



CANOE'S NEWS

CANOE RACING NZ INC. – Issue 3/2012

Olympic Countdown!



Lisa Carrington & Erin Taylor



Steven Ferguson & Darryl Fitzgerald

Friday 27 July marks the final day of the London 2012 Olympic Torch Relay. Already 10 million people have lined the route of the Torch Relay, and on the final day of its journey, the Relay will gather momentum at Hampton Court Palace where Torchbearers will carry the Flame around the grounds of the Palace and through the world's oldest hedge maze.

The finale to the public participation in the Torch Relay will see the last Torchbearer on the River Thames carry the Flame to Tower Bridge for a final photo opportunity in front the Olympic Rings at approximately 12.45pm. The Flame will then remain out of public view at City Hall until it appears at the London 2012 Opening Ceremony.

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Upcoming Events

July-Oct 2012

10km Series:

- Royal Akarana, 29 July
- 10km Champs, Rotorua 8-9 September

Other Events:

- Brass Monkey 7 July – 5 Aug
- Beaverton Badboy 11 Aug
- Otago Winter Series 19 Aug, 16 Sept
- The Paddling Project series, 29 Jul, 19 Aug, 23 Sept
- Ruamahunga River Race, 2 September
- Canoe Showdown 6 Oct
- Blue Lake 1 Sprint Regatta, Rotorua 13-14 Oct
- Tour de Tasman, Marahau Bay, Nelson 20-21 Oct
- Sth Island Sprint Regatta, Twizel, 27-28 Oct

FOR MORE INFO GO TO **EVENTS**
ON THE WEBSITE

www.canoeracing.org.nz



www.facebook.com/canoeracing

Our own six Olympic athletes don't arrive in the Olympic village until early next week, preferring to continue their training as long as possible where they have access to the water – the availability of the Eton Dorney course is very limited as it is shared with the rowers and of course all the other countries participating. To watch the racing Live see the SKY schedule below shown in NZ time. Note: Semi finals will be raced following the heats, so it could make for a late night for us at home!



SKY Sport Live Coverage Schedule

Date	Sky Sport Channel	NZ Time Coverage Starts	Event	Athletes
Mon 6 Aug	6	8.25pm	Mens K1 1000m Heats - Semis <i>To progress:</i> <i>Heats: 1st to 5th + best 6th place to the semi finals</i> <i>Semi: 1st to 4th to A Final; 5th to 8th to B Final</i> Mens K2 1000m Heats - Semis <i>To progress:</i> <i>Heats: 1st to 6th to the semi finals</i> <i>Semi: 1st to 4th to A Final; 5th to 8th to B Final</i>	Ben Fouhy Steven Ferguson & Darryl Fitzgerald
Tues 7 Aug	6	8.25pm	Womens K1 500m Heats – Semis <i>To progress:</i> <i>Heats: 1st to 5th + best 6th place to the semi finals</i> <i>Semi: 1st to 4th to A Final; 5th to 8th to B Final</i> Womens K2 500m Heats – Semis <i>To Progress:</i> <i>Heats: 1st to 6th to the semi finals</i> <i>Semi: 1st to 4th to A Final; 5th to 8th to B Final</i>	Teneale Hatton Lisa Carrington & Erin Taylor
Wed 8 Aug	5	8.25pm	Mens K1 1000m & K2 1000m Finals and Victory Ceremonies	Ben Fouhy Steven Ferguson / Darryl Fitzgerald
Thur 9 Aug	7	8.25pm	Womens K1 500m & K2 500m Finals and Victory Ceremonies	Teneale Hatton Lisa Carrington & Erin Taylor
Fri 10 Aug	7	8.25pm	Womens K1 200m Heats – Semis <i>To Progress:</i> <i>Heats: 1st to 5th + best 6th place to the semi finals</i> <i>Semi: 1st to 4th to A Final; 5th to 8th to B Final</i>	Lisa Carrington
Sat 11Aug	7	8.25pm	Womens K1 200m Final and Victory Ceremony	Lisa Carrington

Interesting fact sheets including notes on the competition and the races themselves, can be found on our website along with the full Sky Sport coverage schedule. <http://www.canoeing.org.nz/home-1/news/archive/2012/olympic-timetable>

We will be updating both the website and Facebook with up-to-the minute results and reports from London. So make sure you LIKE our page to get the updates on your facebook page. <http://www.facebook.com/canoeracing>

Cheer them on with us!



Steve Ferguson & Darryl Fitzgerald



Ben Fouhy



Lisa Carrington & Erin Taylor



Teneale Hatton



Olympic Posters to Schools

Thanks to Pak'n Saves Hutt City & Petone

Everything we do we do to save you money.

A BIG THANK YOU to Leo & Kieran O'Sullivan from **Pak'n Saves Hutt City & Petone** who have generously partnered with us! Their sponsorship has enabled us to print and send out thousands of posters of our Olympic K2 crews to clubs and schools around the country as well as assisting with other sport initiatives. We are most grateful for their support.

Anyone interested in receiving posters, or if you have a school you'd like sent some, please let Anneliese know. Anneliese.goodinson@canoeracing.org.nz



Kayak Crazy 10km Series and 10km Champs

The last few races of the series have been a lot of fun with somewhat dramatic winter conditions. See the stories from each race on the website news page <http://canoeracing.org.nz/home-1/news> and check out the series results table on <http://crnz.resulthq.com/Series>

Remaining 10km Series races

Full details for all races are online <http://canoeracing.org.nz/home-1/events>

- 29 July: Royal Akarana Yacht Club, 3.30pm Start
- 12 August: Karapiro, Gate 3, Karapiro Domain, Lake Karapiro, 10.00am start
- 19 August: Waitemata, 8.00am start
- 8-9 Sept: 10km Champs, Rotorua



The final event of the **Kayak Crazy 10km series**, the **10km Champs** will be held on Lake Okareka in Rotorua on 8 & 9 September. The series has 3 age groups: Masters, Open and U19. The champs will also include U16.

On Saturday afternoon we plan to race the K1s, and Sunday morning the K2s. Come down and make a weekend of it - the last in our winter paddling 10km series. Fees: Open/Masters \$25, U19 \$20

Lots of spot prizes and some warm food after the racing.

North Island Development Camp

25-26 August 2012, Rotorua



The North Island Development Camp entries close on Friday 27 July, so last chance to book a place if you're keen. The camp will be held in Rotorua 25-26 August. Full details on the website:

<http://canoeracing.org.nz/home-1/inside-crnz-1/announcements/north-island-development-camp>

Big thanks go to **Youthtown** for providing funding to assist with this camp.

Any queries to deb.marras@canoeracing.org.nz.

ICF Canoe Marathon World Champs

Congratulations to Andrea Bunn, Glenn Muirhead, Ben Bennett, Paul Randall and Adam Fraser who will be representing New Zealand at the ICF World Marathon Champs in Rome in September. Watch this space for results and updates.

Happenings in High Performance

Report by Grant Restall, High Performance Manager

London Olympics

The Olympic team are in the final stages of the build up for the 2012 London Olympics.

The team has been training in 3 separate locations in their build up. Lisa and Erin have enjoyed the great water on the Munich Regatta course in Dachau Germany. Teneale, Steve and Darryl have trained in pristine weather conditions on Lake Pusiano in northern Italy. I have noted Ben's weather conditions have not been as good but training with Beijing Gold medallist and on the Olympic course has more than made up for the weather in London.

The opening ceremony is on 27th July and the New Zealander's are arriving after that. This is because of availability of the training lake due to the rowers using it during their racing. So Teneale, Steve and Darryl are arriving into the village on the 29th July and Lisa, Erin and Ben arrive 3 days later on 1st August. All are very excited about racing and the butterflies are hatching as race day looms and excitement builds.

Age Group Tour

At the time of writing the U18 and U23 team have been racing at two national champs in Slovenia and Czech Republic. The team has been reporting back through the website and listing the highlights. The team has performed well at the first regatta in Slovenia and are looking forward to the more competitive event in the Czech Republic.

This is a huge project to organise for team management, athletes and parents, as not only is it a challenge logistically but also funding-wise. A big thanks must go to many people but especially Alan Thompson and Paula Kearns for their work towards the trip, and to Cue Sports Foundation for generously funding the accommodation in Racice and First Sovereign for funding the NZ training camps. The benefit for our athletes is for them to get to compete against other athletes from other countries, learning to deal with the added stress of international racing and finally learn more about themselves.

HP Camps

As we are coming out of winter and into the New Zealand competitive season, we are starting the HP camps.

The U18 & 23's have had their first camp already and the first open camp will be worked in with the 10km champs. With the camp numbers limited and particularly with the open, the emphasis for attendance will be on the most recent results. Also in the camps this season there will be testing done to establish individual strengths and weakness for paddlers.

Selection Policies

A lot of work has been done on these and they are close to being submitted to the Board for approval going into the 2013 season. One of the challenges with selection documents is to provide a straight forward simple policy that allows for all scenarios. In the document, one of the key messages is to tell the athletes what they need to do and when by. One of the other issues that strikes us in the age groups, is athletes need to compete in the age groups they wish to be considered in. For example if an athlete is in the last year of an age group at NZ nationals and they wish to compete under 23 in the coming winter season then they would need to compete in some U23 races to enable selectors to judge their level.

Powerblade

This is a device that has been in development for some time and now looks to be underway in earnest. Powerblade has been taken over by Goldmine and has other features added in with it. Goldmine has been working with BikeNZ then rowing and now it's kayaks turn.

Powerblade will eventually provide us with force measurements, GPS data and heart rate. With these inputs a lot of information will be able to be generated. Currently Rod Siegel (our Sports Physiologist) is working with Goldmine to help with reports and software needed to generate this information. This will be an exciting time for kayaking in this country over the coming years.

2016 Plan

There has also been a lot of work being done on the plan leading us forward in high performance for 2016 and onto 2020. This plan will form the basis of our HP funding application with HPSNZ this year. There appears to be a consideration of a move, more towards the 4 year cycle from HPSNZ where as other years have been more year by year focus.

As you can see it's been a busy year and particularly the last few months. All our energy in the next couple of weeks will be focused on London and bringing some medals home!

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Nobody who ever
gave his best
regretted it

Anonymous

Juniors & U23s in Europe

A team of U18s and U23s have spent the last two weeks in Europe, last week competing at the Slovakian National Champs and this week they will take on the Czech Nationals. Their racing results have been very encouraging with a good fist of medals so far.

Read all about their trip on the website which is updated regularly

<http://canoeracing.org.nz/home-1/news/archive/2012/juniors-in-europe>



A note from the CEO

Olympics

I am incredibly proud to be leading a sport that has six extremely talented athletes about to compete at the pinnacle global sporting event - the 2012 London Olympic Games. Now only days away from the start of the Games and just over a week from the start of the canoe sprint racing on 6 August 2012, this is an exciting time for our sport.

I was extremely pleased that NZOC supported our case to include Teneale Hatton in the team. This is a great opportunity for Teneale and it's great for her and our sport that NZOC recognised her potential.

Lisa, Erin, Teneale, Ben, Steve and Darryl have all spent thousands of hours training and their commitment and dedication to success can only be admired. We wish them all the very best for their racing and we will be watching from afar and willing them on!

We have used the Olympics and the build up to it as an opportunity to raise the profile of the sport. Hopefully you have now all seen or received our Olympic posters produced as part of our approach. We have generated lots of positive media and also some sponsorship. Welcome to campaign sponsors **Pak n Save Hutt City and Pak n Save Petone** and thanks for your support.

Board/Strategy

The Board held its second meeting/workshop in June and continued with its strategic discussions for the sport. They next meet in September to further progress the Whole of Sport Strategy 2013-2016.

Sport Development Co-ordinator – Deb Marras

I am excited that Debs will be starting in the office on 6 August after staying on in Europe to support the U23/U18 campaign. It will be great to have someone with Deb's energy and enthusiasm driving progress in developing our sport.

Spring is just around the corner and I am looking forward to seeing more daylight and more progress in our sport through 2012 as we continue to achieve our **Vision "To Be Recognised as a Successful, Thriving and Professional Sport."**

Paula Kearns
CEO