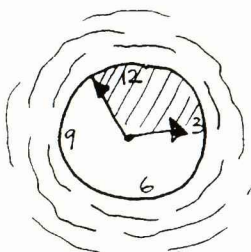
The Sprint Scene

Martin Ralph
VIS Assistant Coach

OVER THE PAST SIX YEARS

I have had the pleasure of working with two of the best Canoeing Coaches in the World, Reg Hatch and Agneta Andersson. Along with everyone connected with Australian Canoeing I was indeed sad to say good-bye to Agneta recently. During her two years as VIS Head Coach Agneta worked tirelessly. In a field dominated by men she excelled. I can only wish her all the best in her new job, a partnership with Martin Hunter coaching the Swedish National Team. Isn't it interesting that the last two VIS Head Coaches have been actively encouraged to become National Coaches in other countries, yet overlooked by our own? I am also very disappointed to see 1989 World Champion, Martin Hunter leaving our shore. Martin had so much more to offer Australian Canoeing as an athlete let alone as a Coach.

**GET OUT OF
THE SUN AND
UNDER A TREE
BETWEEN
11 AND 3**



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VIS athletes performed very well at the Grand Prix Regatta held in Adelaide on the 7th and 8th of December. Stand out performances were achieved by Brooke Harris winning both K1 and K2 events. Unfortunately Brooke joins an ever increasing list of elite Victorian athletes lured up to the AIS. Good luck Brooke, your ever smiling face will be missed but always welcomed back. Best wishes also to Letitia Quick who has also been offered a scholarship to the AIS, although I am still waiting to be notified by the AIS.

Christie Marot and Paula Harvey also performed well. Peter McDonald was the best of our men finishing 4th in the K1 500. The regatta was affected by the last minute change of dates. Originally to be held on the 14th and 15th of December, many elite athletes were not present. Quite a few at Jimi Walker's (1996 Olympian) wedding. Congratulations Jimi and here is a bit of advice my Grandfather gave me when I got married, "Marriage is Grand, Divorce is about a hundred Grand".

The VCA Sprint Committee is to be applauded by all Victorian paddlers regarding its recent decision to purchase a K4. A boat of this quality has to be looked after well and I am sure every athlete using the boat will do their best to keep it in top condition. It will be kept with the VIS K4 at Essendon Canoe Club, and its use will be controlled by the VIS Head Coach. This opportunity to get two competitive K4s on the water at once for training will I hope be the start of some very good Victorian crew boats.

The drawn out process of selecting a new National Coach has I believe had a very detrimental effect. This procrastination does nothing to make our sport look professional, let alone the damaging effect it has had on all Intensive Training Centres and athletes. While on this point I believe that it is time to reassess our whole structure in Sprint Canoeing. Intensive Training Centres are up and running successfully around the country.

Without doubt the state Intensive Training Centres are identifying the elite juniors and seniors and are spending the time and effort required to assist these athletes to become elite seniors. Surely the need for an AIS squad based in Queensland has to be questioned. It is fairly obvious that elite athletes have felt compelled to join the AIS to be looked at seriously for team boat crews let alone the monetary benefits. I have even heard athletes say "that if your not in the AIS you wont be in the National Team". Our new National Coach will have to work hard to overcome these perceptions

To me the answer seems obvious. Allow the AIS athletes to train with their Coach of choice in their environment of choice with the same monetary support. Let the National Coach run very regular training camps. Get all the Intensive Training Centre Coaches there. Get all the elite athletes there. Set up crew boats early in the season instead of the traditional rush and hope it works after the Australian Titles. Either way our new National Coach will need a lot of support to bring our sport back into a unified group, all aiming for the same goal.

Rumour file

1. Did you hear about the Coach who went to a Sports Psychologist and said 'Nobody listens to me!'. The Psychologist said 'Next!!!'
2. Did you hear about the paddler exasperated after a bad race who turned to his coach and said, 'You must be the absolute worst coach in the world'. 'No, I don't think so,' said the coach, 'that would be to much of a coincidence!!!'

Congratulations **MATT DALZIEL** of Tasmania

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Train, Recover, Train.

More elite athletes and coaches in the 1990s are adopting natural strategies to adapt to strenuous training loads. Continuing the series of articles promoting alternatives to banned doping practices, we speak with a former international athlete who, 20 years ago, used steroids in a quest for international success. In a frank interview our athlete under the spotlight declares that the knowledge we have today provides athletes with...

REAL

Name: Confidential
Sport: Confidential
Country: Confidential



You competed on the international scene for 13 years in the 1970's and early 80's. Did it surprise you when the world learnt that the East Germans had been systematically doping their athletes?

I wasn't in the least surprised. I had first hand knowledge of the East German "system" having spent some time training in East Berlin during the mid 70's. The East German government had placed a strong national emphasis on elite sport. Athletes and coaches received performance based benefits including free training gear and facilities, expert coaching, medical support, better housing, luxury goods such as central heating - a real luxury at - 25 Celsius, access to better education, free transport to competitions, fresh food and the list goes on. International excellence was rewarded with cars, holidays and other privileges. Olympic medallists and their coaches were held in the highest regard by the State and

were looked upon as heroes.

East Germany established many schools, colleges, universities and military forces that offered specialised sporting scholarships. Tests were conducted to identify children with sporting talent. Specialist programs were designed and eventually those athletes demonstrating the highest qualities were selected for regional and national squads. Sports doctors played a significant role in East German sport which permeated down to all levels and a great deal of attention was paid to the advice given by them.

Hero worship, talent ID, sports science, performance based incentives are not uncommon in Australia.

Yes, a lot has been learned from the East Germans. However these programs were years ahead of the rest of the world. The "system" was tightly controlled and athletes and coaches would listen to advice - if that advice recommended the use of drugs to get through the

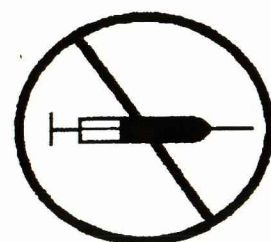
arduous training programs, then that is what they did.

How did your career evolve and what were the pressures?

As a junior (13 year) I was training 4 times per week. I was competing regularly - bettering my performances on each occasion. I had an excellent coach who technically was amongst the world's best. He was as ambitious as myself and willing to support me in all my endeavours. I was easily beating more senior athletes and established national records in the process. I began travelling overseas competing and visiting places that my mates back home could only dream about - at no expense.

A few years later I was selected for my first World Championships, an unforgettable experience, rubbing shoulders with the world's best athletes. The competition was a shock to the system. Mentally they were stronger. Under incredible pressure world records tumbled.

"My competitors looked better prepared, they were physically



harder, they appeared to be faster and stronger." I realised if I were to compete with the best I needed more information and began asking questions. The answers came. You have to train harder! You have to train more frequently! To me, in the short term, I needed pharmacological aids! If I were to realise my desire to succeed at the highest level, to travel the world at no personal expense, to receive the accolades, to be different, I had to consider the question that many of my competitors had already said yes to. Should I take anabolic steroids?

What about the health risks involved?

Young people often take risks, living for the moment. At the time I tried to gain as much information as possible about these drugs. I found through my own research - which involved asking a lot of questions to known users, talking to the medical profession and reading lots of literature - that there was in fact very little reliable information - it seemed to be mostly hearsay and rumour.

With limited information I confronted one of the doctors who seemed to be all knowledgeable who agreed to supply me with anabolic steroids on the condition that I undergo regular medical check-ups and screening tests. There were no health guarantees with greater risks for those who used big dosages.

Was cheating an issue at the time?

Despite anti-doping rules, cheating was not an issue for me as I believed everybody competing at this level was on the "juice".

What about the testing program? Was it deterring athletes?

In the late 70s, testing became a regular feature at international events. A number of Olympic athletes were stripped of their medals and placings in Montreal. Out of competition testing was not heard of. Some sports were making an effort to recognise the problem. However, doctors and scientists in some countries would assist athletes to beat event tests by providing screens to determine clearance times. As the screening became more sophisticated, so too did the pharmacological knowledge. The playing field became very uneven as scientific knowledge provided nations with advantages. Other drugs were being used to mask the detection of anabolic steroids.

Is testing deterring athletes today?

The testing program has undergone many positive changes particularly through the 90s. Random out of competition testings a great initiative and has certainly caught many athletes who had previously ignored the warnings. Governments are working more closely with sporting organisations and international federations are working more closely with its national affiliates. Elite sports is now aware of the issue and sanctions are being imposed on offenders.

I applaud any non-political testing program that can "swoop" in on any athlete at any time and demand a urine sample. If any country or international sporting federation is unwilling to participate then they should be disallowed from competition. These swoop programs could be sponsored through IOC funds and have diplomatic immunity and free access to any designated country. This type of program would further deter athletes from taking performance enhancing chemicals.

Testing is the big stick - what positives can we offer today's athletes who may be tempted to use banned drugs?

I believe the desires that influenced me and other athletes are the same ones driving today's athletes. The difference is that we know a lot more about recovery and adaptation to training stresses. Coach education, sports science and other support services have improved dramatically and have much to offer the ambitious athlete. This knowledge is more accessible and can provide valid, healthier alternatives to athletes and coaches. To convince athletes not to take drugs, coaches need to provide viable alternatives that emulate the reported physiological effects of the drug. Steroids are reported to assist athletes recover from heavy training loads. Athletes, planning long term, can reach their potential through natural adaptation. Natural methods can help to attain maximal recovery. This is achieved without the health risks. The process of recovery is related to diet, the volume, type and intensity of training load (periodisation), the daily routine, rest and sleep.

Massage - Hard work produces exhaustion and the accumulation of waste products. Massage favourably influences the condition of muscles, tendons, ligaments and joints - and through them - the skin and central nervous system.

Self Monitoring - Athletes can learn to self-monitor. Self monitoring plays an exceptionally important role when athletes are training at maximum capacity. Using a diary, athletes can record indices such as sleep patterns, pulse rate, respiration rate, body weight, appetite, training loads, competition results. A training program can be modified to achieve maximum results according to the information gained through self-monitoring.

Hydrotherapy - saunas and spas can greatly increase recovery. Saunas can activate natural anabolic processes by increasing metabolism, improving blood supply to muscles and permitting excretion of residues, water and salts.

Nutrition can aid recovery. Athletes can choose a sports specific diet that will provide essential protein, carbohydrates, vitamin and minerals to enhance their output and recovery.

Relaxation - Barometric chambers, flotation tanks and other equipment that helps the athlete relax can also offer advantages to the athlete. Unfortunately this equipment is very expensive and difficult to access.

For more information on integrating these methods into your training programs contact Angie Calder at the AIS on 06 252 1617

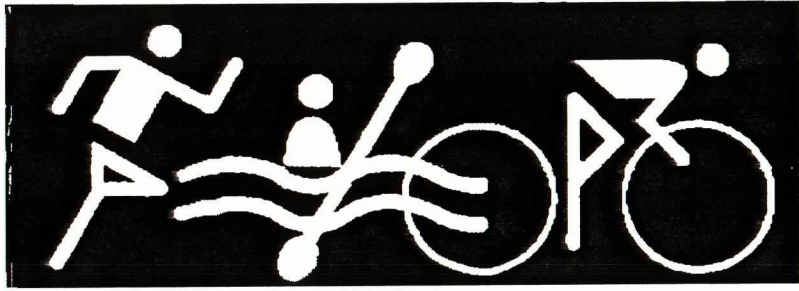
Are these real alternatives? Would knowing this have made any difference to you as an athlete?

I believe these practices to be real options. I cannot speak for others, but I honestly believe that if I knew then what I know now, decisions I made in the past would have been a lot different.

A word of caution. There are sceptics who do not believe in some of the methods or are not satisfied with the amount of evidence. This negativity can inhibit some of these practices being widely used. Detering drug use is much more than testing. We need to promote positive messages and provide access to resources that can assist athletes reach their potential without using drugs.

Continued page 27

e i l d o n



TRIATHLON

Sunday, March 23

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CANOEING by Jenny Hourigan

STATE SQUADS

Training for the State Squads is currently underway with the following members vying for positions in the 1997 Victorian State teams. The Australian Inter-state Championships are being held at the Sutherland Leisure Centre just south of Sydney from the 3rd to the 5th of April 1997. It is unfortunate that these dates do not co-incide with Victorian school holidays as it will limit the number of juniors who can compete, but the junior squads are at least big enough to produce one team each. The final teams will be selected in either late February or early March. The current training squads are as follows:

Juniors/Youth	Junior Women/ Youth Women	Veterans/Masters
Nick Cowling	Kate Abbey	Alison Boyes
John Dyett	Rachelle Coates	Ken Brownlie
Stephen Gutteridge	Heidi Doyle	John Esnouf
Trevor Hutchings	Lori McLeod	Ross Faichney
Nathan Moore	Nicole O'Shea	Carl Fevola
Matthew Moore	Kirsty Packham	Mike Hardy
Shane Paterson	Cassandra Packham	Frank Magee
Craig Paterson	Kathy Scholes	Anthony O'Loughlin
Robert Payne	Sarah Shields	Craig Price
Richard Coates	Naomi Sullivan	Anne Williams
Derek Barke	Catherine Weijers	Frank Fielder
Reuben Keller	Kate Esnouf	John Moore
Danny Tracey		Gordon Paterson
		Rob Cowling
		Robert Scholes
		John Shields
Coach: John Moore	Coach: Ross Faichney	Stand-in Coach/Manager:
Ass. Coach:	Ass. Coach:	Frank Magee
Robert Scholes	Robert Scholes &	
Manager: Mike Hardy	John Shields	
Open	Women	
Matt Chaplin	Kate Abbey	
Glenn Clivaz	Rebekah Boffa	
Andrew Creer	Alison Boyes	
Tristan Crees	Sophie Brown	
Cameron Geddes	Amanda Holmes	
Stephen Gibson	Jenny Hourigan	
Nicholas Gordon	Alison Hughes	
Gavin Green	Rebecca Moore	
Ashley Noble	Kathy Scholes	
Peter Sykes	Naomi Sullivan	
Bruce Tonkin	Melissa Thomas	
Danny Tracey	Anne Williams	
Andy Waters		
Michael Wilson		
Coach: Stephen Gibson	Coach: Michael Wilson	
Manager: Tristan Crees		

VIC POLONOTES

A short summer season is being run at Queens Park swim centre Moonee Ponds from 15/1/97 to 19/2/97.

The Metropolitan VCA Autumn season will commence at Richmond Swim Centre on Monday 24/2/97.

Remember the Australian Inter Club Championships are being run at Sutherland (Sydney) from 29/3/97 to 5/4/97.

Entries close 7/2/97.

To enter contact Julian Carter, PO Box 659, Sutherland, 2232.

Tel: (02) 5451551.

May all your rolls finish with your head in the air!

VIC. POLONOTES: SEE IMPORTANT NOTE IN THE CANOEING CALENDAR.

Mike Hardy, VCA Canoe Polo Publicity Officer.

Juniors must not have reached their 18th birthday before the 1/1/97. Youth players must not have reached their 22nd birthday before 1/1/97. Veterans and Masters must have reached their 35th birthday and 45th birthday respectively before 1/1/97. Several squad members hail from the Bendigo area which does, of course, make it difficult to arrange training venues and times to suit everyone, but it is great to see so many regional polo players getting involved at State level. If you are interested in playing at the Australian Championships please contact Jenny Hourigan, State Teams Director on 9813 1551 (h) or 9616 3041 (w). I cannot guarantee inclusion in one of the squads at such a late stage but depending upon numbers you may be considered. Also, there are still several positions vacant for team managers and coaches so please contact me on the above numbers if you are interested.

canoe polo tech-tips

Boat Selection #2

Mike Hardy

SPEED

For all practical purposes, a canoe polo kayak (polo bat) can be regarded as a displacement boat. This means that the volume of the hole it makes in the water is equal to the volume of water that has the same weight as the boat and its contents. It also means that the maximum speed of a polo bat is governed by the formula $V/\pm L = 1.25$. (L = metres, V = m/sec). Put simply, the natural wavelength of the bow wave is equal to the waterline length of the hull, this means that a displacement hull cannot escape from its own bow wave. Therefore a polo bat of water line length 2.8 metres, cannot exceed 2.05 m/sec (approx. 7.4km/hr) no matter how hard you paddle it! In the full Bernoulli equation there are lots of other factors. However nothing has any effect on maximum speed comparable to that of hull length from stem to stern at the waterline, so the nearer you get to the maximum allowable length, *everything else being equal*: the faster your boat can go. Hence the tendency for polo bats to get longer.

MANOEUVRABILITY

In order to be able to paddle at near maximum speed in a straight line some part of the under body has to have at least a rudimentary keel, in a polo bat this usually takes the form of a shallow vee section from just behind the front bumper to somewhere nearly amidships. In order to be able to skid the tail round whilst paddling forward, the vee section usually washes out to a nearly flat spoon shaped section from just aft of

midships to the rear bumper. In the cause of initial stability it follows that the broader in the beam such flat sections are, the more stable the boat will be. However if we are to attain both extreme length and also extreme breadth, we then get extreme volume, unless the paddler has no feet and match sticks for legs, in which case we can make his boat flat like a plank. In order to manoeuvre generally, do tail turns, and be able to control the height of the bow in relation to that of your opponent in a tackle, it is not a good idea to have lots of volume in areas that are very far away from your bum! Volume equals spare buoyancy which you have to fight when manoeuvring. Would you sooner be stable or fast? Novices tend towards short fat boats and thus stability, experts tend towards long thin boats and thus speed. Most of us finish up somewhere in between.

STABILITY

Initial stability is only of great importance when at rest or when the boat is relatively only slightly tilted. Once you get past the self righting angle which is very small on a polo bat, you have to rely on more advanced statics such as edging (shifting your centre of gravity to coincide with the centre of buoyancy) or hydrodynamic means such as high or low braces or just straight paddling to keep yourself from that early bath. People who have learned this and mastered some of the actions involved are on their way from being novices and can aspire towards

the longer narrower boats now in use. However you do need to have some minimum level of initial stability commensurate with your paddling skills or you'll spend more energy trying to stay upright than you'll spend playing the game.

WHICH BOAT?

The first thing is not to rush off and buy the first boat you see, try a few out, preferably borrowed ones. Of course if you are larger than the norm in either length or breadth this might be difficult, if all else fails buy a second hand boat and see if you can alter it to suit your needs. You need to be able to get into the cockpit for starters, the easier this is, the easier it is to get out. There's nothing worse for your confidence than to be sitting in the middle of the pool holding the ball with half the opposing team charging at you and you know full well that if you get upside down the only way your going to get out is if someone hacksaws the boat from your bottom! If you know the volume of the boat you are looking at it helps a bit, from personal experience only it seems to me that you need an overcapacity of about 1.75 to 2.0. That is if you weigh 80kg. Your boat needs a volume of about 140 to 160 litres. How to measure the capacity? Use a hose and a stop watch into a measure (a bucket), then fill the boat at the same rate. Its near enough!

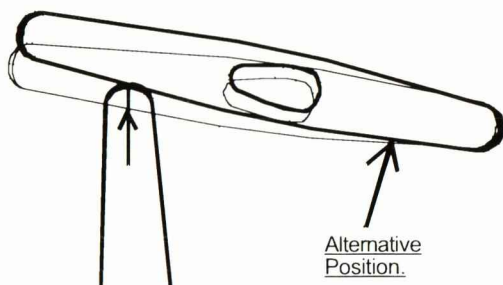
Next we will look at trimming the boat to suit your personal needs.

#3 Effective Tackling

Why do we perform a tackle?

- ✓ To spoil an attacking move or shot.
- ✓ To gain possession of the ball. (Inside the six metre line)
- ✓ To prevent the opponent from gaining an advantageous position.

To spoil an attacking move or shot, the simplest and probably the most effective tackle is the boat tackle aimed at the water line of the opponents boat in the vicinity of the footpegs, or about two thirds of the distance to the stern measured from the cockpit. The object is to turn the opponent away from his best throwing line causing him to modify his actions and thus lose the initiative and/or risk a turnover (of the ball).

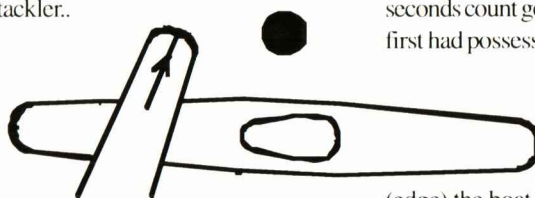


This tackle is easy, effective and has the added advantages of very little risk to the tackler, and as it is not directed at the cockpit area you have no chance of being pulled up for a dangerous tackle.

To gain possession of the ball requires generally a more aggressive and better planned and executed tackle than the above mentioned spoil. Depending upon the experience and skill of the opponent in possession coupled with the relative positions and velocities of the two boats: an under or over boat tackle may be required or perhaps a hand tackle. In an **under boat tackle**, the tackler endeavours to manoeuvre one end (usually the front) of his boat under the mid section of the opponents boat and then

to joggle the opponent with the objective of causing him/her sufficient unbalance to make him/her drop or badly misthrow the ball. This generally does not work against experienced players unless you have the element of surprise. See Techtip 2 in a previous Paddler for a tip on how to practice under boat tackles.

The **over boat tackle** is used primarily to gain possession of the ball when the opponent has placed it on the water on the side away from the tackler.



In this tackle (not often seen in the lower grades) the tackler endeavours to paddle right over the opponents boat and either grab or flick the ball off the water.

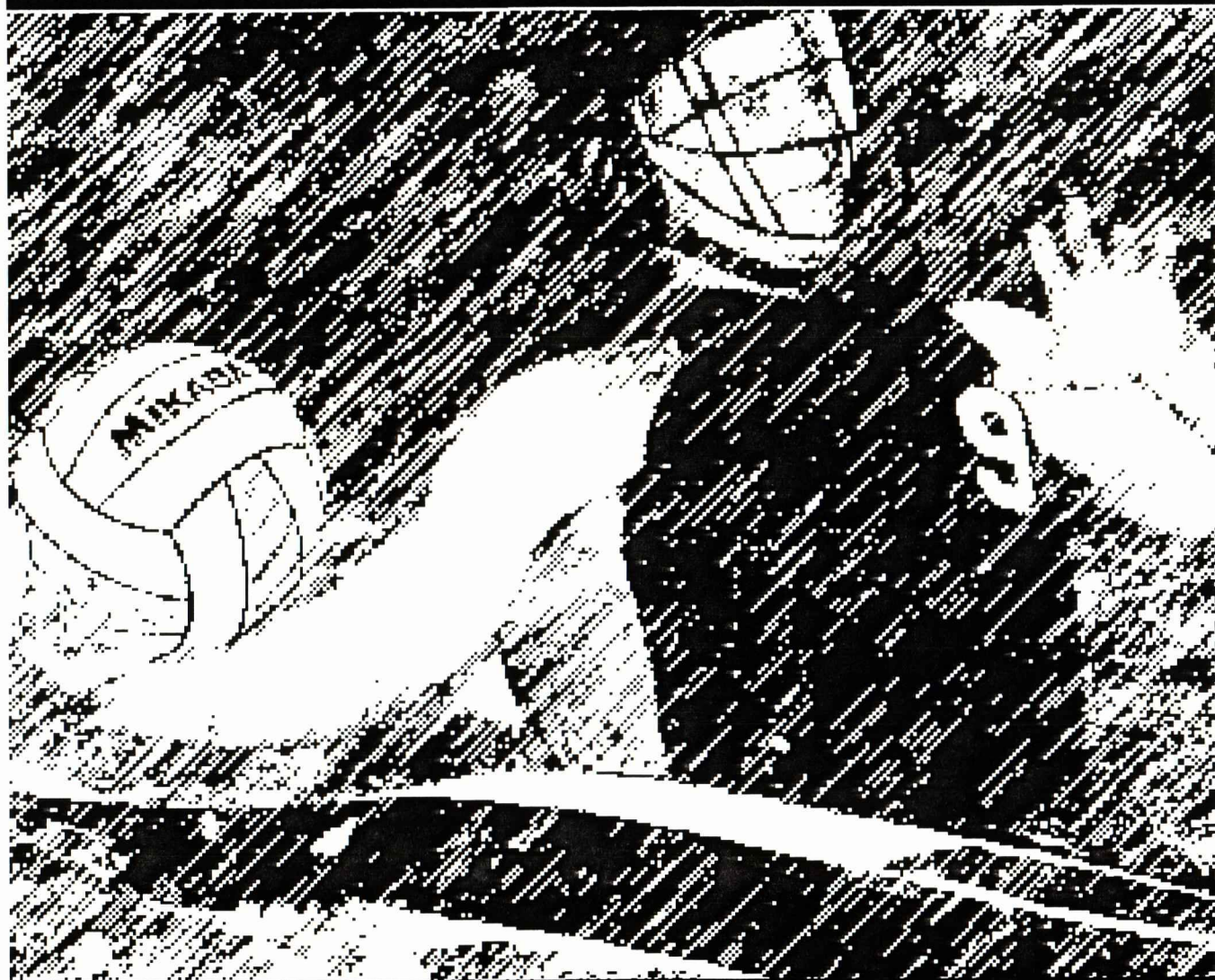
Tackle Evasion/Resistance

There is no absolutely correct procedure to adopt in order to evade or resist a particular tackle. This is because no two tackles are alike in terms of approach angle, boat shape/size, paddler size/skill location in relation to rest of play etc. However there are some measures we can practice/memorise and hopefully remember to use when certain situations develop during a game. Generally speaking the answer to most boat tackles is to quickly reposition your boat so that the tackler gains little or no advantage. For instance if you see a boat tackle coming in to the footpeg area, a quick stroke may place your cockpit area in the way of his/her bow in which case he/she must desist or give you a free throw at best, and at worst you will just get pushed sideways and still be able to deliver the ball along

the line you had intended. Should a tackler be bearing down on you in the midships area with the obvious intention of performing either an under boat tackle or a hand tackle, if the area to the side away from the tackler is clear you may throw the ball sideways a metre and prepare to brace, recovering the ball when the emergency is less immediate. Failing this you can perhaps drop the ball within arms reach on that side, again preparing to brace, in this case though your five seconds count goes on from when you first had possession since you are still

“in possession”.

Another counter to the under boat tackle is to tip (edge) the boat down on the side the tackle is coming in, thus making it hard for the tackler to get under. This can of course be combined with a small turn or travel to cause the tackler to make an illegal tackle on you and so give you a free throw. An obvious counter to an over boat tackle then is to edge the boat up on the tackle side (meanwhile bracing like mad on the off side!) Quite often a tackle can be completely nullified by just dipping your paddle briefly in and giving a small sweep stroke, thus making the tackler hit you at an angle either more or less severe than he/she intended; again you might pick up a free throw or the tackle might glance off harmlessly. Of course in the process of learning and practicing these tackles and evasions you will have many an upset. Learning to perform good braces and a really bomproof roll will give you the confidence to try them out so they should be high on the Canoe Polo players' list of priority items to learn. Next Techtip will be on hand tackling and the avoidance of handtackles, assuming someone has taught me in the meantime!



Canoe Polo 1997 Season Starts February 24

Entries close
Friday 31st January
\$400 per team

Richmond Recreation Centre,
Gleadell Street, Richmond.
For more details contact
Mike Hardy ph: 9398 1380
or Ross Faichney ph: 9802 1985

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VIS Interstate Challenge

THE 1997 V.I.S. INTERSTATE Challenge was the first race in the Australian Championships Carnival where paddlers could gauge their skills, speed and race performance against paddlers from other states. The V.I.S. Interstate Challenge is not a selection event but it is the only event of the year where you race for your state. Two trophy's are being raced for; The Frank Whitebrook Trophy for Senior Team events and the Galloway, Linden, Woodward Trophy for Junior Team events. Each state can nominate four paddlers in every class and points are awarded on a 5,4,3,2,1 basis.

With practice runs being eliminated from the program, paddlers keenly watched the demonstration runs trying to formulate a race plan. Decisions had to be made. Is it worth the risk of hitting a gate which only scores you a two second penalty in exchange for a faster line through a sequence of gates: It will be interesting to see what the rule changes bring to racing this year. Scores from each run were not being added together which allowed paddlers the opportunity to take some chances on both runs in pursuit of a fast time down the course.

In the Open Mens kayaks class, John Wilie from N.S.W. had two very fast and clean runs. Less than a second behind John was Andrew Farrance, closely followed by Warwick Draper, Andy Stamp and Dan Milne, Mike Collister is starting to race well after his season in Europe and was just ahead of the up and coming David Treloar. Craig McCallister, Phil Tudor and Josh Pierini all posted results in the Top 8 which is a great effort from our Junior Men. This proves the importance of the Schools Development Squads and the use of senior paddlers passing on their experience. The Victorian Ladies Team were in a class of their own winning both the Senior and Junior races. Danielle and Mia both had very precise runs with Danielle winning this one. Both Lauren and Mandy had clean runs to post impressive scores and valuable points

towards the Whitebrook Trophy. One of the most exciting and closest races of the day was in the Junior ladies kayak. Louise, Erin Robyn and Clare all raced very well to achieve fast scores once again demonstrating the depth of paddling in Victoria. I think every person at the race would agree that the results of the day has to go to Kevin Songberg for his victory in C1. Kevin demonstrated his near perfect technique to be six seconds ahead of 1996 Olympian Justin Boocock, Kevin trained for six weeks for this race and I think it was time well spent. I wonder if Peter Eckhardt, Craig Bartlett or Rob McGuinness could emulate this feat? Jack and Danny also displayed the skills needed to be a good C1 paddler with results in the top eight. The Junior mens C1 race saw the emergence of Johnathan Treloar, Phil Quale and Andrew Jurkiw as up and coming C1 stars of the future. Victoria also dominated the C2 Class with victories in Senior Men, Junior Men and Mixed. It was great to see so many people paddling Canadian and enjoying themselves.

Another highlight of the V.I.S. Interstate Challenge was the Teams event. Victorian Won every class and with only one run there is a lot of pressure to put together that winning run. One of the best runs of the day was from the Junior C2 Team of Andrew, Ali, Duncan, Ben, Kim and Tim. It was great to see that they had the confidence to weave on their breakins and trust one another not to spear their team mates

A big day at the river ended in a photo session displaying our Team T-shirt. Congratulations to Danielle for organising a group of canoeist into some sort of order and many thanks to Roy for rushing back to Melbourne to develop the film and giving each member of the 1997 Victorian Slalom Team a memory of a great day of racing at the V.I.S Interstate Challenge.

1. Walbridge, Charlie C THE AMERICAN CANOE ASSOCIATION'S RIVER SAFETY ANTHOLOGY;

accounts of rescue and tragedy on North American river/by Charlie Walbridge and Jody Tinsley. 160p., ill ISBN 0-89732-192-8. Birmingham, AL., A.C.A., 1996.

For many years Charlie Walbridge has been collecting accounts of river accidents. These have been published in four volumes entitled *River safety task force reports*, from 1976 to 1991. The present book is a collection of the best - or the worst - of these reports.

Statistics show that 84 canoeists died in 1986 in the U.S.A. Only 32% of these were in white-water, 21% were in cold water (under 10 degrees C.), 9% could not swim, 63% were not wearing a P.F.D. and 15% of fatalities involved alcohol.

The accidents involved paddlers with a wide variety of skill standards, from novices to experts. Every river paddler should read these reports - they show what some of the possible dangers are. Knowing this we can take steps to avoid them. Safe equipment and safe training are vital. Can your feet become entrapped in your boat? Should you have a loop on the end of your throw -rope? Will your boat fold, collapse or break apart if it is pinned? Can you roll in any conditions? The ability to roll has led a number of highly skilled paddlers to under-estimate dangers and enter places where a roll has not been enough. In paddling the ability to say "No" can save your life. This book makes fascinating - if horrifying - reading and I recommend it to all white water paddlers and especially to instructors and leaders.

2. Gullion, Laurie CANOEING AND KAYAKING INSTRUCTION MANUAL

107p. ill., ISBN 0-89732-136-7 Birmingham, AL., A.C.A., 1987

This book is obviously intended for the instructor rather than for the general paddler, but it contains information of interest and utility for all of us. The line drawings illustrating the various strokes and techniques are particularly clear and include some new ways of performing old strokes, such as the J-stroke. It is a book which should be studied by all those of us who teach canoeing.

These two American Canoe Association books would be much improved by the inclusion of an index.

The Cataloguing-in-Publication data for the Walbridge book indicates the presence of an index, but it isn't there.

3. Walbridg, Charlie C. WHITewater RESCUE MANUAL:

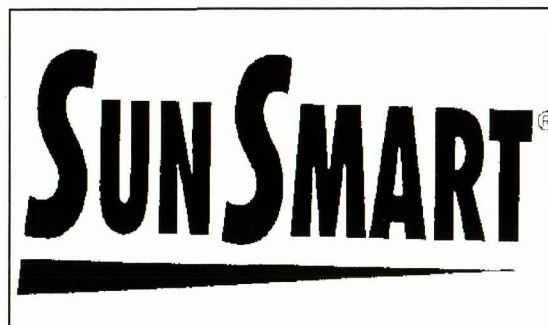
new techniques for canoeists kayakers and raftersby Charlie Walbridge and Wayne A. Sunmacher.198p.,ill., 0-07-067790-5 Camden, Me., Ragged Mountain Press, 1995.

I expect you are all familiar with *River Rescue* by Les Bechdel and Slim Ray (2nd ed., 1989. If you haven't studied it yet, get hold of a copy now.) This new book is bigger and better than the earlier one. It adds to our knowledge of how to avoid accidents, how to rescue oneself (the advice to swim down a rapid on your back, feet first, is not the whole answer to the problem), what equipment is available and how to organise a rescue. It is probably the most detailed and complete book on the subject up to now. It includes an index and a list of useful books and videos, all apparently American.

4. MAP RIVER MURRAY CANOE GUIDE; Chowilla Creek. South Australia, Dept of Recreation and Sport., n.d.

This map, on a scale of 1:50,000 shows a number of canoe trips in the region of the junction of the Victorian, New South Wales and South Australian borders, ranging from one to three days. With the map comes a small booklet on canoeing in general. It is a pity that the map is not dated. Apparently there are other maps in the series.

**John Boardman
Librarian**

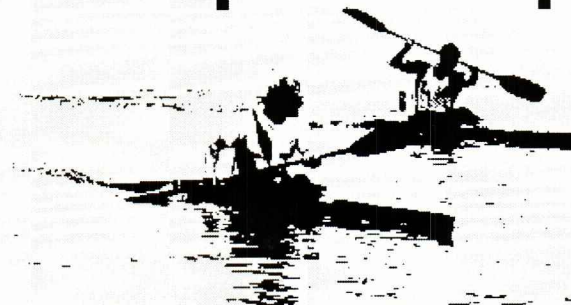


CALENDAR OF EVENTS

*February
to
April*

1997

Victorian Sprint Championships



Lake Wendouree,
February 22-23

DATES	EVENT - LOCATION	CONTACT	PHONE No.
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February

1	River Rescue 1 Westerfolds	Jim Coates	9459 4277
1	Sprint Race 4 Geelong	Stephen Taylor	9775 7955
1	River Rescue 1 Westerfolds	Office	9459 4277
1-2	Basic Skills Instructor Intake Westerfolds	Jim Coates	9459 4277
2	Marathon Grand Prix Footscray		
2	Sprint Geelong Regatta	Stephen Taylor	9775 7955
5	Toward Better Paddling Level 1 Dights Falls	Jim Coates	9459 4277
8	Whitewater Refresher Weekend Thomson	Jim Coates	9459 4277
8	Sprint Uncle Tobys Grand Prix Penrith	Stephen Taylor	9775 7955
8	Polo QLD State Champs Maroochydore		
8	Horses for Courses Workshop Goulburn	Jim Coates	9459 4277
8	Sprint NSW Grand Prix Regatta Penrith		
8	Marathon QLD State Champs Maroochydore		
9	Proficiency Testing Goulburn	Jim Coates	9459 4277
9	Touring Novice Tours Yarra	Michael Crouch	9204 2821
15-16	Basic Skills Instructor Assess. Westerfolds	Jim Coates	9459 4277
15-16	Marathon Grand Prix Albury		
16	Canoe Fact. Cup DRR 1 Fitzsimmons/Finns	Ross Faichney	9802 1985
20	C.P.R. Update (6pm to 10pm \$30 Booking Essential)	David Cameron	015 812 174

e i l d o n



TRIATHLON

Sunday March 23

Sunday, March 23

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22	SunSmart VIC Sprint Champs Ballarat	Stephen Taylor	9775 7955
22-23	Canoes Plus Schools Development Squad Camp Goulburn	Mia Farrance & Mandy Linden	
22-23	Sprint NSW Champs Penrith		
22-23	SunSmart Intro. Canoe/Kayak Westerfolds	Jim Coates	9459 4277
22-23	SunSmart VIC Sprint Titles Ballarat	Stephen Taylor	9775 5955
23	Toward Better Paddling Level 3 Goulburn	Jim Coates	9459 4277

March

1-2	Whitewater Instructor Intake Goulburn	Jim Coates	9459 4277
2	Marathon Grand Prix Geelong		
2	Canoe Fact. Cup DRR 2 Homestead/Wittons	Ross Faichney	9802 1985
5	Toward Better Paddling Level 1 Dights Falls	Jim Coates	9459 4277
6	Toward Better Paddling Level 2 Dights Falls	Jim Coates	9459 4277
8-15	Sprint National Champs. Penrith		
9	Sprint Australian Champs. Penrith	Sharon	9850 1046
9	Marathon Grand Prix Yarrowonga		
11	Australian Sprint Champs. Penrith	Stephen Taylor	9775 7955
15	VBCE River Rescue Intermediate Course	Thomson	9459 4277
15	Moomba Dragon Boat Festival		
15	SunSmart Intro. Canoe/Kayak Westerfolds	Jim Coates	9459 4277
16	VBCE Proficiency Testing Goulburn River	VCA Office	9459 4277
20	C.P.R. Update (6pm to 10pm \$30 Booking Essential)	David Cameron	015 812 174
22	Blue Rock Classic Blue Rock Lake	Jenny McNabe	03:5160 1315
22	Highperf. W/W Open Canoe Goulburn	Jim Coates	9459 4277
23	Eildon Triathlon Eildon	VCA Office	9459 4277
26	Toward Better Paddling Dights Falls	VCA Officer	9459 4277
28	Quick Start Residential C&K Course	VCA Officer	9459 4277
29	Marathon National Champs.		

April

1	Yarra Slalom Series One Finns Reserve	Lachlan Milne	
12	Sunsmart Intro. C&K Course Westerfolds	VCA Officer	9459 4277
12	Canoes Plus Schools Development Squad	Mia Farrance & Mandy Linden	
	Camp Goulburn		
	Toward Better Paddling Level 1 Dights Falls	Jim Coates	9459 4277
	Toward Better Paddling Level 2 Dights Falls	Jim Coates	9459 4277
	Basic Skills Instructor Intake	VCA Officer	9459 4277
	Canoe Factor Cup DRR 2 Homestead/Wittons	Ross Faichney	9802 1985
	C.P.R. Update (6pm to 10pm \$30 Booking Essential)	David Cameron	015 812 174
	Marathon Winter Series One Wambool		



All details above have been taken from the February issue of Paddler.

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This new Calendar of Events page can be used as a poster or notice.

ACROSS THE DESK

VCA Executive Officer, Jane Farranco

Paddler article headed 'De-mything the Maribyrrong' was printed in Edition 115 (December). This article was supplied to the Editors by the touring committee. The article was in complete form and not as part of a newsletter. The Editors quite naturally assumed that they had permission to print. Apparently no permission had been gained from the author by the committee although they are well known to each other. The VCA apologises for any embarrassment this may have caused. However, please remember that this is your magazine, articles are supplied by our members, there are no reporters to write for us. If an article or photo etc. is sent from another source, even your best friend it is the responsibility of the sender to ensure permission has been gained for re printing in the 'Paddler'. Neither the Editors or VCA can check the authenticity of every article.

VOLUNTEERS WANTED:

The VCA office is in need of some assistance. If there is anyone who could spend a regular, day/half day or whatever to assist the VCA in a variety of capacities it would be greatly appreciated. We really need people who could come regularly, as they need to be trained in the relevant areas. We have two volunteers who come in and help pack and post The Paddler 6 times a year - many thanks to Sue and Frank. We have many more tasks, one may just suit you. Please give us a call Ph 9459 4277.

WANTED

The VCA has two positions vacant: Secretary and Treasurer. Both have a key role in the future and management of the VCA. Anyone with interests and skills in either of these two areas please come forward and volunteer your services.

Clean Up the Yarra

This worthwhile program is on again in 97. If your club or group is interested in assisting please contact Michael Crouch (Touring Committee) Ph: 9553 8252. Let him know the area you wish to clean up. Clubs already involved are Patterson Lakes; Kirinari; Templestowe; Whitehorse; Explorer's and Sea Kayak Club.

ACF News

NEW BOARD OF DIRECTORS

as follows:

President

Helen Brownlee

Finance Director

Martin Finn

Special Projects Director

Donna Blay

Competition Director

Greg Kaeding

Communication & Marketing

Director Vacant

Education & Recreation Director

James Hunter

PROFESSIONAL POSITIONS

Executive Officer

John Bisset

Elite Programs Manager

As yet unknown

Development Officer

As yet unknown

National Sprint Coach

Brian Trouville

Award Nomination

Victorian Canoeist of the Year Chad Meek, has been nominated by the Australian Canoe Federation for the Telstra Australian Sport Award - Male Athlete of the Year. Chad won the World Marathon Championship in 1996.

Jon Mayne

Many people know Jon and will be saddened to hear that he has not been well. While sick his home was robbed and he lost all his Victorian Championship medals. The Sprint committee has commissioned a special trophy with VCA medals embedded into the trophy in honour of his many years as both paddler and administrator in the sport of canoeing. We wish both Jon and Jenny a speedy recovery and wish them well.

Goulburn Consortium

The land on the south side of the new Goulburn Canoe Facility is being sub divided and is available for purchase. The Slalom and Wildwater Committee is planning to put together a consortium to purchase and develop the land. This is a great opportunity to become involved in the dynamic future of slalom in Victoria. The plan is to ask as many people as possible, both past and present paddlers and their families to put in \$2000 each, (or more) Exactly how ownership would be established is yet to be determined. However expressions of interest in such a scheme are urgently required. If you would like to become involved in such a project please contact the Slalom and Wildwater Secretary, Mandy Linden Ph 9809 2238 and leave your name, address and phone number on the answering machine.

Rodeo Paddlers

Rodeo paddlers, the first National Rodeo event is to be held at Goolang Creek Saturday May 3 1997. Open to anyone interested in having fun. There are 3 sections to the competition - wave surfing, hole surfing and crazy slalom. Points awarded for control, finesse, and good dress sense as well as technical skill. For further information contact the Office of Liam Guilar on 07 5532 1011

Masters Games

Masters Games in Canberra 24 Oct - 1 Nov 1997. Registrations are now open. At this stage organizers are offering all aspects of canoeing. You have to get your entries in, or at least your expressions of interest, otherwise some aspects may be cancelled. The address is 1997 6th Australian Masters Games. PO Box 2697 Canberra ACT 2601.

RACE SPONSORS

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TEL. (03) 9720-2655 FAX. (03) 9720-6681



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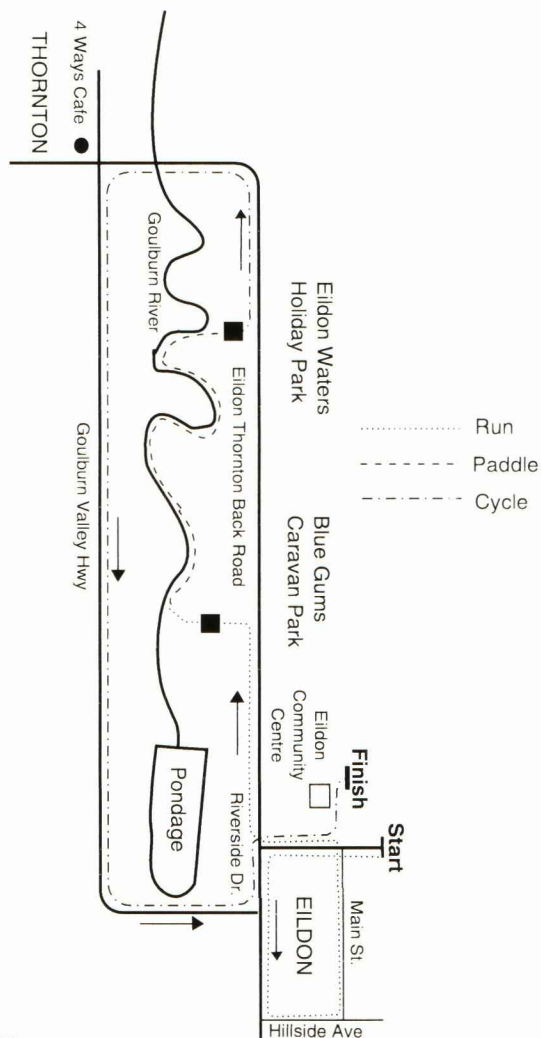
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140 Cotham Rd, KEW 3101
Ph:(03)9816 9411 Fx:(03)9817 1820



Sizzlers Grill
Eildon Caravan Park
Eildon Holiday Park
Golden Trout
The Canoe School
Kara Industries

COURSE MAP



RUN - 4.7km

Starts outside the Eildon Community Centre, follows the pondage down into Blue Gums Caravan Park.

PADDLE - 6km

Down the mighty Goulburn River (mostly flat) negotiating two small rapids, to the finish at Eildon Waters Holiday Park. Leave your boat at the river bank, and run to the transition.

CYCLE - 16.8km

A short sprint on (relatively) flat roads with a few slight climbs towards the end.

eildon



TRIATHLON

Sunday

March 23

Start Time 10:00am

Run 4.7km

Paddle 6km

Cycle 16.8km

Winners of all individual classes will be in the draw for an Arrow multisport boat from Compkraft Kayaks

Organised by the Eildon Community and the Victorian Canoe Association

ENTRY DETAILS

Name :

Address :

Circle your selection (age taken as at day of race)

INDIVIDUAL

MALE Under 17 17-19 20-29 30-39 40-49 50+

FEMALE Under 17 17-19 20-29 30-39 40-49 50+

PAIRS

MALE Under 18 20-39 40+

FEMALE Under 18 20-39 40+

MIXED Under 18 20-39 40+

TEAMS

MALE Under 18 20-39 40+

FEMALE Under 18 20-39 40+

MIXED Under 18 20-39 40+

FAMILY Open

SCHOOLS Under 18 20-39

Partners Name :

Partners Name :

Individual one person completing the entire course **\$20.00**

Pairs Two people completing the course together **\$30.00**

Teams Three people completing one discipline each **\$40.00**

I would like a \$20 long sleeved t-shirt to remember my efforts by
(please circle, and indicate how many you would like to buy)

S M L XL

Post entries to the VCA, 332 Banyule Rd, Viewbank VIC. Make cheques payable to Victorian Canoe Association.

DECLARATION

In consideration of the acceptance of this entry, I/we, for myself/ourselves individually and for my/our executors, administrators and assigns, hereby:

- Advise and acknowledge that I am fully conversant with the sports and activities involved, including the risks of damage to property and of personal injury. I entirely accept these risks and hereby release the Association and the organisers, officials and sponsors, and each member or agent thereof individually from any liability in respect of such risks.
- Attest and verify that I do not have and am not suffering from any physical or mental condition which may or has the potential to put myself or any other person at risk and that I am physically fit and sufficiently trained to participate in this Triathlon.
- Release and forever discharge the Association and the organisers, officials and sponsors, and each member or agent thereof individually from all claims or liability whatsoever which may in any manner arise out of or result directly or indirectly from my participation in this Triathlon.

Signed :

Signed :

Signed :

RULES & REGULATIONS

ENTRIES

- Entries received after 7:00pm March 14, 1997 will incur a late entry fee of \$10.
- Schools competitors must attend the same school.
- Entries will only be accepted for one of the above classes. If there are less than three competitors in any class, their class will be amalgamated with the next available class.
- Classes will be finalised at close of entries. Late entries will only be able to enter into existing classes.

RUN

- No form of locomotion other than running or walking is allowed.
- No individual support vehicles or escort runners are allowed.
- Runners are to follow the directions of race officials.

PADDLE

- All competitors must wear a buoyancy vest and helmet.
- All craft must have fixed buoyancy which should enable a swamped boat to float level on the surface.
- Individual competitors must compete in a single craft. Pairs may use a double canoe or raft or two single craft.
- Competitors must give assistance to others in difficulty.
- Boom gate at Blue Gums will not be open for vehicles after 9:30am
- Vehicles are not permitted past the barrier next to Sizzle Place Grill Restaurant. Boats will be transported to the bike transition area unless alternative arrangements have been made.
- Competitors may portage (walk around) the first rapid at Blue Gums Caravan park without penalty if they decide they are unable to negotiate the rapid on the water.

CYCLE

- Competitors must wear a correctly fastened helmet.
- Drafting is not allowed. Draftbusters have the authority to disqualify competitors.
- Outside assistance is not allowed.
- Competitors must follow traffic laws - roads will not be closed for the event.
- Competitors must dismount and **walk** bikes over the finish line.

TRANSITION AREAS

- Support crews are not allowed in transition areas at any time.
- All canoes, bikes, etc must be placed in transition compounds prior to the start of the race.

RACING

- Course marshals have authority to disqualify any competitor for breach of these rules and conditions.
- Notify a course marshal as soon as possible if you decide to withdraw during the race.
- Protests must be lodged within 30 minutes of posting of provisional results. Protests to be lodged with the Chief Referee.
- Teams competitors must pass body number from one member to another within each transition compound - failure to do so will result in disqualification.
- Pairs competitors must pass through each transition and finish within 15 seconds of each other. Pairs times will be taken on the slowest competitor.

PRIZES

First, Second and Third in each category will receive prizes or trophies from our numerous sponsors.

Spot prizes will be randomly selected from a list of body numbers.

Competitors must be present to claim their prize.

PRE-RACE INSTRUCTIONS

- Before 9:00am** - drop your bike at Eildon Waters Holdiay Park.
- Before 9:15am** - drop your kayak/canoe at Blue Gums Caravan Park. If you do not want your craft transported back to the finish, make sure the scrutineer gives you the appropriate sticker.
- Before 9:30am** - go to Eildon Community Centre to register and collect body number.
- 9:45am** - listen to the race briefing.
- 10:00am** - start running.

SunSmart Australian Championships

The week had been building up, each event more keenly contested than the one before, finally it was here, the main event, the SunSmart Australian Championships. The reason why hundreds of people had travelled from all around Australia to congregate at the banks of the Goulburn River.

Thursday January 9th was a non competition day, free practice on the water all morning, the course closed and the long awaited course erected. The course was designed by Andrew Maddock (UK), Lamar Simms(USA) and Robyn Galloway (Australian Olympic Coach). It was designed according to ACF policy that the Australian Championships is a club event and suitable for most paddlers, yet challenging enough for the best paddlers. This is usually done by designing a course which offers alternative ways of doing a sequence slow and safe or fast and risky. But this years course designers created a course which offered few choices, but did clearly evidence a paddlers skill by how well they did each gate. Gate 8 was a perfect example. Set as an upstream low in the horseshoe eddy, on boily water. The top paddlers made it look easy by perfect lines, maintaining speed and power. But a less than perfect line had the paddler swept down stream or eddying out above the gate. Lose that power and all of a sudden boats slithered sideways on the boils. This was no easy gate to do fast and well. Gate 6-7 sequence again had its own challenges. Six was a simple up stream placed on the far left hand eddy, then to reach gate seven, paddlers had to negotiate 3 strong eddylines as they crossed a fast current into a strong eddy and back into the main river. Much time was lost in this manoeuvre, and even some capsizes by paddlers who were slow on their weight transfers, a tricky section without including the gates.



▼ Gary Nelson and Kevin Songberg trying not to hit gate 8.
Photo Liz Randall

The demonstrations were watched with keen interest, as this was the first Australian Championship under the new rules, no practice runs, 2 second penalties and finals.

Gate 8 was much harder than it looked and the staggers at the lower end of the course were actually easier. There were going to be plenty of clean runs, speed was going to be the vital element.

Many paddlers were seen on the banks with pens and paper, with and without coaches, marking down exactly what their approach would be the next morning.

Saturday began as usual with the call for officials well in advance of the start time. The course looked great, steady water levels and no wind. The sponsors banners, bunting signs and tents added to the atmosphere and the rows of SunSmart sun umbrellas promising another beautiful day. The first paddler down the course was Danielle Woodward immediately followed by Mia Farrance, both Atlanta Olympians. These two paddlers have left the field behind as they battle for supremacy. Today Danielle is the fastest by 6 seconds but most of Mia's extra time was through penalties, both are clear favourites for the finals on Sunday. In the 22 Ladies Lauren Sykes pulled out an excellent run to win the class and gain an invitation to the open LK1 final. The junior girls are showing great skills, and the standard is rising each year with the

top 3 girls within 6 seconds of one another.

In the C 1 class the expected outcome of Justin Boocock(Tas) in first place was locked away with Robin Bell (WA) taking out the 22 year class. The 18 years C 1 was one of the very few classes with no Victorian on the Dais.

In the masters classes Kevin Songberg was setting up what was to become a golden day by winning the first of his 4 masters gold medals.

The most entertaining paddler was Danielle Woodward in her C1, having great difficulty with gate 8, but showing she can paddle and roll any boat, the spectators loved it. Second runs she showed how it should really be done and went on to win the class.

The Mixed C2 classes came up with some very interesting pairing leading to some very hot competition Mia Farrance and Matt Pallister, second to Danielle Woodward and Andrew Farrance after first runs, blitzed down the course improving by 11 seconds to take the event. This class has suffered since it was dropped from international programs, however it was back in force at this event. Masters Mixed also had some interstate pairing, but Kevin Songberg was unbeatable today as he and Leanne Guy swept to victory in front of John Wilde/Jane Farrance and Mandy Linden/Gary Nelson crews.

An exciting new talent emerged at this Australians, young 16 year

old Kynan Maley taking out the Gold in the Schools C1 and K1 in his age group and showing much more experienced paddlers how to handle this powerful water.

The program ran precisely to time and after a SunSmart lunch break of two hours, to keep out of the high UV time of the day the competition was ready to begin again.

In the Open K1 Matt Pallister, took out the fastest time for the day with a 128.16 with the next 4 paddlers within 2 seconds of each other. The under 22 class had times right up there with the top open paddlers, the fastest of the young guns being John Wilkie with a 131.23. In the 18 years, Western Australian Mike Collister took out a clear victory with 7 seconds to spare.

After two full days of competitions in all classes the positions in the finals were decided for the following day. To gain a position in the finals was very difficult with only 7 paddlers in each class making the cut off.

Saturday night was the presentation dinner, held outdoors at the OEG centre. 250 people attended and presentations were made for the events not having finals. The presentation dinner, had a wonderfully relaxed and friendly atmosphere, where paddlers and friends from all States mingled and enjoyed each others company. Something we tend to take for granted, but something which is rare in sport and something we must take great care to maintain.

Sunday, hot again, finals day. Finals for the first time at an Australian Championship, with the new rule, of combining the first and second run scores. Not one good run but two were required. This put unexpected pressure on all the paddlers, everyone found it hard.

Congratulations to Matt Pallister Australian K1 Champion 1997; Mia Farrance Australian LK1 Champions 1997 and Justin Boocock Australian C1 Champion 1997.

Another excellent performance was that of John Wilkie winning the 22 year in the fastest time of the day. *cont pg27*

RESULTS

Dagger Open K1	1	Matt Pallister	ICC	265.62
	2	Kai Swoboda	YCC	267.91
	3	Andrew Farrance	CPRT	269.44
Dagger Open LK1	1	Mia Farrance	CPRT	292.15
	2	Danielle Woodward	CPRT	293.17
	3	Jane Gilchrist	DCC	315.21
Open C1	1	Justin Boocock	DCC	269.28
	2	Matt Newton	DCC	286.50
	3	David Heard	CPRT	286.97
22 Years K1	1	John Wilkie	CPRT	254.44
	2	Warrwick Draper	CPRT	262.03
	3	Dan Milne	CPRT	263.81
18 Years K1	1	Mike Collister	SCC	278.46
	2	David Treloar	CPRT	297.03
	3	Robert Cork	BRCC	305.75
16 years K1	1	Kynan Maley	SCC	302.66
	2	Glen Skardon	BRCC	311.30
	3	Andrew Hewitt	KKK	318.31
Open C2	1	David Heard/Robin Bell	CPRT/SCC	298.59
	2	J Boocock/M Newton	DCC	313.92
	3	L. Milne/J Hammond	CPRT	336.10
14 Years K1	1	Andre Hemerle	HVCC	352.16
	2	Tristan Lawrey	KKK	366.42
	3	Matt Dean	HVCC	390.77
18 Years C2	1	Sam Norton/Daune Hoare	BRCC	425.88
	2	A Marmion/H Debnam	DCC	573.00
22 years C1	1	Robin Bell	SCC	286.31
	2	Warrwick Draper	CPRT	296.96
	3	Brock Flowers	CPRT	299.71
18 Years LK1	1	Louise Natoli	CPRT	324.39
	2	Alison Wilkie	CPRT	339.46
	3	Robin Selby Smith	CPRT	341.15
18 Years C1	1	Brad Cooper	BRCC	356.97
	2	Robert Cork	BRCC	401.97
	3	Adam Marmion	DCC	411.89
16 year C1	1	Kynan Maley	SCC	350.07
	2	Ali McCorkill	KKK	367.31
	3	Aron Flowers	HVCC	404.36
Open K1 Teams	1	A Farrance/W. Draper/W. Thomas	CPRT	141.79
	2	L. Milne/D. Milne/J. Wilkie	CPRT	143.21
	3	A. Stamp/B. Copley/S. Crabtree	CPRT	145.48
18 K1 Teams	1	A. Jerkiw/J. Treloar/K. Garriock	CPRT	182.19
	2	R. Jamieson/A. Hemerle/P. Skardon	HVCC	185.48
	3	Norton/S. Smith/D. Hoare	BRCC	192.28
Open LK1 Teams	1	D. Woodward/M. Farrance/R. Galloway	CPRT	171.55
	2	L. Sykes/M. Linden/J. Farrance	CPRT	255.47
	3	M. Anderson/ J. Gilchrist/ L. Guy	CPRT/DCC/ICC	272.69
Open C1 Teams	1	A Farrance/W Draper/Robin Bell	CPRT/SCC	164.38
	2	J Boocock/M Newton/ C Folder	DCC	182.23
	3	M. Pallister/ K. Songberg/D. Heard	CPRT/ICC/SCC	224.35
Open C2 Teams	1	D Woodward/A Farrance	CPRT	185.46
		M Farrance/M Pallister	CPRT/ICC	
		W Thomas/T Natoli	CPRT	
	2	C Folder/D Hall	DCC	209.68
		R Cork/P White	BRCC/THCC	
		D Hoare/S Norton	BRCC	
3	L. Natoli/R. Bell	CPRT/SCC	210.49	
	L. Milne/ J Hammond	CPRT		
	A Stamp/S Crabtree	CPRT		

Continued from page 12

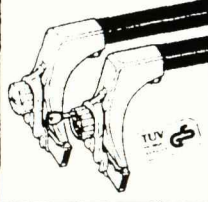
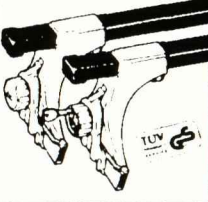
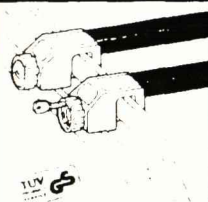
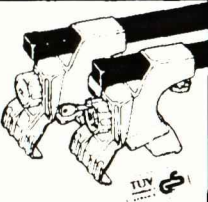
How do we get these messages to our athletes?

- Continually refining education programs for athletes and coaches.
- Conducting extensive research into viable alternatives.
- Being honest, looking at the so-called performance enhancing benefits of drugs and matching these with the utilization of sound, proven, legal alternatives.
- Educate sporting organisations and integrate the information into sports courses offered in schools, colleges and universities.

Does sport free of banned doping practices have a future?

Every nation and sporting organisations at every level must continue to invest time, expertise and money into viable alternatives and maintain the deterrence to use banned drugs. Australia is leading the way, blazing the trail, leaving a light for other countries to follow. I hope Sydney 2000 will provide a focus for other nations to observe our programs and take some of our best practice models back to their own soil.

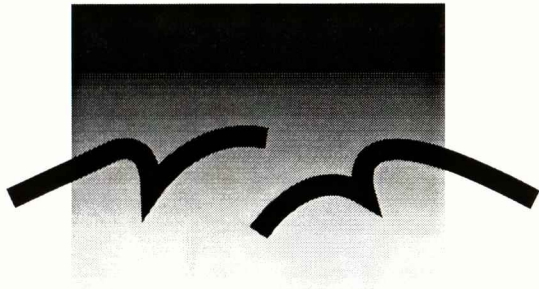


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Murrumbidgee Canoe Classic

Tour Event - February 22-23 1997

T O U R I S M



WAGGA WAGGA

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Wagga Wagga is a city of 58000 with ample camping facilities and hotel/motel accommodation. Narranderra has excellent camping facilities at Lake Talbot.

For further information including event description, entry forms and course maps contact:

The Narranderra Tourist Centre

P.O. Box 89

Narranderra NSW 2700

Ph. (069) 591 766 Fax (069) 592 788

Canoe Touring Code of Practice:

concluding with "perhaps above all, judgement". There can be no perhaps. Judgement is the key to safe, effective, worthwhile, positive etc etc etc participation in any outdoor activity. Judgement is the intelligent human interpretation/combination of any number of skills, observation and abilities.

Don't get me wrong the proposed document conveys a lot of "good" information. But does it develop judgement?

Documents, by their very nature, tend to dull or nullify judgement. Because they tend to state fairly specific "rules", they suggest one way to approach a situation. The problem with this is that the reality of context is lost. Furthermore, there is a very real temptation, especially for the less experienced, for the document to replace judgement; in that "I was doing what the document said to". Documents, however unintentionally, can shift responsibility away from the participant.

Establishing a CTCOP such as the one proposed has other ramifications. It is fairly specific,

especially for a code of practice. As such, it works on individual "facts", rather than guiding principles. I have a problem with this from a safety/judgement point of view as discussed above, but there is a wider and in some ways more important issue.

Canoe touring is essentially a private, recreation activity. Introducing a CTCOP serves to support a bureaucratic intervention where it is not needed or wanted. Private paddling involves personal choice (as opposed to organised/educational/commercial paddling). A CTCOP invades on that, which to me would be tragic imposition of the freedom I associate with visiting wild, beautiful, untamed rivers.

As a paddler and instructor, I support wholeheartedly making canoeing a safer and environmentally less damaging activity. I do not believe a CTCOP is the best way to achieve these aims: they are best achieved through education and the long development of personal experience knowledge and skills, and therefore good judgement.

When I embrace and support the aims outlined in the article, I do not believe that establishing a CTCOP, especially as proposed, would be an effective or relevant means to these ends.

The article discusses a number of attributes/skills that are desirable for safe (both for the paddler and for the environment) paddling,

Chris Lamprecht

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MARATHON CANOE CLUB



10th Anniversary

SA Murray 100

100km

SA Murray 200

200 km

**SA Murray Relay
Challenge**

**Berri to Morgan
June 7th, 8th, 9th
1997**

For further information or a copy of the race information contact

Fred Lamprecht (08) 8277 1897 Roger Magor (08) 8276 7268 John Hales (08) 8382 0037

National Relay Challenge

30th November & 1st December 1996

At 10.00 am on Saturday the 30th of November tow teams of paddlers from the Essendon Canoe Club started a 24 hour national challenge relay race. With one open team and one under 16 team. We were joined by two open teams from Patterson Lake Canoe Club.

This challenge is held all over Australia at the same time with all the results being compiled at the Burley Griffin canoe club Canberra.

The open team consisted of paddlers Wayne Brown, Phillip Bartlett, Damien Elsworth, Mike Lanyon, Bruce Mourney and Dave Slater and the juniors consisted of 5 paddlers Nick Jacka, Richard Smith, Stephen Birchall, Elias Biddle and Alex Goodin.

The idea is that at 10.00 am the first of the paddlers of each team starts a 5 km course and when he finishes the 5 km's the next paddler starts until each paddler has finished 1 lap and then the first paddler

starts again until the 24 hours have been completed at the end of the event the total kms travelled is totalled and the team with the highest number of kms is the winners. Last year Essendon team won the national title with a distance of 270 kms in 24 hours but this year they came second with a distance of 275 kms with the winning team Paterson Lakes Canoe Club Vic. with a distance of 295 kms. The average time for 5 kms over the 24 hours was 25 min 54 sec. and 2 hrs 22 min. 44 sec. for 30 kms.

The juniors entered for the first time this year finished second with a distance of 240 kms not bad considering the average age of the five paddlers is 15 years old and the team that beat the average age is 18. The team that won was from Mt. Isa Qld and had six paddlers and the Essendon team had five which meant they had less time to rest the average time for 5 kms over the 24 hrs was 29 min 57 sec and

for 25 kms 2 hrs 23 min. 09 sec.

From the point of view of a Junior team member, I would say it was terrific experience in many aspects of paddling. We all had to work together, co-ordinate our efforts, ensuring smooth change overs (most of the time). There were a few hiccups when some of us had to be woken up and dragged to our boats, often grabbing the wrong paddle on the way.

It was a good learning process in the area of disciplining ourselves in our eating and sleeping patterns to get the most from our bodies over the 24 hours. On reviewing our times it was interesting to note that some of us did our best times on our final leg.

Speaking for our whole team I know we will all be there again next year, hopefully with a 6 person team and another twelve months experience behind us. Who knows what we are capable of achieving.

By Richard Smith, Essendon Canoe Club

T.V. SHUTTLE

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***All Vehicles must have Comprehensive Insurance**

T.V. SHUTTLE

Victorian Board of Canoe Education: 1997

Calendar of Events

Equipment hire is not included in costs. Hire cost is \$20 per person per day [except solo canoe \$40 pppd]

INTRODUCTORY CANOE OR KAYAK COURSES.

[An easy introduction for people with little or no experience.]

January 6-9:	Twilight course [4 evenings]	Lower Templestowe.	Cost: \$150
January 25, 26	Weekend course.	Lower Templestowe.	Cost: \$150
February 22, 23	Weekend course.	Lower Templestowe.	Cost: \$150
March 15, 16	Weekend course.	Lower Templestowe.	Cost: \$150
April 12, 13	Weekend course.	Lower Templestowe.	Cost: \$150
May 24, 25	Weekend course.	Lower Templestowe.	Cost: \$150
July 5, 6	Weekend course.	Lower Templestowe.	Cost: \$150
August 16, 17	Weekend course.	Lower Templestowe.	Cost: \$150
September 27, 28	Weekend course.	Lower Templestowe.	Cost: \$150
October 25, 26	Weekend course.	Lower Templestowe.	Cost: \$150
November 15, 16	Weekend course.	Lower Templestowe.	Cost: \$150
December 6, 7	Weekend course.	Lower Templestowe.	Cost: \$150

QUICKSTART CANOE/KAYAK COURSES *Live-in courses to get you up to speed fast.*

January 13 - 17	5 day "Quickstart" residential course.	Thompson River.	Cost. \$565
March 28 - April 1	5 day "Quickstart" residential course.	Thompson River.	Cost \$565
November 1,4	4 day "Quickstart" residential course.	Thompson River.	Cost \$445

TOWARDS BETTER PADDLING *[Skills improvement clinics]*

Grade 1 <i>1/2 day</i>	Grade 2 <i>1/2 day</i>	Grade 3 <i>Full day</i>
February 5 March 5	January 30	January 26
March 26 May 3	March 6	February 23
June 28 October 2	April 17	August 24
November 26	October 30	

INSTRUCTOR TRAINING AND QUALIFICATION.

Basic Skills Instructor courses.

Intake (training) courses	Assessments
February 1, 2 April 19, 20	February 15, 16
May 3, 4 August 2, 3	July 19, 20
November 1, 2	November 22,23

Whitewater Instructor courses

Intake courses	Assessments
March 1, 2	May 17, 18 & 25

PROFICIENCY TESTING *Personal skills testing.*

February 9,	March 16,	May 4,	December 7
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RIVER RESCUE COURSES

Introduction to river rescue.	Intermediate River Rescue	Advanced River Rescue
<i>flat water and grade 1</i>	<i>General Whitewater</i>	<i>Advanced [For trip leaders]</i>
February 1	March 15, 16	July 12, 13
May 10	August 30, 31	
August 23		
November 8		

ROLLING CLINICS

Last Thursday evening in each month. *Other dates available by arrangement. Minimum group size of 3.*

SPECIAL OFFERINGS.

High Performance Whitewater Open Canoes.

Two 1 day workshops on paddling high performance open canoes. Saturday for paddlers who aren't used to canoes, Sunday for those who are. Conducted on the Goulburn River slalom site at Eildon. Cost \$95 or \$180 for both days. Canoes supplied. Limit of 12 participants for each workshop. **March 22 & 23**

Horses for Courses.

Two 1 day workshops to let paddlers and instructors experiment with a range of different canoes and kayaks. Conducted on the Goulburn River at Eildon. Cost: \$60 per workshop.

February 8, 9

Whitewater Refresher

A weekend workshop for paddlers who are getting back into the sport or just want to clean up their paddling a bit. Conducted on the Thompson (grade 2). Includes rescue, group management, paddling skills, rolling etc. Cost \$145.

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SunSmart Slalom and Wildwater Carnival

Jane Farrance

An Overview

Events

Wildwater	Thompson River
Schools Slalom	Goulburn
Schools Downriver	Goulburn
VIS Interstate Challenge	Goulburn
Pre Australians	Goulburn
Rapidriver sprints	Goulburn
Slalomites	Goulburn
Australian Championships	Goulburn

The 1997 Australian Slalom and Wildwater Championship Carnival was a great success. Thanks to the efforts of over 30 key people plus all the judges, time-keepers, starters, maintenance groups, rescuers, paddlers and others who assisted in so many different ways. The Carnival ran over a 12 day period and included events for all interests and abilities.

Numbers

The event was the biggest for many years and the numbers make some interesting reading.

The first event was the SunSmart Australian Wildwater Championship, it was held some 4-5 hours away from the Goulburn, which discouraged some slalom paddlers from entering. However, with 73 individual entries number were up from the 1996 event by 16%. This is most encouraging for Wildwater.

In the Schools Slalom and Downriver there were 36 schools from around Australia competing and 11 from Victoria. In 1996 there were a total of 18 schools competing, a huge increase from all around Australia including Victoria. In the Schools event slalom paddlers were permitted to enter 3 individual classes and 1 team event which lead to 230+ entries and 483 runs on a single day. The largest class was 15 years boys K1 Slalom. It was great to see 21 teams where all members of a team must come from the same school. In the Schools Downriver there were 109 entries (one class only). These numbers meant a huge amount of compiling and a long day for every one.

The slalom began at 8.00 am and finished at 7.00 pm.

The VIS Interstate Challenge was for Senior and Junior State Teams. Paddlers were permitted to paddle a second event, which did not contribute to the State Point tally. Again the Numbers were high with all states fielding large teams. Entries were made up of 130 individual entries and 11 teams entries. Paddlers who were not in state teams were able to paddle in the Pre Australian Championships the next day, it was exactly the same course. In this event there were 104 individual entries. Team events were not permitted.

The final event was the SunSmart Australian Championships with a huge entry of 289 individual entries and 51 teams. Compared with a 1996 entry of 196 individual events and 37 teams. This gives an increase of 47% in Individual events and a 37% increase in teams.

Over the competition 1,769 runs down the course were compiled and judged, no wonder we all worked so hard. In the Wild Water over 193 runs were calculated. These figures do not include the Rapid river sprints or Slalomites competitions.

Junior Development

In the 1996 Slalom Championships the biggest class was Open MK1 with 42 entries, this year that class was split into open and under 22, combining these two classes for the sake of comparison with '96 numbers we total 45, a small increase. The major increase occurred in junior age groups and in the masters. Clearly our development programs around the country are succeeding. The other surprising outcome is the increase in C2 events. In the 1997 Championships there were 6 events which did not run in 1996. These events were 14LK1; Open LC1; 16C2; Masters C2; 18 Mixed C2; and Masters Mixed C2. Big increases were in 16 K1; Masters K1 but also in the C1 classes 16 years went from 4 competitors in 1996 to 16 this year and in 18 C1 from 5 to 13 competitors.

Not only are we increasing in numbers, but also in



**Mia Farrance
drives to victory.**
Photo R. Farrance

the areas of C1 and C2. This is great news for the sport and must be encouraged. The junior development program clearly having results, each state has increased both the numbers and quality of the junior ranks. In Victoria, where the program has been established for a number of years, we see the results of the early days of the program in the top age groups. Warwick Draper, Scott Crabtree and most of the VIS and IT squad members were original members of the school squad system. In the Wildwater, the spectacular increases in the 16 and 18 years age groups are due to the development program.

Internationals

Paddlers from UK, Switzerland and USA were competing to give a really international feel to the event. It was great to have Lamar Simms from the USA take over the announcing for the Ladies Australian Championship Final. Lamar was the announcer at the Olympic Games and adds great excitement to any event.

T-Shirts

The Carnival T shirt was designed by Georgia McCorkill from Eltham College, the design was extremely popular and shirts sold out very quickly. In keeping with our SunSmart sponsorships they had long sleeves and for the first time in many years moved away from the safe marle greys, or blues.

Sponsors

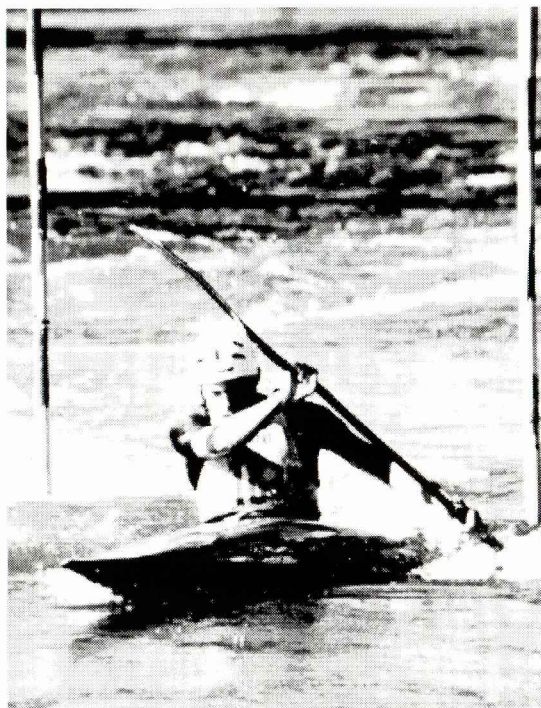
The SunSmart Australian Championship Carnival was proud to be associated with our major sponsors. SunSmart and Vichealth were the naming rights sponsors and assisted in the provision of the new lycra body numbers which look so good in all the photos. They also sit well on the paddlers so there was no problem with judges being unable to read the body number. The banners and flags made the venue look very special. The Outdoor Education Group sponsored the event through use of its facilities and in allowing camping on their land. The Commonwealth Bank donated the use of their

Caravan for compiling, which was very popular on the hot days as it was air conditioned. Canoes Plus sponsored the event by donating staff, time and all its considerable facilities in promotion and organisation of the Championship Carnival.

The State Government, through the Community Support Fund enabled the up grade of the Goulburn River Slalom Site in to a truly national course. With out all our sponsors the event would be much smaller and much more basic. Having a major event with the banners, with the promotion, with the spectators, the VIP's the luncheons and all that goes with a major event raises the profile of the sport in the general community and with in sport itself

The Winners

Clearly Victoria was the major winner of the Carnival as the following list clearly demonstrates. Congratulations to all Victorian Paddlers who all



**No 18 Powering
to the finish.**
*Photo Liz
Randall*

Deputy Premier
Pat McNamara
presenting LK1
Australian
Champion Mia
Farrance.
Photo R. Farrance



contributed to the smooth running of the event and for the great on-water success of Victoria.

Schools Trophy

The winning school was Eltham College followed by Ivanhoe Grammar School and then Bonbalbo Central. The individual champions were:-

Junior Female Clare Beach

(Eltham College)

Junior Male Tristan Lawrey

(Ivanhoe Grammar School)

Senior Female Louise Natoli

(Canterbury Girls Secondary College)

Senior Male Lachlan Milne

(Melbourne Grammar School)

Victorian Canoe Centre Trophy

Awarded to the state winning on a 3;2;1; point basis Slalom Only.

Winner Victoria with 112.8 points.

AWACA Trophy:

Awarded to the club winning the most gold medals in slalom and wildwater.

Winner Canoes Plus Racing Team 37 points.

Followed by Big River Canoe Club 11; Swan Canoe Club 7; Illawarra Canoe Club 4; Hunter Valley Canoe Club 4; Kirrinari Kayak Klub 3; Ivanhoe Northcote Canoe Club 2; Derwent Canoe Club 2; and Tamar Canoe Club 1.

Whitebook Trophy

Awarded to the winning state on a 5;3;2;1; point basis for slalom and wildwater senior nominated

State Teams only.(Interstate Challenge)

Winner Victoria 35 points.

Galloway, Linden and Woodward Trophy

Awarded to the winning state on a 5;3;2;1; point basis for slalom and wildwater junior nominated state teams only (Interstate Challenge).

Winner Victoria 51 points.

Junior National Overall Champion

Awarded to the best performed paddler in slalom and wildwater

Male **Winner Craig McAllister (Vic)**

Female **Winner Claire Beach (Vic)**

Illawarra Club Trophy

Awarded to the paddler with the best K1 slalom result

Male **Winner Matthew Pauister (NSW)**

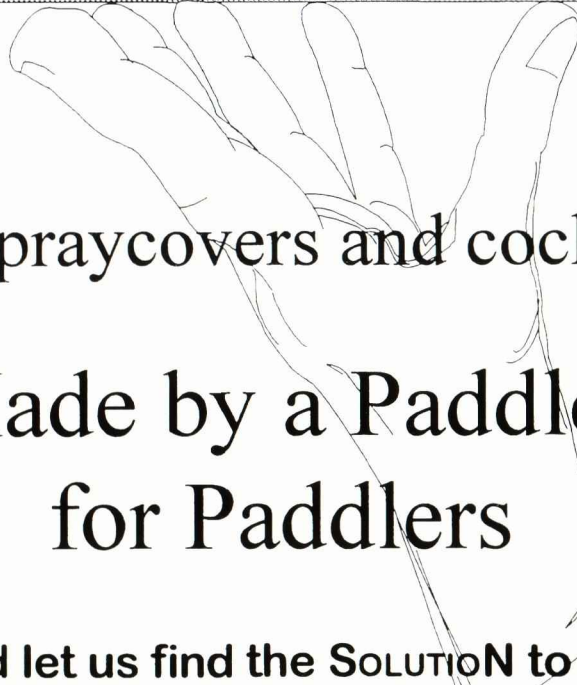
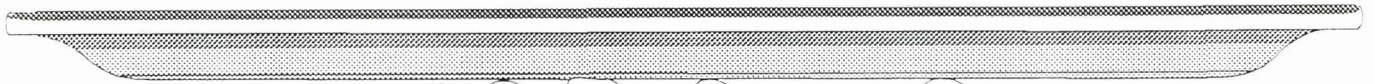
Female **Winner Danieue Woodward (Vic)**

C1 Champion Trophy

Awarded to the paddler with the best C1 slalom result **Winner Justin Boocock (Tas).**

A sensational Championship carnival, where all had a great time and now we all look forward to the 1998 event at Harvey Western Australia.

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▼
Tom Reynolds
addresses the
crowd.
Photo R. Farrance



By Juliette Pemazel

The Community Support Fund grant from the State Government for the up grade of the Goulburn River Slalom and Education Facility has now been completed. The banks of the river look sensational and will look even better when the grass is more established and the trees grow. The river is faster and waves steeper, there are more eddies particularly on the river left making the course challenging and versatile. Great for competition paddlers, recreational and educational paddlers.

The SunSmart Australian Championship Carnival culminated on January 12 with the Finals in all major events. It was on this day that the facility was officially opened.

To mark the occasion the commemorative plaque was placed on a shaped and polished tree stump overlooking the course.

Robin Sanders, who was instrumental in the construction of the course opened the proceedings with an explanation of its history, construction and of the many people

who assisted in bringing the idea to reality, he then introduced the other guests.

Deputy Premier Pat McNamara spoke on the value and use the site is for the paddlers of Victoria, and how the government is committed to moving Victoria forward in all areas, particularly in areas of youth activities.

The Honourable Tom Reynolds Minister of Sport and Rural Development then officially opened the facility. Both Ministers remarked on how magnificent the natural setting was, with the river in the foreground, and with sweeping views of the mountains in the background with brilliant blue skies and sunshine.

Immediately after the opening both ministers took part in the Australian Championship medals presentation for the winners of the mornings events. The ministers were presented with miniature paddles as a memento of the occasion.

Luncheon was then served for all the invited guests. It was good

for our sport to have representatives from so many different areas for the occasion. The local Murrindini Commissioners were present, local business people, land owners and supporters. Representatives from the VIS and SRV made the trip up from Melbourne, President of the ACF, Helen Brownlee came from Sydney and most of our Olympians were present with the major organisers of the event. It was a relaxed social occasion with both ministers and VIP's being pressed hard to sign the petition in support of Slalom in the Sydney Olympics.

It was great that most of our guests including Pat McNamara and Tom Reynolds stayed for the next session of paddling watching the Open C1 teams and Open C2 Teams Finals.

As always as soon as something is finished we plan for something else, yes there are now bigger and better plans for the future of this site.

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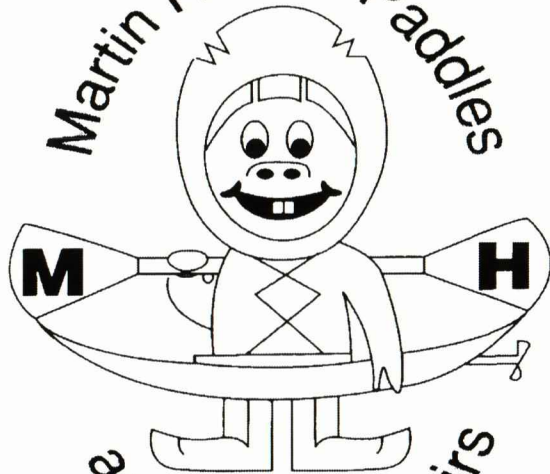
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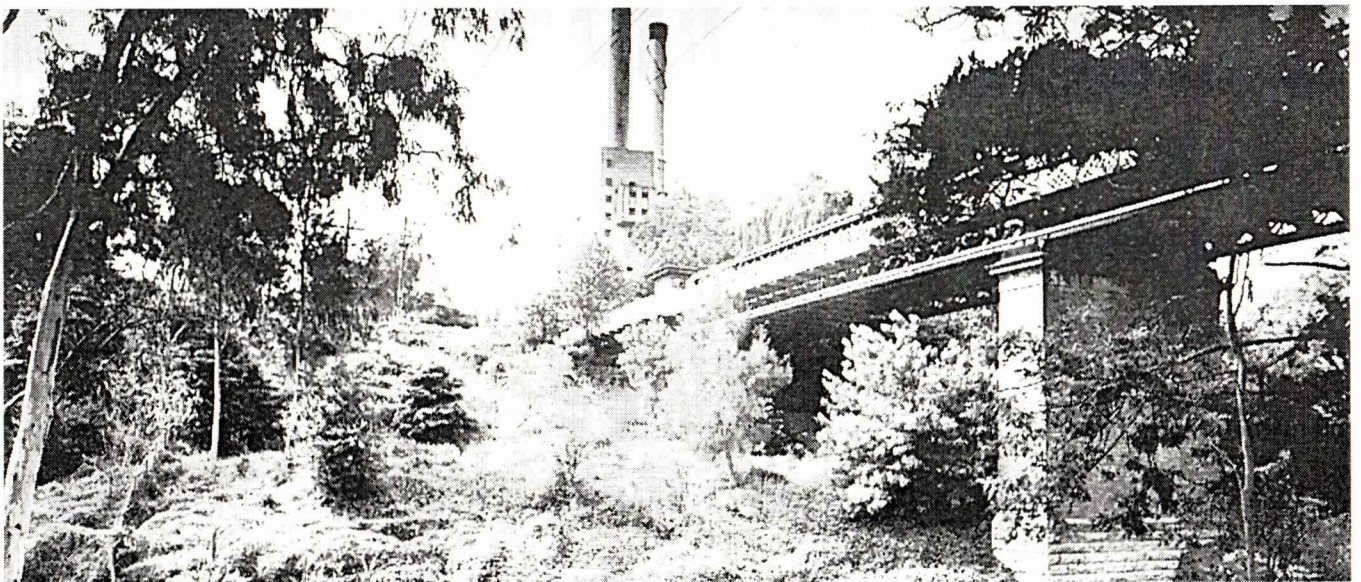
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**One day \$95
Two days \$180**

Whitewater Refresher Long Weekend

Improve those white water skills, both kayaks and canoes are invited. Great getaway fun weekend of enjoyment and learning. Includes, rescues, group management rolling, paddling skills and most importantly in great company. Up date your skills and have a great weekend on the Thomson river.

Three days \$145

Horses for Courses

Surprise it really is a canoeing activity. Two, one day workshops to let paddlers and instructors experiment with a range of different canoes and kayaks. You have all heard of the new generation of plastic canoes kayaks, this is the perfect opportunity to come and try them out in a non stress, no pressure day of fun and experimentation. Held on the Goulburn at the new Slalom sit.

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NAME _____

ADDRESS _____

PHONE (BH) _____

PLEASE BOOK ME IN (*Name of course*) _____

DATE (*of course*) _____

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CANOE ED

Newsletter of the Victorian Board of Canoe Education

Welcome to the new year.. Hope you all had a great Christmas and New Year and Santa bought you that new boat you were hoping for. I have a few items for discussion so I'll get on with it.

Mid week work

The VBCE gets quite a bit of weekday work teaching canoeing and kayaking to school groups. I am always on the lookout for instructors who are available during the day. Generally you need to be a Basic Skills Instructor with proficiency, preferably in both canoe and kayak. If you are interested send me a brief note with your name, contact phone number/s and any details of availability. Even if you are not normally available but find yourself with time off and nothing to do it is worth giving me a call as I often have work come up at short notice.

PS If you don't have an answering machine and/or a mobile phone then don't expect much work unless you are prepared to sit by the phone at home or keep ringing me. This is not me being a mongrel, it is just a fact of life.

A friendly Reminder

In the last issue of Paddler I put in a sheet to enable instructors to nominate courses they would like to work on. Thanks to all of the instructors who sent in sheets. Anyone who hasn't sent in a sheet had better get their act together. I will notify instructors in early February as to what courses they are doing.

Personal Courses

I'm trying a new idea in 1997. Remember when you have had an ideas about a course you would like to run (Steep creek technique for Wobbegong canoes?). This year I am inviting instructors to design their own specialist courses

and run them through the VBCE. We will do the advertising, booking and other administration and will even provide bonus payments for successful or valuable programs. Put your idea's down on paper and send them to me. I am currently looking for someone to run a "speed and accuracy improvement" course and a weekend residential course in whitewater C1.

Other idea's in the pipeline are "Steep creek paddling" and "high performance open canoe paddling". The only proviso is that you have to be qualified to instruct on the grade of water you are using. Examples are that you should be a Senior whitewater instructor with river rescue training to work on the Cobungra River.

ORCA

ORCA stands for the Outdoor Recreation Council of Australia. This is a national body which has been looking at professional standards in outdoor recreation. Currently there are descriptions of standards of competency for leading or instructing in canoeing and kayaking (and caving, ski touring, indoor and outdoor rockclimbing, bushwalking and rafting). Anyone who has been involved or is interested in the standards should contact me or Adam Pickvance (at the ORC) to find out what is going on. You may know the process under the acronym NORLD.

Please be aware that ORCA is **NOT** concerned with people who are just going for a paddle or competing in events. It only concerns people who are acting in a professional capacity (either paid or unpaid). This includes paid instructors, outdoor educators, scout and guide leaders, school teachers and the like.

River Rescue Training

The ACF now has river rescue qualifications. Any instructors who are keen to become accredited as ACF River Rescue Instructors should write to me with a precis of their experience and I will work out a date to run an accreditation workshop. To be considered you must have previous experience in teaching river rescue (eg, as a raft guides instructor, Rescue 3 Swiftwater Rescue instructor) or show a high level of experience in professional whitewater guiding and rescue.

The date I am thinking about is the first weekend in March.

Lots of work for the right instructor.

Just a quick note. I am struggling to find good canoe instructors. Kayak instructors are as common as dirt. If you want to be in first place for work, get your ACF whitewater Proficiency in C1. You'll go to the head of the line.

And last but not least...
Happy birthday to Jane
Happy birthday to Jane
Happy birthday dear Jane
Happy birthday to You
(early in January)

by Jim Coates

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1/4 Page	125*89	55	50	45	45
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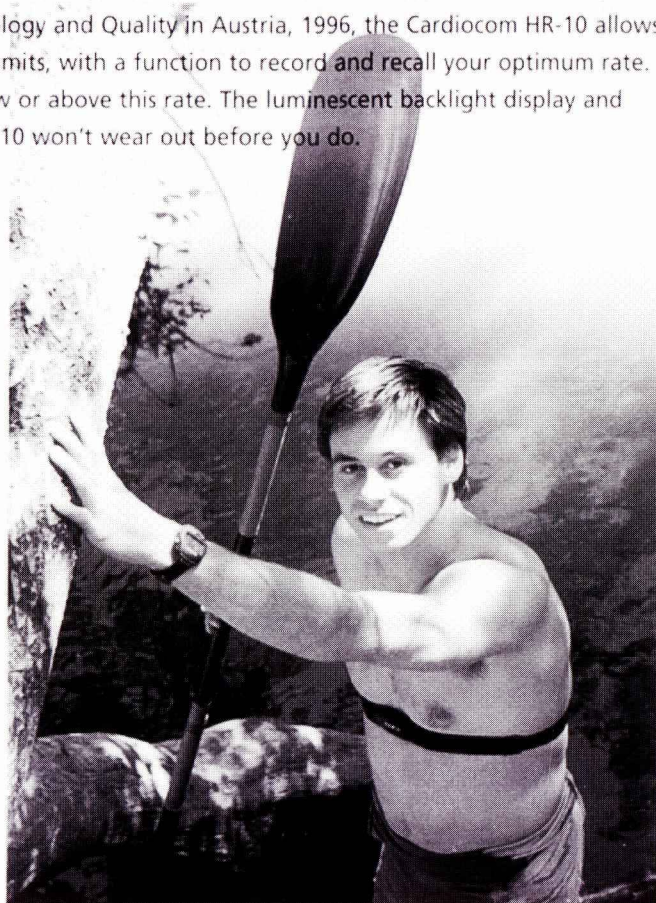
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