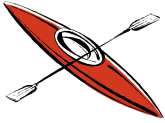


# Your Update



JUN 2011



<http://www.castlecanoeclub.co.uk>

WELCOME TO THE CASTLE CANOE CLUB COMMUNICATOR.  
WE ALWAYS WELCOME COMMENTS AND CONTRIBUTIONS.

The club is open:

**Sunday mornings: 10.00am-1.00pm**

**Tuesday evenings: 6.00pm-8.00pm.**  
Spring, summer and autumn only.

[castlecanoeclub@googlemail.com](mailto:castlecanoeclub@googlemail.com)

## DUTY ROTA

If you can't do it please contact Philip on [seelyphilip@yahoo.co.uk](mailto:seelyphilip@yahoo.co.uk)

<b><i>Sunday, 12 June</i></b>	Olaf Liunberg	Melanie Madgin
<b><i>Tuesday, 14 June</i></b>	Josh Noia	Mizanur Rahman
<b><i>Sunday, 19 June</i></b>	Jonathan Reid	Sophie Robins
<b><i>Tuesday, 21 June</i></b>	Michael Row	Patricia Row
<b><i>Sunday, 26 June</i></b>	Barbara Schraml	Dom Shaw
<b><i>Tuesday, 28 June</i></b>	Dion Smythe	Kate Starkey
<b><i>Sunday, 3 July</i></b>	Beata Switek	Paul Towell
<b><i>Tuesday, 5 July</i></b>	Jamil Bashir	Neil White

If you do not wish this to receive our updates, please reply to the sender and let them know.

## UPCOMING EVENTS

Contact Barbara if you are interested in Paddling on the Legacy Course (part of Olympic WW site). Must be 3 star or above.

### JUNE

- 5 - Introduction to White Water Course, trip to weir
- 12 - Friendly Polo Tournament
- 19 - Training for Spray Deck Testing

### JULY

- 10 - GLL Paddle Clinic
- 19 - GLL Paddle Clinic

### AUGUST

- 20 - GLL Paddle Clinic

### SEPTEMBER

- 11 - GLL Paddle Clinic

#### FRIENDLY POLO TOURNAMENT

Our second Friendly tournament is due for the 12th June.. As before...we are going to try to run a "Friendly" polo tournament every month. It'll be similar to the last one where you turn up and get split into teams for a few hours of fun and a round robin type games list.... These tournaments are for club members who don't come to the training sessions as well as for the polo players.. If you are only going to play 1 game of polo per month, then this session is the one for you... It is friendly so all are welcome, no excuses about not being good enough. I would however like people to be in polo boats with spray decks....Turn up early, so 9.45 is good so that we can be changed and ready to go for 10..

Plan will be to play till 13:00 before heading to the pub. Maybe prizes...

Please feel free to sign up on the CCC-P facebook page to be kept in the loop about training and tournament dates, and to attend the event so that we know who is coming.. otherwise turn up on the day and we will look forward to seeing you there..

CCC-P page

[https://www.facebook.com/home.php?sk=group\\_196119263759722&ap=1](https://www.facebook.com/home.php?sk=group_196119263759722&ap=1)

Event

<https://www.facebook.com/event.php?eid=1377539496317>

### Interested in canoeing the Olympics Legacy Course?

London region development Team have a session booked on the 5th of July from 18.30 to 19:30 followed by their AGM for £5, you must be a BCU member to go, for more information [www.canoelondon.btck.co.uk](http://www.canoelondon.btck.co.uk)

Alternatively on the 2nd of July 16.00 to 18.00 contact Barbara on [barbara.mcfarlane@googlemail.com](mailto:barbara.mcfarlane@googlemail.com) about a club one.

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### Interested in a friends and family camping trip to Symonds Yat the weekend of 24th of June?

All welcome, including non members  
Contact Nina on [ninabury@hotmail.com](mailto:ninabury@hotmail.com)

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### Surf weekend in North Devon 27-28th August

Surf weekend run partly through Skern Lodge.

Day one: Coached Surfing skills. Customised to any level of paddler  
Day two: Paddling with the England team. All levels welcome

This is an initiative by the UK team to promote and raise profile of surf kayaking. The cost including coaching and a variety of boats is £90. £99 including camping or £153 for full board.

Direct link to site and payment <http://www.surfkayakskills.com/coaching.php> Contact: Glyn Brackenbury on [skern@skernlodge.co.uk](mailto:skern@skernlodge.co.uk) or telephone: 01237 475992.

This has nothing to do with CCC but at least two people from the club are going so far. If you do book contact me at [peteemery@gmail.com](mailto:peteemery@gmail.com) and we can plan transport and such.

There are very few places so if you are interested you should book asap.

# Dart Trip Memoir



It wasn't fear I was feeling – it was excitement, honest. I wasn't very good at convincing myself of this though as we drove through the beautiful landscape of Devon to our destination: the Dart Loop on the River Dart. It's a lovely stretch of river that combines some fun and bouncy grade 2 rapids and wave trains, three grade 3 rapids, and a lot of rocks to avoid and ends up in the Dart Country Park.

Six of us were there to try and learn and practise 'River Reading and Leading' - partly to help the club build a stronger skills base among members for future trips. Christine and Paul were also there leading the course and helping us develop our techniques and confidence – making sure we didn't come too seriously a cropper during the learning process.

We stayed at the Youth Hostel in Exeter, and Christine briefed us on what we needed to know for the course, on the Friday night, ready to get on the water in the morning.

An important thing we learned pretty quickly is that leading is not necessarily the same as being in front, or even being the best paddler. This I managed to exploit to my advantage when it was my turn to 'lead' – cunningly I arranged it so that other people headed off down the rapid first ready to be pick me up at the bottom when I fell out of my boat...



In fact there was very little falling out of boats over the weekend. However, guess who will be first in line at the next pool session - due to completely forgetting how to roll whilst upside down and paddle in position. Embarrassingly this incident (on the first day) was due to a poorly thought out ferry-glide, having just successfully negotiated Triple Falls without a spill. Washing Machine had nearly claimed a victim earlier but others' rolling skills proved more reliable than mine. We all made it down Lovers Leap, the other Grade 3 rapid, without too much of an issue. The only other swim saw us put our safety and rescue skills into action after Barbara glanced off a rock and got into trouble at the weir. Well done to Tipu for actually moving and getting his throw-line from the boat and out to Barbara while the rest of us just watched.

On the second day, Christine and Paul hung back and let us try to plan our approach and run the river on our own. This turned out to be a brilliant tactic and everyone felt so more confident afterwards, for having risen to the challenge. Reassuringly they reappeared at key points such as the more challenging rapids – just in case. Then, as we approached the end of our journey, Christine's boat suddenly and mysteriously took off down the rapid just after the weir on its own. Time to put our safety and rescue skills into action once more - pushing the boat to shore and then towing it back across the river. Our skills were needed yet again a mere few minutes later, as on the final rapid not only Christine's boat, but her paddles and in fact her whole self headed rapidly downstream, to be followed by would-be rescuers.

So, what did we learn over the weekend? I guess one of the most important things was: communication is key – knowing your signals, being clear with each other, making sure everyone knows what the plan is. Another thing was that we all responded well to taking on more responsibility for ourselves on the river – and as we got the chance to show more independence, the 'excitement' levels rose exponentially, as the balance between fear and increasing confidence changed.

And we also learned (the hard way) that you should always, always have your throw-line with you when you go to scout a rapid - even if no-one in your group is planning to go down at that time. You never know and valuable seconds could be wasted if you have to go back to your boat first. However, do try to wait until the person is out of their boat before throwing them a line – however keen you are to help your friends (naming no names!).





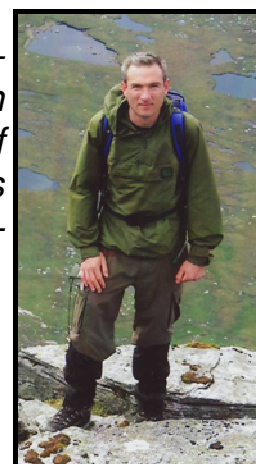
Nina (Chair) I started kayaking very casually on the West Reservoir a few years ago. Then I discovered canoe polo at Castle - a chance to get some skills while conveniently being distracted from the fear of falling in by throwing a ball around. It got even better when I started going on trips with the club and somehow I got involved enough to be voted onto the Committee... I'm excited that we're running more trips and courses like the Introduction To Whitewater, and that polo is really taking off – and as chair I'll do my best to help the club keep developing and getting better. Let me know your ideas

*Shane (Treasurer) I took paddling up at uni in Ireland and did quite a lot of canoe polo and a few trips. I found castle by accident last year and re-started. While messing around with some canoe polo again at castle, new people started to get involved and we had some great games which has really encouraged me to start paddling again. I went to Scotland and the Wye trips and had a great time. Looking forward to doing more this year.*



Barbara (Membership), [castlecmembership@googlemail.com](mailto:castlecmembership@googlemail.com) - I have canoed for 23 years I enjoy kayaking, open canoe, surf kayaking and sea kayak. In 1990 I co-ordinated the White Water Training Course at Regents and have co-ordinated numerous trips in open canoes. Having children (James 14, Ellen 8) caused me to take up surf kayaking an activity which can be combined with family holidays at Whitesands Bay in Pembrokeshire!! I have paddled in UK, Ireland and France. You will often see me in a sailing boat on the West Reservoir, I started sailing in 2004. I am keen to see Castle Canoe Club organise a range of trips which will be good social events as well as good paddling.

*Hi! I'm Philip (Duty and Safety Officer). I took up kayaking and canoeing about five years ago just because I thought it might help with a chronic back problem. Seemed to help, and I found all sorts of other great reasons to get out paddling. Not least the great friends you can make and the adventures you can have. Sure beats working in the office (my usual activity).*





*Hi, I'm Nicola (News Letter Editor) . I discovered an interest in canoeing whilst I was at school. I went from canoeing in the school pool to local reservoirs and then canoeing in the Lake District with friends. Before I made it over to Castle Canoe Club it had been about 10 years since I had last been on the water. Now really looking forward to polishing up on my paddling skills, learning new tips and maybe trying some white water... I'm excited about being on the committee and keeping everyone updated with the newsletters.*

*Hi, I'm Claire (Social Secretary), castleccsocial@yahoo.co.uk. I started kayaking in the reservoir in summer 2008. Not only do I enjoy paddling but also love interacting with people. I am joint Social Secretary for the second time, this year together with Jasna. Last year, I organized 5 events which had a fantastic turnout and were really enjoyed by many club members. My Asian roots partly explain my enthusiasm in organising social events and gatherings. I was born and spent my childhood in the Philippines. I love travelling and kayaking gives an exciting opportunity to explore sites from a different perspective. I look forward to seeing you at the Club either during paddling or for a chat in the reservoir café.*



Hello, I'm Jasna (Support Social Secretary). I started paddling in winter 2008. I am joint Social Secretary this year together with Claire. I came from former Yugoslavia. I grew up by the sea and love the water. I live near the Club and the reservoir is a jewel in this area. I am now taking part in an introduction to White Water paddling and I am very excited about it.