



Newsletter Winter 2011 Editorial

I seem to have gone into a bit of paddle hibernation over the last few months. Apart from some sessions at the pool attending a life guarding course and a coaches update course I have not been afloat. With the lighter evenings and the prospects of some warmer weather I will be putting that right very soon.

I have a couple of special events planned for the summer evenings, paddle geocaching and an Eagle Olympics in preparation for 2012. If anyone would like to help with the organisation of these please drop me a line at mquadling@btinternet.com

Many thanks to Daniel, Jes, Simon, Stuart and Kate for their contributions this month.

As always if any members have any ideas how we can improve the newsletter, events they would like to see or any other ideas to improve the club please contact me or one of the other instructors.

If I don't see you before I will see you at the enrolment nights.

Mark Quadling

Wales White Water Weekend

I woke up at 4:30 in the morning with bags under my eyes. I forced breakfast down my throat then started to get ready for the long day ahead. We put the kayak into the car and made our way down to the club for 5:30 and surprisingly we weren't the first ones there. I handed all of my stuff over to be put into the van then went to talk to Eddy and Callum. We waited until everyone was there (even Tom) then did all of the last minute checks (and toilet runs) and then we were off. On the way we picked up three more people and then we went to Wales for a weekend of white water kayaking. I was nervous on the way there because it was my first go on proper white-water.

On the water I was pretty scared because it was a new piece of river so I didn't know what was round the next corner. For the trip I had come fully prepared and had stocked up on lots of new kit. The wetsuit was a real plus but the gloves I only wore on the first day because the water was warmer than I anticipated.

The facilities we stayed in were better than expected. They had showers, a TV, fully equipped kitchen, drying room and an assault course outside. I

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was sharing a room with Eddy and Callum because we were the three youngest in the bunkhouse. Every day we had a barbeque in the evening with kebabs, sausages and burgers. In the mornings we had a fry up but we had to make a donation because it was an extra.

The next day, Saturday, went fine for me if not better than the first but for other people it didn't go quite as well.

The big issue of the day was Kevin hitting his head on a rock so he had to go to hospital. The next thing that happened was when Callum, Eddy and Jade got stuck against a tree branch. I was the lucky one because I was at the back and had time to dodge the tree and move out of the way and carry on down the rapids. Later on that night Kevin arrived back safe but told us that he had a perforated ear drum so he couldn't hear out of one ear.



On Sunday we paddled exactly the same stretch of river which was good because we knew where people had gone wrong the day before. I was definitely more confident today as I was going on all of the harder routes. Most of the time I was following the leaders down the rapids. On Friday I was following Spencer, on Saturday I was following Tony and on Sunday I followed Dom.

For me this trip was a really good learning experience and I would happily do it again. I am fully looking

forward to the next white water trip that I go on.

I recommend this trip to anyone who is a novice at white water because it is fairly easy and you don't have to do anything you don't want to. I would just like to say thanks to Dom for organising the trip and to all of the leaders for helping me and giving me advice.

Daniel Gibbins

Eagle's Online Photos and Videos

The club's online photo album is continually being updated, with recent collections for Helena's River Usk Whitewater Canoe Trip, a pool session, the Coaches lifeguard training, the River Dart weekend, Chris's Norwich circumnavigation, and an ace trip on the Yare in the autumn sunshine. Go to <http://public.fotki.com/eaglecc/> to check them out.

An 'Eagle 2011' movie, along with similar efforts from previous years, can be found here <http://www.vimeo.com/user1334431>.

There are also a few Eagle movies out there if you know where to find them.

To see our 2008 Slovenia trip and the Coaches White Water Safety and Rescue movies go to Pete's vimeo site here <http://www.vimeo.com/user877498>.

Spencer's page includes videos of the epic Cardboard Canoe Race, Dart trips and others besides – these can be found here <http://www.vimeo.com/user2469979>

Xmas Bash

A fair few folk gathered it was a chilly winter's night

For food and drink aplenty and maybe some Christmas lights.

The ladies all looked wonderful dressed up in their posh frocks

The fella's made an effort and even wore clean socks!

The room at the Unthank was decked out with a Christmas tree

Crackers, hats bad jokes and party poppers as far as the eye could see.

Two long tables filled with hungry tummies rumbling

The room was filled with conversation of tales both tall and rambling,

Of water white roaring and paddle strokes near and far,

It's amazing how much paddling crap you can fit in to your car!

And the wine flowed like water as did the beer

And we were all filled with pudding and a helping of Christmas cheer.

So if you couldn't make it last year, be sure to remember

The Eagle Christmas dinner it's on around mid December

Kate Pontin

River Access

It was great to see Tony Carter getting national recognition from the British Canoe Union for his work that he has done as a river Access Officer in Norfolk.

An Access Officers role is all about getting access agreements in place to enable canoeists and kayakers to enjoy being able to paddle on as much river as possible. This is a time consuming job and one that generally results in grief, not thanks!

In recent years we have seen an alarming amount of the access that we did have in Norfolk being removed. It is really important that paddlers take care of the rivers, portaging sites etc to ensure further access is not lost.

As an angler I am also finding similar issues with access to rivers and spots that I have been able to fish in the past I can no any longer access.

Hopefully it is a situation which will not deteriorate any further but it is vitally important that people irrespective of their interests, respect the access that they have and make sure that they treat it like they would their own

Mark Quadling

Retail Therapy

It's not often that you get given £10,000 to go shopping with, but that's what happened when those nice chaps at Sport England approved our grant last year!

The grant was aimed at helping the club to develop long term paddling development and to improve our

retention of members. The equipment which has been bought is therefore more specialist boats, including a range of solo canoes which will provide new challenges for those paddlers who are working towards the 2, 3 or 4 star awards.

So through out this winter we (mainly Chris) have been busy shopping to expand our range of equipment and this now includes 3 new solo canoes, a new tandem canoe, two new kayaks, buoyancy aids and paddles. We have also bought a canoe trailer which can move up to 6 canoes or 18 kayaks.



The summer programme has also been developed to make use of this new equipment and to provide new challenges with a wider range of activities on Wednesday nights including polo sessions each week, canoe freestyle etc. There is also a mix of week end activities and it is hoped that access to a canoe trailer will mean that more people can participate in these as it will help to move canoes and kayaks for those members who do not have access to a vehicle or roof rack.

Although several of the coaches have tow balls on their cars, we would be grateful to hear from any members / parents who would also be prepared to

help tow the trailer for day or week end trips – you could volunteer your services at the enrolment nights and discuss this further with Lee.

Stuart Pontin

Coaches Corner

What do you need to become a coach?

Enthusiasm is key, if you want to teach people. If you have that you are already on the way to become a coach.

Under 18 – Cadet Leader Award is for you – Speak to Jez.

Over 18- BCU (UKCC) Level 1 Coach is usually the entry point. If you do have coaching experience in other sports you may be considered to go in at a higher level. All the information is on the Canoe England Website under

<http://www.canoe-england.org.uk/coaching/course-registration/coach-course-registration/>)

You need to have done your 2 Star and Foundation Safety & Rescue course before registering. Complete a CR form and send to Canoe England with copies of your certificates or pass slips + your registration fee. This will be returned to you stamped and ready for you to attend the 4 day course. Book yourself onto a course, hopefully after 4 days of training and assessment you will be even more enthusiastic and want to come down and coach on a club night.

Speak to any of the club coaches to find out what coaching is about. Any

other questions on what you need to do speak to Jez.

Dates for the Diary

19th March 2011 – Norfolk Coach Update – @WVCC c/o Jeff Toser

17th April 2011– BCU Slalom Discipline Support Module – Jeff Toser

3rd & 4th December 2011 - Canoe England Coaching Conference

For a list of local coaching course dates ask Jez (or see coaches corner in the club house, when it's up!)

Jez

Coaching tips

Observe paddlers in terms of the 5 B's Body, Boat, Blade, Brain and Background.

Make the 5 last words of your verbal instruction the important ones.

Jez

Snow Tubing

February saw Eagle Canoe Club members try their hand at a relatively new sport to Norfolk...snow tubing!!

We met at the Norfolk Snow Sports club where Snow Tubing is now run about 7 times a week – such is its popularity.. We had to book in October to get our late Friday session for all 20 places in February!

Kitted up and rearing to go we were introduced to the snow tube. In paddling terms it was a bit like a coracle, to others it's more like a tractor inner tube with a plastic base and a tail! A quick briefing session gave us all the important information we needed – really the main thing was

don't let it go or you will be running down the slope after it!!!

To start off we started sliding from about half way down the slope, an easy glide to the crash mats at the bottom.

Once this was mastered it got more interesting, with a run down a particularly steep part of the slope where hanging on was the order of the day.

We progressed up the slope until we eventually started from the top where you could get a fabulous view over Norwich and also down to the clubhouse below.

To make matters more interesting the hardworking staff would put your tube into a spin as they let go meaning half the time you were travelling backwards. Such was their enthusiasm we actually had one person capsize their tube.

Running jumps into the tube ensured more speed and fun and then we started going down in small groups.

The grand finish was all 19 tubes linked together in one giggling, screaming, smiling group. It took a few yards to gather momentum before all 19 paddlers were hurtling down the slope coming to rest at the crash barriers at the bottom of the slope. Luckily this was captured on video so is likely to be shown at a forthcoming club night!

Snow tubing is a fun and different sport where the only ability you need is that you like to have a good time. It is worth noting that it is much faster in cold, damp weather.

Mark Quadling

For Sale

Chris Marshall has a Junior Dry Cag for sale. It is brand new and never used. Will sell for £50 ono

If interested please contact Chris by email at return-2-fantasy@live.co.uk



interesting as it covers a wide range of rescue techniques – many of which would be extremely useful at any time when you are by the water.

The sorts of things that the course covers is how to rescue someone in the pool that is panicking and how you might rescue them. The first priority in every case is yourself. If you get into difficulty or a panicking swimmer grabs you then you will be of no use to them. We looked at how you might use things around the pool to help with a rescue – perhaps a long pole (or maybe a branch if you were by the river).

We also have to know how to get people out of the pool and also to be aware of any injuries they may have and the possibility of making their injury worse by taking the wrong action.

We looked at different types of rescues with boats and did a lot of swimming with a rescued person.

Life Guard Training

As a club we treat safety seriously and as part of this instructors take part in a number of safety courses. One of these is the Pool Life Guarding course which gives us a 3 year endorsement to our qualifications enabling us to Lifeguard at one of our pool sessions.

December saw 8 club instructors attending a course at Taverham pool to improve and build on our existing rescue skills. The course also looks at the hazards in a pool environment and is specific to the pool that you take the qualification in.

Of all of the basic safety courses that we attend this is one of the most



The course finishes with an assessment to make sure that everyone is capable of doing the things that are needed – one of the main criteria is not to panic and keep calm in what has the potential

to be a very difficult circumstance. We did a number of mock real life scenarios to finish including being affected by chlorine fumes, rescuing capsized paddlers and removing from the pool and dealing with a person in the pool with an asthma attack.

Whilst this course was aimed primarily at instructors if anyone gets the opportunity to go on a future course I would strongly recommend it as the skills learnt could prove to be useful any time you are near water.

A big thank you Jaz, Mark and all the people involved in running this course.

Mark Quadling

Your club needs you!

Over the last few years members have helped to maintain the Clubs buildings, grounds and equipment, mainly on a number of maintenance days. However, as the club membership grows and our stock of equipment expands the task of maintaining it through out the seasons becomes more challenging.

As a consequence, last year we started to promote the idea of “volunteer members” with the view that we could spread the load, so that we each give a little time to helping.

This year we have evolved that a little bit further and in the programme there are several areas where the opportunities for "volunteers" to be involved are highlighted. At this years enrolment evenings, Lee (our volunteer co-ordinator) will have a “stand” where people can volunteer to help with activities such as the BBQ on

enrolment night, helping with a bit of cleaning a couple of evenings in the year (which Penny has volunteered to co ordinate), helping cut the grass, fixing kit that gets broken or tow the club’s trailer for trips etc.



We would also like members to take on the role of the bank side helper (Duty Officer). This isn't as taxing as it first sounds, but to help "train" a few volunteers it is suggested that for the first 8 weeks of the programme those that are interested shadow a coach, with a view that from then on we could rota those volunteers for a few other nights over the rest of the summer.

If you are interested in volunteering or have any questions, then please see me or Lee on enrolment nights.

Stuart Pontin