



CANOE'S NEWS



CHRISTMAS CHEER!

Christmas has barrelled down upon us and is now just around the corner. Yipee! Wishing you all a very Merry Christmas and all the best for the New Year. We look forward to seeing you all at Nationals, if not before.

The office will be closed 22 Dec – 10 January. Please contact staff only for emergencies – details at end of newsletter. Safe travels and happy paddling!

NZ SPRINT CHAMPIONSHIP & OCEANIA CHAMPS

18-20 February 2011, BLUE LAKE ROTORUA

NZ Sprint Nationals will be combined with Oceania Champs in February as we welcome paddlers from Australia, Samoa, Tahiti and other Pacific Islands.

The programme will run over 2 and a bit days, starting at 2pm on Friday with U23, Open and Masters races, and finishing Sunday afternoon with a full day of 200m races. U23 is a new category for us and we're trialling K1 200 and 1000, and the K2 200 at this event. If athletes support this age group we'll add other races to it in future.

As there was some confusion over disqualifiable offences at BL2, we have these listed later in the newsletter. Any DQ will result in a disqualification from the whole regatta, so make sure you are well aware of your responsibilities. We will have ICF Officials at Nationals who will also be qualifying our own Officials to ICF level. This is great news for the sport.

For full Nationals information go to the website www.canoeracing.org.nz and look under "Events". Entry forms will also be available, and entries close 5.00pm 31 January 2011. Please note that we **will** be enforcing the NO LATE ENTRY policy.



Issue 8/2010
November 2010

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Events Jan-Feb

- 3 Jan . Hawkes Bay Kayak & Rowing Picnic Regatta, Clive
- 9 Jan . Rangitikei River Race
- 23 Jan - Pocock Paddling Cheltenham to Long Bay, 20km
- 30 Jan . Oceania Slalom Champs, Shannon
- 5 Feb . Bhutty Moore Memorial, Tauranga
- 18-20 Feb NZ Sprint & Oceania Championships, Rotorua
- State Beach Series, Tuesdays til 22 March, Takapuna
- RAYC Paddle series, every 2nd Thursday 20 Jan, 3 Feb, 17 Feb, 3 Mar, 17 Mar, 31 Mar, Okahu Bay.

Full details of events on the website.

Website

Our NEW WEBSITE is here. You can load items for sale onto our Trading Post, View photos in our photo gallery, read our situations vacant+ look up tons of upcoming events, and much more!

www.canoeracing.org.nz

DISQUALIFICATIONS

Refer also ICF Rules

You will be DQ'ed from all subsequent races for any of the following offences:

- Second false start (the first is called False Start – one chance – the second is out)
- Scratching from a race
- Not showing up at the start line on time
- Not showing up at the start line at all
- Bad language and unsportsmanlike behaviour
- Not wearing club uniform (if racing under a club)
- If non-affiliated you must wear a **black** racing top.
- Non-submission of Event Waiver Forms (all ages). Submit once per season at first regatta attended.
- Non-submission of Anti-Doping forms. Submit once per season at first regatta attended.
- GPS visible to the paddler.

You may substitute up to 50% of members in team boats as long as notification is given in writing to the Chief Official at the appropriate managers meeting (morning or afternoon sessions) prior to the race.

At Nationals we will be holding team managers meetings as follows:

Friday 1.00pm	Friday evening 8.00pm
Saturday morning 7.30am	Saturday lunchtime
Sunday morning 7.30am	Sunday lunchtime

All Managers must attend these meetings with the exception of the Friday 1pm meeting if you have no club members involved in Friday's racing.

CLOTHING

For all CRNZ Regattas

All paddlers must race in their club uniform, or country uniform if paddling for your country (Oceania).

Any non-affiliated paddlers must wear a plain **black** racing top.

NZ MARATHON NATIONALS

Hosted by Mana Kayak Racing Club

Mark your diaries for 16-17 April 2011 for this event. The venue will be advised in the New Year but will definitely be in the North Island and hosted by Mana Kayak Racing Club.

The event will be run per the ICF standard, i.e. a 7km loop with portages – 28 km for Open and U23, 21 km for U19 and 14km for U17. There will also be a Masters division (distance TBC) and the event will be open to other craft including waka.

START BOAT FOR NATIONALS

18-20 February 2011, Rotorua

We are looking to hire a nice sturdy boat for Starter duties Nationals. So if you have something suitable and are happy to bring it along please contact Karen (details at end of newsletter). Mileage for towing the boat will also be paid and if you prefer to drive the boat yourself during the event you are most welcome.

TRIALS

17-19 December, Lake Pupuke

In accordance with the Open Selection Regulation and the U23 Selection Regulation the CRNZ Selectors will be holding a selection trial at Lake Pupuke from the 17th - 19th December to assist them in making selection decisions for the National Squad (Open Team) and U23 teams to attend the 2011 Australian Grand Prix 2 Regatta. Good luck to all those athletes trialling this weekend.

AMAZING KIWI INVENTION

Cadence sensor for paddlers

Down in Dunedin some very clever people have been on a quest to develop a kayak cadence sensor that will send stroke rate data to a Garmin watch. There is no doubt that cadence or stroke rating is an important element of high performance kayaking but traditionally the best we could do was guess cadence, or use a stopwatch to time paddle strokes. Now cadence data can be displayed in real time on your Garmin watch allowing training sessions to be accurately based on cadence and displayed alongside speed, distance and heart rate and then downloaded to your computer, using the Garmin software, for later analysis.

Paddlers will find the instant feedback useful for accurate intensity training. A training session may involve 1km efforts at a cadence of 42 double strokes a minute with 250m active recovery at 35 double strokes a minute. The cadence sensor gives instant feedback so any lessening of intensity during the session is immediately obvious. For coaches the later analysis data will show how closely the athlete followed the training session and in combination with heart rate, and speed, sessions can be tailored for endurance, lactate and VO2max training.



The Cadence sensor tapes to the centre of your paddle. Set up requires it to be paired with your Garmin watch for wireless data transfer, and full instructions come with each sensor. It needs to be recharged on a regular basis, usually weekly although the battery will last about three weeks before depleting. Once it is charged and setup you just turn on your watch and start paddling, the very clever people in Dunedin have taken care of the rest.

RETAIL Each unit retails for \$250 + gst,
SPECIAL Special offer for CRNZ members; \$225 +gst on orders of five or more sensors
CONTACT Brendan O'Neill bponeill@es.co.nz 0212218393 Or view on CRNZ website Trading Post

CEO STATEMENT

SPARC Funding

SPARC announced funding today for high performance investment in 2011 and 2012. SPARC will be making a \$900,000 investment in 2011 and a \$1 million investment in 2012 into our high performance programme. However due to the recent issues in the sport highlighted in the media the investment has some conditions attached. An extract from the SPARC media release states

"SPARC's \$900,000 investment in Canoe Racing NZ for 2011 is subject to confirmation of its coaching structure and ensuring the right environment is created for all of the athletes within the national training squad," he says."

The \$900,000 for 2011 is less than what we received for 2010 and also less than our funding application for 2011. Therefore budgets will have to be revisited with savings made across the board. We are aware of the issues which gave rise to the conditions attached to the investment and we are working with SPARC to ensure we meet those conditions. If you have any queries please do not hesitate to contact me.

Merry Christmas to all of you and your families. Regards, *Paula*



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