

## GET TO KNOW OUR OLYMPIANS Congratulations to those kayakers selected for the 2012 Olympic Games

### CANOE RACING

#### NEW ZEALAND OLYMPIC CANOE RACING TEAM

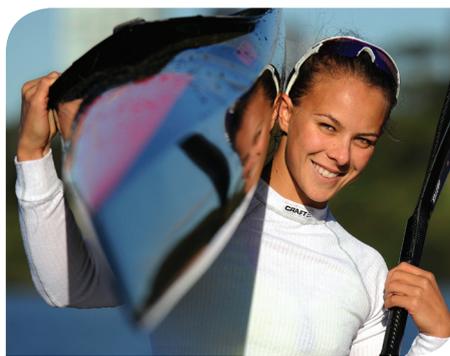
Lisa Carrington (K1 200, K2 500 Women)  
Erin Taylor (K2 500 Women)  
Teneale Hatton (K1 500m)  
Ben Fouhy (K1 1000 Men)  
Darryl Fitzgerald (K2 1000 Men)  
Steven Ferguson (K2 1000 Men)

#### DID YOU KNOW

Canoe Racing has been part of the Olympic Programme since 1936 (1948 for women). In 1984 New Zealand won four gold medals in Canoe Racing in the K1, K2 and K4 events. That was followed up by another three medals (gold, silver and bronze) in 1988, before current Olympian Ben Fouhy won silver in 2004 in Athens. The NZ Canoe Racing Team has extensive Olympic experience with Steven Ferguson preparing to compete in his 4th Olympic Games (2000 Olympics – Swimming, 2004, 2008 – Canoe Racing). The first time NZ had a women at the Games was in 2008 with Erin Taylor who finished 10th.

*Athlete Life Advisor Susan Thomason has worked as a support person for New Zealand's top canoe racers over the last four years and has seen many developments and changes within the sport. "It is admirable that the athletes have been able to continue training hard and competing well despite these changes, showing resilience and determination to succeed on the world stage," she says. Relationship management is important in any sporting campaign and with the challenge of competing in two different events both Carrington and teammate Erin Taylor have worked hard to establish common values to achieve their team and individual goals.*

### LISA CARRINGTON



CHALLENGE  
PRIDE  
DREAM  
ENJOYMENT  
COURAGE

#### LISA CARRINGTON (WOMEN'S K1 200)

Current World Champion Lisa Carrington has had a rapid rise to success in her sport. In 2007 she was involved in Surf Life Saving when her dad convinced her to attend a canoe racing development camp, thus beginning her Olympic dream.

From there, she hasn't looked back. Carrington competing at the 2010 World Championships with Teneale Hatton in the K2 500, finishing 9th before winning the World title unexpectedly in the K1 in 2011, after she was given the opportunity to further her racing experience in a different event. Carrington has always had a goal of competing as a K1 athlete, and took up the opportunities the sport provided to develop her skills as a paddler. She has a good working relationship with team mate Erin Taylor in the K2 event, and is still able to pursue her dream in the K1.

Lisa says there is no easy way around winning a gold medal. "If I find something hard, and I really dislike doing it, then it probably means I have to do it," she says. "My support team has been great at helping with the internal pressures of being an athlete, both within and outside the sport," she says.

Lisa spends time ensuring she has good systems in place to utilise her support team on her journey to London. Sharing her experiences, despite the geographic challenges includes sending postcards, keeping a travel diary, or using skype to

catch up online, which help 'normalise' the experience of preparing for an Olympic Games.

*HPSNZ's Performance Consultant Byron Thomas provides support and advice to Canoe Racing NZ. He recently travelled to two World Cup races in Europe and says the trio of Lisa, Erin Taylor and their coach Gordon Walker epitomise the saying, 'nothing replaces hard work, other than smart hard work'. "Since becoming world champion, many aspects of Lisa's planning and performance have been taken to an even higher level," he says. Thomas explains that the improvement in performance has come from a combination of robust planning, quality coaching, and valuable support, with Coach Gordon Walker doing a great job of leading the campaign.*

