



# Bradford & Bingley canoe club



Newsletter April 2009

Welcome to the April Newsletter. I hope you all read this as there is some important information concerning training sessions

## Thursday Night Club Sessions

The committee have had a planning session. We are trying to ensure that everyone has coaching opportunities, including adults. We are trying to fit a quart into a pint pot!

The best way that we can see to achieve this is to run three sessions on a Thursdays evening

Session 1 - 5- 6pm - Division 1 2 3 ish junior paddlers - see Tony

Session 2 - 6 - 7pm - Junior novices - see Tony

Session 3- 7 - 8pm - Adults – see Wendy

These times will apply from Thursday 19<sup>th</sup> March 2009

Confirmed sessions for Session 1 and 2 are

19/3 - both sessions

26/3 - both sessions

2/4 - probably neither session

9/4 - both sessions

16/4 - neither session (Easter)

23/4 - both sessions

30/4 - both sessions

Tony and Scott will do they're best to stick to the above but things could change, in which case, Tony will contact you. For this all to work it is important that they know whether you are coming or not so all juniors please text Tony on 07887 885011 no later than 9 pm on the Wednesday evening to confirm. Some of the sessions will be run by one coach and they cannot exceed a ratio of 1 to 8 so they may be limited spaces available on the second session - first come, first served! Please do not turn up unannounced.

Tony will continue to co-ordinate sessions 1 & 2.

For the open club sessions (session 3) and you're a beginner, adult or not part of the junior section and you want to paddle on a Thursday night, email Wendy with a bit of notice, and she will advise on water levels and ask for a coach or other competent paddler to look after you.

Wendy [acuwoo@fsmail.net](mailto:acuwoo@fsmail.net) or text on 07786 443 631

If you are part of Eamon's group please liase with him.

Wendy is also hoping to start a slalom training session on a fortnightly basis for adults (and older juniors by invitation). We will let you know when this starts.

Wendy has agreed to organise the harder river trips and to take part in these you must be an experienced paddler.

I believe Eamon has agreed to organise the easier river trips

Anyone interested in taking part in any river trip please let Wendy, Eamon and myself know and which is your preferred day

[acuwoo@fsmail.net](mailto:acuwoo@fsmail.net)

[bradbingcanoe@gmx.com](mailto:bradbingcanoe@gmx.com)

### **Swale Charities Paddle**

The annual charity paddle on the Swale is over the weekend of 21st and 22nd March. This year, the charities they are supporting are Swaledale Mountain Rescue Team, Help for Heroes and Farm Crisis Network.

Hopefully they will have some water in the river. Those of you who came along last year will remember that the level was came up on the Saturday, and stayed up for Sunday. As usual, they will be running a driver shuttle from Richmond back up to Grinton.

Please email if you want any more information. [swalepaddle09@googlemail.com](mailto:swalepaddle09@googlemail.com)

### **Open Meeting –**

The next open meeting is due in May and this will deal with Slalom organisation so any of you would like to volunteer for thing to do please let me know otherwise you may get volunteered.

### **Other News – Working Party Days.**

We have arranged 4 working party days over the year where we get together over a weekend, Saturday or Sunday, to keep the site tidy, ie clean the gutters, cut the grass and do the gardens etc.

We have just had a successful one on 7<sup>th</sup> March where Wendy climbed a ladder and cleaned the gutters. Wendy and I would like to say a BIG THANK YOU everybody who turned up to help.

I am planning on being down for a unofficial do at the garden on Saturday 28<sup>th</sup> March so if anyone would like to come down with a strimmer your help would be appreciated with some grass cutting etc.

Wendy, Colin and Dave will be down on Monday 6<sup>th</sup> April and the plan is to dig some holes on the Island and get some slalom gate supports in place. : Again if any one is free (it is school holidays) then please contact Wendy to give your support. They will also require someone to make tea or coffee for them so if you feel able to do this along with general tidy up then your help will be appreciated.

### **Coaching ( from Niell)**

Scott is happy to have some Coaches running sessions on Thursday under his supervision. This is to all our L1s and aspirant coaches advantage. We are hoping to get a rota system in place so that all wannabe coaches get the experience needed to move to the next level. If you can volunteer to help with some of our Thursday sessions even if only once a month this will help you progress to the next stage

The club is struggling for coaches and regarding our existing senior coaches the club needs the ability to take some pressure off them. To that view Neill would like to push some coach development as one of the main parts of the programme this year. Part of that is getting the experience of running sessions under our belts. He'd like all of us to run some sessions and to look at moving forwards with further coaching qualifications when you feel comfortable.

Tony and Scott have starting Thursday Sessions again and Neill would like this to be the start of the development process for at least some of you. If you want to take some of these sessions please let Neill know and he'll set out a calendar. If no-one contacts him he'll start chasing you individually (You've been warned)

Moving forwards with qualifications - there is usually club funding available for this and I'll speak to Wendy nicely when people feel in a position to take a course.

## **New Funding**

To all under 19's we would like you to possibly apply for funding so would like at some time to get you together to find out your views and fill in forms. Who would like to be part of this funding initiative? Please let me know and we will set up a meeting. Tony has agreed to talk to the juniors about this and we are hoping that Jez will advise as he knows what it is all about. (sorry Jez you got volunteered). This funding is for juniors and is to be put together by juniors and is awarded by juniors so it is in your interests to get together to apply.

Finally the slalom season is starting so if anyone goes to a competition please send me a little report which tell me who was where and what positions they came along with something about weather and river levels, thanks

**Important** – please can we all remember that if you are on the water at the club and there is no-one in the store the roller doors and personnel door must be locked

**If you use club equipment please also remember to sign it out and back in, the book is on the main notice board.**

Please let me know if you have renewed your membership so that I can keep sending you the newsletter. Anything you want on the next newsletter please forward to me.

Anne