

Eagle Canoe Club Newsletter April 2018



Editorial

Welcome to the Spring 2018 edition of our newsletter – my first in the role of newsletter editor – and to a new Eagle year! To all returning members, it's great to see you back on the water; to new members, welcome to the club, we hope you find something you enjoy, and that you return to week on week, and year on year. Make the most of the facilities that our amazing new clubhouse offers, the expanding fleet of canoes and kayaks (more on that later), the ever-increasing skills and talent in the coaching team, and the opportunities that come with being a club member.

For those new to the fold, Wednesday nights are just the beginning – there are pool sessions to practice the wet stuff in warm water, day trips on the beautiful Broads and around the Norfolk coastline, weekend trips all around the country, and even weeklong trips to aim for. So, whether you're after flatwater touring in canoe or kayak, whitewater, sea kayaking, playboating, polo, possibly even some surfing, or maybe even a bit of everything, we can get things lined up. Keep your eye on our <u>Flickr</u> site for

photos of trips and sessions as they happen, and skim back through past trips to get a flavour of the club.



The coaching team has worked hard to put together an impressive programme for the season, with all disciplines well catered for. We've included a range of one-off sessions, alongside courses and sequences of trips through the season that are designed provide plenty of progression, not to mention enjoyment. Also over the winter season, we've been working hard to come up with a new logo and clothing range, which we really hope you like. Stu has included a short piece describing how we've arrived at what you see above, and there's also information on how to get your hands on some awesome club merchandise – t shirts, hoodies, all sorts.

Thanks and well done to all of those that have organised trips and sessions over the winter season, there's been loads of variety to keep people switched on despite the dark and cold. Have a great season on the water folks, I look forward to spending time on the water with as many of you as possible!

I'll draw to a close by saying thank you to Pete Sykes for producing the newsletters for the last four years, I've certainly got hard act to follow. Hopefully I'm not too far from the mark. Happy paddling! Si

Money, Money, Money

Over the last 10 years the club has seen significant investment in new equipment and facilities thanks to the generosity of a range of grant bodies and local trusts, together with investment from the clubs' own reserves, which has gone to match-fund many of the projects. Details of the funding received from each of the bodies ca be seen in the table below with further details on the club website at https://www.eaglecanoeclub.co.uk/grantsandawards

	2008	2009	2010	2014	2016	2018	Totals
National Lottery	£10,000						£10,000
Active Norfolk		£925					£925
Mott MacDonald		£100					£100
Aviva		£315					£315
Sport Relief			£1,000				£1,000
Sport England			£9,500	£75,000	£10,000		£94,000
British Canoeing				£40,000			£40,000
Norwich Town Close Estate				£75,000		£10,000	£85,000
Geoffrey Watling Charity				£15,000			£15,000
Paul Bassham Trust				£10,000			£10,000
Alderman Norman				£5,000			£5,000
Foundation							
John Jarrold Trust				£1,000			£1,000
Total	£10,000	£1,340	£10,500	£221,000	£10,000	£10,000	£262,840

Following the significant increase in participation last year, over the winter we have reviewed the range of boats that we have and the capacity of the sheds and containers to accommodate more boats. We decided to look to sell a range of older boats to members and to other voluntary organisations like the scouts and sea cadets, and to replace these with an up to date fleet of boats. Over the coming months we will be increasing the fleet of touring boats, replacing and increasing the number of canoes, modernising the range of white water boats and introducing some play boats.

We are very grateful to The Norwich Freemen's Charity who have awarded us £10,000 towards this project and look forward to being able to offer an increased range of opportunities as a result. Stu

Time for an Update

Our Eagle logo has served us well for many years and with our brand new facilities and ever improving equipment, the Club's committee agreed it was time to look at the options for a new, modern feel logo to reflect a modern, forward looking club.

Si and I put together a wide range of logos which incorporated neighbouring canoe club's logo's, larger clubs from elsewhere in the country, paddling equipment logos and non-paddling logos and showed them to a range of current members to get a consensus feel for what style of logo we were looking for. Armed with this information, we met with a graphic designer to run through our initial thoughts. We were faced with a range of testing questions; a replacement or a refresh of the existing; incorporate boats / paddles; incorporate an image of an eagle; format of text; style of any images etc – so much to consider.

It was agreed that we were looking for a bold change. The club merchandise for the last 5 years has not included an image of an eagle nor any form of boat or paddle and as such we took the view that many members would support a significant change from the existing. We also decided that, given the range of disciplines within the club, we did not want to include images of boats or paddles as that would not represent the diversity of the club.

A couple of weeks later we met with the designer to run through the initial ideas and agreed which ones to progress. At the second draft stage 6 options were circulated to all coaches, club activity assistants and committee members, who commented on the different options and highlighted their preferred option and why.

The logo which has been selected from this process is more of an "image" than our previous logo and many people see different things in it; the wing of an eagle; the head feathers of an eagle; ripples in water

We've already started updating our web site, Facebook, Flickr, all our documents and literature, which you may have noticed.



In addition, we're creating a brand-new range of merchandise, available for club members to buy. This is available through Clothes2Order, a company specialising in clothing and merchandising. Head to our online shop for t shirts and hoodies, all available in blue, orange, charcoal and light grey. Visit http://stores.clothes2order.com/eagle-canoe-club/ to get your now! We've ordered some examples that we'll keep at the club, so you can check out colours and sizes, but we won't be holding any stock. All orders will be online, and can be one-offs or as many items as you like! We've set it up to raise some funds for the club too – a couple of pounds on each item, that's all – but they all remain a great price. So, please do get involved... Stu & Si



Playing at Playboating?

I bought my first boat at the end of last season and let me tell you - it's already taught me a lot. Until last year, the iconic blue g-force would bring to mind only one club member, the famed Otto Ross-Jolly. But now, with his tiny, light blue play boat mercilessly cast aside, for a much cooler and newer project X, I intend to rise to the challenge of learning how to play boat.

In the few months I have had this boat it has taught me more about myself than i thought possible - and not all of it is paddling related.

First it taught me a very important lesson - you roll a LOT when play boating, when you mess up and when you succeed - failure definitely being more likely in my case. I don't mean one or two times each evening, I mean I spent most of my club nights upside down at the end of last year. Until I forgot to bring a nose clip one evening, I never appreciated it enough and I will not be forgetting it again. I only really learnt to roll at the start of last year and now it seems to be the only skill I can really rely on when I'm on the water, especially with learning harder rolls like hand rolls, back deck rolls and rolling from a vertical paddle. You may be thinking "Rosie, of course you roll while play boating - have you never watched the coolest kidz of Eagle Canoe Club before?" Of course, I was aware you roll a lot, but many of their rolls look intentional. They're not. They are just very graceful unlike a certain someone writing this article. On the topic of rolling, I have also discovered that there is just enough time in a play boat between realising you are going to capsize and actually hitting the water to swear at least three times. If anyone breaks my record, please let me know.

On a less paddling related note, it has also taught me something I never realised. While outfitting my little blue play boat, not only did I discover that I have ridiculously short legs, but also my left leg is significantly shorter than my right. This hasn't affected me at all in anything else but it was still pretty interesting to find out. Discovering I have short legs was definitely more of a laughing matter, because now no one can fit into my boat except possibly a 4 year old - at this point my next boat may as well be a Jackson Fun 1.

The first thing I wanted to learn in my new boat was a play boat exit. If you ever see people in ridiculously tiny boats vertical next to the bank it's because they are trying to bounce themselves out of the water with beauty and grace - two things I



have never been able to achieve at any point in my life. The idea of a play boat exit is that you launch yourself out at a 45 degrees angle and flip over mid-air so you land the right way up, facing the water. Now I have mastered all of this... except the flipping over bit, which, it turns out, is pretty crucial. So, yet another lesson I have learn is that a face plant, although not ideal, is still better than face planting and then getting stuck under your own boat. In that situation you may think that if people realised you were trapped they would help you out, I did. I was wrong. They certainly help you eventually, but not before they've have a good laugh at your embarrassing predicament first. Disclaimer: all the coaches are lovely and helpful - but you need a bit of banter from time to time, right?

As an A level student, one of the most important lessons I have learnt from play boating is free periods at college are for work, not watching Nouria Newman and Brooke Hess kick ass. Free time is free territory to watch beater videos, carnage reels and year highlights of all the bad ass kayakers, study periods are, unfortunately, for studying. But, as a lactose intolerant person who eats ice-cream, I'm not going to let what I shouldn't do get in my way - let's face it, it's me, I'll do it anyway. You may think this is a bad idea, but bad ideas are there to show you how good you slightly better ideas are, like buying a play boat from a friend and aspiring to be amazing like the people you have looked up to (both physically and metaphorically) since you started kayaking



To conclude, in the few months I have owned my own boat. I have learnt:

- 1. You roll too much while play boating.
- 2. Swearing doesn't act as a support stroke.
- 3. I have ridiculously short legs.
- 4. Face planting is better than face planting and getting stuck like that.
- 5. You don't need to actively use your free periods to pass you A levels just hope for the best and aspire to leave academics and runaway and go paddling forever.

Ribbina.

If you are new to the club this year, welcome! If you aren't, welcome back! If you are ever having a down day on a club night, I welcome you to watch me flail about pretending I'm cool - you will feel so much better about yourself (remember - none of those rolls were intentional). See you on the water!

P.S - it is totally cool to have a cuddly duck on the front of your kayaking - if you disagree, you are just jealous. Rosie

The Lakes Whitewater Trip

In mid-November, about 25 club members headed to the Lake District for a weekend of whitewater. Martin had done a sterling job of organising people, boats, transport and accommodation for everyone, and by about ten o'clock most of us had completed the journey and were wandering in the darkness around the bunkhouse, trying but failing to get in. We adjourned to the pub instead, after which time we miraculously managed to break in, Eagle's finest minds cracking the door code and misleading instructions that until this point had kept us at the bar and away from our beds. Once in we managed to secure some dorms, sharing the place with a charming combination of fellow outdoor loons, social misfits wearing camouflage, and all thirty of the South Tyneside youth offending team, all aged no more than 12. We all made mental notes to keep electronic gear and

alcohol squarely out of site, and retired through creaking dormitory doors to bed, all hoping (vainly, as it turned out) that the next six hours would see volumes of rain fill the rivers. Mother Nature/Tomasz Schafernaker (delete according to your own beliefs) had other ideas.

Saturday morning saw us blearily reaching for smartphones to see if rain had fell, subconsciously glad we'd not lost them to the aforementioned youth, but slightly disappointed to see that it hadn't. We were all soon honouring the time-honoured Eagle tradition of hoovering up egg and bacon rolls whilst making polite, fuzzy-eyed small talk, at the same time internally debating

whether to feel guilty or relieved at not having been involved in cooking breakfast. Trying to hack the wifi, I resolved to enjoy what I'd been given, dribbling egg yolk down my fleece, promising myself that I'd do the washing up to absolve myself of any guilt. Might even nudge some mushrooms round a frying pan tomorrow?

Protracted conversations that we only ever going to end one way saw us load up and head to the Lune, the only river with any water in it, flowing out of the south-east corner of the Lakes. Everyone was in high spirits, getting kitted up, running the shuttle, many of us remembering kit, food or drinks we'd left in the vans that were now at the other end of the river. Soon we were on the river.

The first half of the river was low and scrapey, as expected. But we split into groups, and worked our way down, practicing moves and playing as we went. We were having fun. There are two clichés that came to

mind at the time, both often recited, and both usually true. The first is that you can make an easy river hard but you can't make a hard river easy. The first couple of miles certainly saw the first half of this statement coming into play, as coaches and group leads worked hard to get everyone going over some of the basics, partly to get everyone's skills back on form, and partly to keep everyone warm. The second cliché (cos I know I sound a bit whiney here, and I certainly don't mean to – it just comes

naturally) is sooner a bad day on the river than a good day in the office. This was by no means a bad day – I was on the river, with mates, in a beautiful place, doing what I loved. The office is warmer, and usually drier, but give me a river any day...



Soon, the river narrowed up a bit as the geology began to cooperate. This changed the river from wide, shallow and fairly tame, to a bit deeper, faster, and funner (is that a word? I wanted another -er word). We got to the point where rapids and drops actually had names – if they've been named, you can hope that they're worth looking forward to. The first, a drop off a river-wide shelf, with a narrow-ish gap to thread through immediately afterwards, saw all the groups bunch up to share cover. Everyone ran it, with very little issue, a couple of wobbles but nothing drastic.

Next came the biggest feature on the river, The Strid. This was a narrow slot in a bit of a mini-gorge, at the end of a fairly fruity run-in. The bottom of the drop was well churned and frothy, but with an inconveniently located rock that would require some directional control if it wasn't to cause problems. We all hauled out well in advance of the drop to scout it, taking the opportunity to munch on something and get some fluids onboard, whilst looking at the drop from as many angles as possible. I'll be honest – at this point I was expecting a handful of people to walk it rather than paddle it, but absolutely everyone ran it, which is a credit to the skills that the group as a whole has.

I seem to recall a couple of swims, but you don't come kayaking if you don't mind the occasional dip. Fair to say there would have been more if Martin hadn't perched himself onto the aforementioned rock to nudge people's front ends in the right direction, cos the drop was such that it could easily submerge your whole kayak, scrub off all your forward speed, and squidge you off course if you came through on a slightly off line or without enough speed to drop over the really churned up bit at the bottom. Soon after this, the end of the river made itself known, and we all scrambled up the banks, got changed, loaded up and



were on our way. Martin had made a great call for dinner, the Royal Oak in Keswick. Decent food, nice place, buzzy atmosphere, and three courses plus drinks were soon put squarely away. Afterwards, we spilt, some folk braving the standing-room only pubs in the town centre, some heading back to the centre to spend what remained of the evening sparring with our urchin friends from the Asbo gang.

Sunday saw even less water. We optimistically elected to try the Leven, which flows out of the southern end of Windemere, the only river with even the merest hope of some water in it. After an hour's drive, and what felt like an equally long time trying to rodeo everyone into the same place at the same time to discuss options, we made the awkward call of binning off the day's paddling. The stretch was less than 2km, and was essentially flat with one massive grade 4 drop at the end, which would have been particularly challenging as the low levels had exposed once again some inconvenient geology that was sure to unseat some of us right at the bottom. So instead, we donned walking boots, and headed to the hills on foot, Stu getting his Akela on when it came to motivation, group management and map reading. The weather was good (far walking – terrible for paddlesports!) with blue skies prevailing, and the scenery was of course fantastic.

We meandered through woods, across farmland, though hamlets and up onto the tops, to a small lake surrounded by pine and birch woodland. This was the ideal place for a spot of lunch, interrupted only by a splash or three, and much commotion. A sense of decorum dictates that I can only describe what we witnessed as a cross between a sasquatch and one of those curious pink amazon river dolphins, making some barely audible squeaking noises, as it dropped, hyperventilating, into the water. It swam aimlessly, like an overenthusiastic Labrador looking failingly for a lobbed stick for a few seconds, then emerged from the dark, peaty water considerably more pink than when it had gone in. I felt much like Mulder, having seen something I'd really struggle to explain, but was very grateful that the AGM awards were beginning to write themselves for me.

Soon after this retina-burning turn of events, we ended the weekend, piling back into vans, mini-buses and cars, all smiling, with that slight weariness that comes from days in the open and nights in the pub, grateful to have spent the time in such good company, in such a stunningly beautiful place. Thank you to everyone who came along and made it such a great weekend, and to Martin, for organising the trip, and for so much more! Si



Knowing When to Bail Out

Now this might sound a bit like the answer is "when your boat is full of water", but this is about knowing when to call it a day part way through your trip because circumstances are conspiring against you and continuing is likely to end up in an epic or an accident.

In all the trips I've been on, I can only think of 3 where I've made the decision to admit defeat, so you can see that it's not a decision which is made lightly. Two of these have been club trips, 1 in Slovenia and the other the recent canoe trip in Wales. The other was also a canoe trip with friends.

On the recent canoe trip, the group had been paddling really well on Saturday and while it had been raining all night, we decided to go and explore a new bit of river. The section we chose was grade 3, which is about the limit of what you can do in a canoe, and according to the online river gauges was at a good level when we were getting on the river (remember it had been raining all night!)

From the outset the river was running very fast and Jas, Mark & myself were concerned that if we had any capsizes bodies and kit would travel downstream very quickly, so we agreed a whistle signal to highlight the group to a capsize. We made good progress down the river and soon ran several rapids which were "interesting"! On one, while we took it in turns to come down a short section, the river rose by 10 cm (in about 10 minutes!).



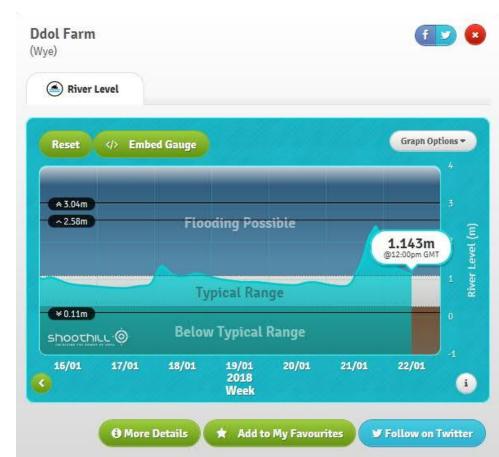
We soon arrived at what the guide book described as the first of several challenging grade 3 rapids. We got out above it to inspect it from the bank. The river went around a corner through an old railway bridge which has a high embankment up to it. We could only see part of the rapid and that started with a large stopper on the right of the river, and a lot of rocks on the left. We climbed the embankment for a better look at what was around the corner.

It was not a good sight from the top of the bridge! The river was a wall of white water, running through trees with some fairly substantial rock in the way too. It ran for about 700m and disappeared around a 90-degree corner which we could not see around. Decision time!

Most of the boats were being paddled tandem which means there is a high chance in big water that they will take on a lot of water, which then makes it almost impossible to steer the boat. We considered that it was likely that boats would swamp before getting around the bridge which then meant either 700m out of control, or a long bumpy swim with kit and potentially bodies disappearing around the next corner, with no idea of what lay ahead.

Options: We could carry the boats over the railway embankment to the next corner and re launch there, but may find more of the same and it would take a considerable time to do that. It was still raining and the river was still rising (it went on to rise to nearly the highest level in 4 years!) and it was therefore likely that the river would continue to get harder to paddle.

We were immediately next to a farm with an access road and easy access for the boats from the river to the track, and there was a main



road on the opposite bank which went straight back to the cars. We decided to talk to the farmer and see if he was happy for us to get off across his land (he was) and the drivers then were "taxied" across to the main road and hitched a lift back to the cars. John & I soon got a lift, while Mark ran most of the way (need to work on flashing a bit of leg Mark!)

So what factors influence such a decision?

Consideration	To continue with the trip	To call it a day
Likelihood of an accident.	What are the risks of capsize and how easy is it going to be to catch people and kit? What's the ability of the group? What safety kit have you got with you?	If there is a high probability it will go wrong, then assume it will. If you are already concerned that there is a risk, then your group will be twice as concerned as you and will not be paddling at their best, making the chance of a capsize higher than if they were relaxed
Knowledge of the area	Is it a trip you're familiar with? do you know what's around the next corner on the river / bay on the sea / lake how long it's likely to take to continue with the trip versus evacuate. If you don't know how much of the trip is left, you have no idea how long it's going to take (I'm just going to say Slovenia and leave it there for those in the know!)	Where's the nearest road? How far is it back to car? What's the likelihood of getting a lift? How do you get back to the group where you have left them – are you going to be able to find them again? How far is it to carry kit to where you can get a vehicle?
Group safety	How competent are the people in the group to deal with the conditions or any subsequent incident? What's the likelihood of a swim and what are the implications for the individual and the rest of the group?	Keeping people warm while you fetch cars
Available daylight	If you continue with the trip, even without a major incident are you likely to run out of daylight?	If you are going to run out of daylight whatever the decision, then better to be on the bank in the dark than on the water!
What's the weather doing / done / going to do	If it's the weather that's creating the situation, is it going to get better or worse? Remember that rivers continue to rise for a good time after it stops raining	

So, a few key lessons from my experiences:

- Always have a map of the area with you on the river
- Have a couple of phones with you (one for the drivers / one for the group left behind)
- Always have enough group shelters with you to keep the group warm
- Find out as much information about the trip before you go as you can
- Know what the weather is doing
- Know the ability of your group
- Know what safety kit you have before you get on the river



Fundraising – without lifting a finger

EasyFundraising.com

Just a quick note to remind you all of two means of helping raise some money for the club, with virtually no effort. The first way is using www.easyfundraising.com. Here's what they say:

"Collect free donations every time you shop online the easyfundraising way. It doesn't cost you a penny extra. When you shop online the easyfundraising way with one of our 3,147 shops and sites they give us a commission for your purchase. We turn that into a donation and give it to your good cause. Easy!"



Use it on your pc, laptop, download the app, whatever, it's a piece of cake. And by shaving off just a couple of percent of what you spend when shopping online, we've raised over £1,000 to date, and climbing.

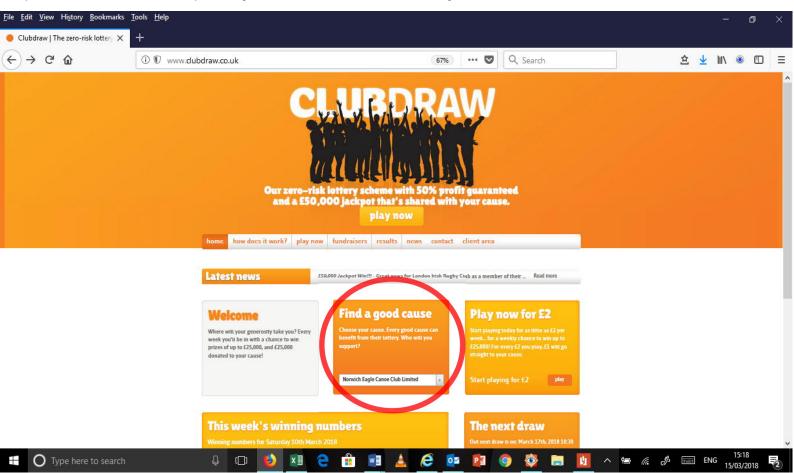
Clubdraw

Win £25,000 and Get Eagle £25,000 as well!

Apologies to those who are rolling their eyes because they have heard all of this before, but for those of you who don't know and for those of you who have always meant to sign up but never got around to it, we participate in a weekly draw where you can win £25,000. On top of that if you win £25K Eagle gets £25k as well.

We all know the chances of actually wining that amount is pretty low, but there are also prizes of £1,000, £25 and £5 and we regularly have someone winning a fiver. Even if you don't win, Eagle gets £1 from every £2 ticket sold so it all helps with funds. Yes, I know we all pay subs but this goes toward running costs and new equipment.

If you want to sign up, you have to be over 18 and the easiest way is to google Clubdraw and you will see a page like you can see below. Click on Norwich Eagle Canoe Club under "Find a good cause" and that will take you to an application. Alternatively speak to me, Trevor G and I'll provide you with a form and send it off for you. Good Luck!! Trevor G



The Socials

In the first of a new series, here are a few snippets from social media out there, with ties to paddlesport and general outdoorsiness; this edition includes a few Instagram accounts you may be interesting in looking up for inspiration. You may have your own followed accounts – let us know on our Facebook page...

First up, <u>@CampingVibes</u>. Plenty of shots of the great outdoors, with a distinctly north American vibe. See right for a great example. Bonus points for using a drone, of course.

Like what you see? Check out <u>@takemoreadventures</u> for more of the same.





Fancy something a little more local? When then there's always <u>@BroadsNationalPark</u>. See left. Featuring the best of our local patch, you'll find amazing shots of landscapes and wildlife that you can find by canoe or kayak any time, on your doorstep here in Norfolk.

This account will make you realise – if you don't already – how awesome the Broads are for canoeing and kayaking. So come on, join us exploring them...

For more national parks shots check out @nationalparks.uk, or for a slightly more global viewpoint see @natgeo for National Geographic's view of the world, and the ever pleasing @bbcearth for the best of the BBC Natural History Unit.

Something a little more high-octane? Well, here's a little something from <u>@RafaOrtiz</u>, a Mexican kayaker with facial hair as awesome as his lifestyle, and a penchant for swigging Red Bull whilst dropping eye-watering waterfalls. Something to aim for, perhaps?!? For those that have yet to experience Horstead Mill, it's very much Norfolk's equivalent to what you see Mr Ortiz playing on here...

take your pick, there's plenty to choose from out there... You could check out <u>@tylerbradt</u>, <u>@bennymarr</u>, <u>@rushsturges</u>, <u>@brookehess</u> or <u>@nourianewman</u> all pro kayakers with a huge social media presence to entertain the masses and keep the sponsors happy.





Need to the skills to get there? Well Eagle can get you so far, but check out the guys at @PlasYBrenin, in the heart of Snowdonia, for more training opportunuties.

An industry-leading training venue for all outdoor and mountain pursuits, you can book up for weekend or week-long courses at PYB, canoeing, kayaking, sea kayaking, climbing, mountaineering, mountain biking and tonnes more besides. Great venue, looking across the lake towards the Snowdon horseshoe, with a great breakfast, bar, and decent accommodation. You'll want to keen an ear out for the phantom trumpet player though...

Other training suppliers include <u>@glenmorelodge</u> in Scotland, <u>@newwavekayaking</u>, and <u>@gene17kayaking</u> to name but a few...

And, finally for this installment, don't forget to check out @ThisGirlCan on Instagram (and elsewhere, for that matter). This is an awesome initiative from Sport England, part funded by the National Lottery, designed to help women and girls overcome the fear of judgement that is stopping too many from joining in.

It's a campaign that Eagle Canoe Club is happy to support – for the last two or three years we've run TGC sessions, separate from the usual Wednesday night bunfight, to provide a setting where girls are able to get on the water in a supportive, structured environment. Check out our programme for the summer, our emails and our website for up-to-date information on how you can get involved.



TTFN

Right, that's just about enough for this edition, I hope you've enjoyed reading it. We're always on the lookout for articles, as long or a short, as serious or as lighthearted as you want. Have an awesome season on the water, folks! I'll leave you with a photo that embodies the Eagle vibe...

