



# CANOE'S NEWS

CANOE RACING NZ INC. – Issue 5/2011

## Junior paddlers hit Europe

For many of the eleven-strong junior team, the Czech Nationals this weekend will be their first international regatta, and excitement levels are high.

The Czech National Champs (22<sup>nd</sup>-24<sup>th</sup> July) will act as a precursor to the ICF Junior World Champs the following weekend in Brandenburg Germany (28<sup>th</sup> – 30<sup>th</sup> July). The team has been training in Racice, not far from Prague, for the last week and have been working on team combinations and generally preparing for racing.

### Combinations:

#### Women

K4 500m	Danielle Currie, Karina Radley, Kim Thompson, Aimee Fisher
K2 200m	Karina Radley, Aimee Fisher
K2 1000m	Danielle Currie, Kim Thompson
K2 500m	Julie Sweetman, Jennyfer Fidow
K1 500m	Jennyfer Fidow
K1 200m	Julie Sweetman

#### Men

K4 1000m	Cory Taylor, Alex Fort, Zac Quickenden, Andrew Roy
K2 1000m	Cory Taylor, Alex Fort
K2 500m	Cory Taylor, Zac Quickenden
K1 1000m	Jack Wilson
K1 500m	Jack Wilson
K1 200m	Andrew Roy



**TEAM:** Back: Cory Taylor, Leigh Barker (Coach), Aimee Fisher, Zac Quickenden, Alex Fort, Andrew Roy, Jack Wilson  
Front: Anne Cairns (Mgr), Julie Sweetman, Jennyfer Fiddow, Kim Thompson, Danielle Currie, Karina Radley

Whilst the work levels at the camp have been high, there's also been some down time for the team to have a good look around Racice, and do a day trip to Prague.

In amongst it all, a sprint challenge (running) between Coach Leigh Barker and Danielle Currie provided some comic relief – with Danielle almost losing her lovely blonde locks in the bet!

All this news and much more has been uploaded to the website [www.canoeracing.org.nz](http://www.canoeracing.org.nz) along with blogs from the team on the home page. We're posting their news and photos to both the "News" section of the website and to our Facebook page. We'll be sure to update results and photos as soon as they come in so find us on Facebook and "like" us to receive these regular updates.

***A lifetime of training comes down to just 10 seconds.***  
*-Jesse Owens (1936 Olympic sprinter)*

### Issue 5/2011

July 2011

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#### Upcoming Events

##### July-Sept 2011

- 24 July: 10km series & Ngaruroro River Race, Hawkes Bay and Arawa (at Kaiapoi Rowing Club)
- 30 July: Beaverton Badboy, Grovetown Blenheim
- 31 July: Brass Monkey 4, Lower Waimakariri River
- 28-30 July: Junior World Champs Germany
- 13-14 Aug: 10km series Waitara
- 14 August: Brass Monkey 5
- 21 Aug. 10km series Royal Akarana (Pocock Paddling)
- 21 Aug: 10km series Arawa (Kaiapoi Rowing Club)
- 3-4 September: Athlete/Coach Development Camp Rotorua
- 4 September: 10km CHAMPS Rotorua

Full calendar available on the website.

[www.canoeracing.org.nz](http://www.canoeracing.org.nz)

# KAYAK KRAZY

## 10km Winter Series

Don't stagnate over winter!

SERIES RACES AROUND THE COUNTRY

Kayaks, surf skis, sit-ons, waka— all welcome!



The Kayak Krazy 10km races are going great guns, with the most recent one at Mana a huge success. Despite the storms that had been raging around the country, the Porirua Harbour was relatively sheltered and an altered course make for some great paddling, with a few more turns than usual for a race like this.

Results for all the races can be found online: <http://crnz.resulthq.com/series>. You can see where people are placed for the series, and click on the race to see where they place in individual races. You need to paddle 2 races, plus the champs on 4 Sept, to win the series. You can also enter the Champs only and win 10km age group titles. The following races are coming up!...

- 24 July, Hawkes Bay Kayak Club: Start 11.45am (11.15am briefing) at Chesterhope Bridge, Pakowhai Rd. Finish Clive.
- 24 July, Arawa Kayak Club, venue Kaiapoi Rowing Club
- 13-14 August, Waitara Kayak Club (under the town bridge by Rowing club), 10.00am start. Doubles Sat, Singles Sun.
- 21 August, Royal Akarana Yacht Club, Orakei, Pita Pit 10km series, 3.00pm start (surf skis and sit ons only)
- 21 August, Arawa Kayak Club, venue Kaiapoi Rowing Club
- 4 September, **10KM CHAMPS**, Lake Okareka, Rotorua: 9.00am start 10km Champs. Afternoon fun teams race (start with a K4 of 4km, split to K2 of 2km, finish in K1 of 1km).

(note: development camp on 2-3 September)

Each Race Cost \$20 (under 19) \$25 (19 and over)  
Champs: \$30 (under 19) \$40 (19 and over) Includes both the morning and afternoon events plus prizes!

Enter and pay online.

<http://crnz.resulthq.com/series>



We'll be uploading photos and results from all of our events and overseas campaigns so "Like" our page to get regular updates. Remember to recommend us to your friends!  
<http://www.facebook.com/pages/Canoe-Racing-New-Zealand/211290592234802?sk=wall>

## HP Squad to tackle

### Olympic qualifier

The New Zealand Kayak Team is about to tackle the Olympic qualifying event when it attends the 2011 ICF Canoe Sprint World Championships in Szeged, Hungary, 18<sup>th</sup> - 21<sup>st</sup> August.

The New Zealand Team will be targeting 6 events with 10 athletes for outright qualification for the London Olympics.

The events will be as follows:

Women's K1 200m	Lisa Carrington
Women's K1 500m	Teneale Hatton
Women's K2 500m	Erin Taylor & Lisa Carrington
Men's K1 1000m	Ben Fouhy
Men's K2 1000m	Darryl Fitzgerald & Steven Ferguson
Men's K4 1000m	Fred Teear, Scott Bicknell, Troy Burbidge & Liam O'Loughlin.

The team attended the World Cups in May and used the World Cups as an opportunity to trial various combinations and race plans. The squad coaching team (Gordon Walker, Grant Restall, Ian Ferguson) is feeling confident in their entries and the various athletes have had some very heavy training over the last 3 months, including their recent team training camp on the Gold Coast.

The women are heading away as favourites, especially the Women's K1 200m with Lisa Carrington performing well at the World Cup 3 in Germany where she won Gold. Along with K2 partner Erin Taylor, the girls spent 3 weeks fine-tuning their K2 partnership in the Gold Coast, with promising results.

To qualify outright the individuals need to finish in the top 8 at these World Champs. The K2's need to finish in the top 6 and the K4 needs to finish top 10. These are very high standards in a very competitive field, with one other possible opportunity for qualifying K1s and K2s during the Oceania Champs in Australia in March 2012. The men's K4 will not have that luxury however so it's "do or die" in Hungary and with these boats averaging 22kph this is a very fast and furious event. The K4 has been receiving some extra training from team-mate Ben Fouhy and are pleased with their progress. As a new K4 combination they are largely untested, but all well versed in the World Champs environment and are paddling well together as a solid crew.

Ben Fouhy's own training has been showing much of his old form, with him consistently hitting the training numbers he knows point towards a successful World Champs showing. He is intimately aware of the depth of the K1 1000m field he will face in Hungary, and all indications point to a world-class performance.

The team is leaving at different times to allow for individuals to adapt to time zones and seasonal variations but will all be training in the Czech Republic together. On 14<sup>th</sup> August the team will travel to Szeged in Hungary with racing starting on the 18<sup>th</sup>.

# Athlete Development Camp 1

Held 16-17 July 2011 – Lake Okareka, Rotorua

In short, the first North Island Development Camp was a huge success and exceeded all expectations. The camp was held over 2 days, attracting 17 coaches and 51 athletes. Coaches included Lisa Carrington and Erin Taylor from the High Performance Squad, and Ian Ferguson and Gordon Walker as High Performance Coaches.

The camp content included:

- Strength and Conditioning - Movement Competency Screening (Scott Taylor – NZAS)
- Strength and Conditioning – Load Progressions (Daniel Lavipour - NZAS)
- Nutrition Presentation (Christel Dunshea-Mooij - NZAS)
- On Water Technique with Video Analysis
- High Performance Athlete Presentation (Erin Taylor and Lisa Carrington)
- High Performance Coach Presentations and Question/Answer Sessions (Ian Ferguson, Gordon Walker and Daniel Lavipour)
- On Water Skills and Drills
- 'Kayak Erg' based Technique and Video Analysis
- Team Boating

Upon arrival, all the athletes and coaches received a 'Handbook' that contained all the information they needed during the duration of the camp. This not only included all the seminar material, but also pages that encouraged each athlete and coach to write down (and draw diagrams) of what they had learnt from each session. The purpose of the handbook was to provide a resource that they could take home with them and be able to refer to.

A set of Ergs were also brought down from Auckland. Every athlete received an opportunity to paddle the Ergs and gained a lot of technical feedback. Many of the coaches had not used this resource before and found it extremely valuable as a coaching tool.

The strength and conditioning sessions received excellent feedback from both the athletes and coaches. The two seminars were centred around providing a sound basis from which athletes could undertake strength and conditioning programmes. The first seminar focused upon ensuring each athlete developed the appropriate movement competencies prior to moving into load progressions, introduced in the second seminar. It is important to note that these strength and conditioning seminars were suitable for all the age groups and ability levels present and only promoted body weight or low level loads.

Four motor boats were available for the duration of the camp, allowing every group to be allocated a motor boat during their on water sessions. Hamish Reid and Tony Lovett made this possible, bringing two of the motor boats down. This allowed each group to obtain on water feedback and off water video analysis. The team boating session proved very valuable in introducing all the athletes to team events, challenging their own skills and ability, while also providing a fun team building exercise.

The camp was also used as a coach development opportunity, attracting coaches from throughout the North Island at a range of ability levels. On arrival, each coach received a 'New Zealand Sport Development Coach' jacket to recognise their contributions to the sport and their athletes. They also received a small collection of technical resources to take back to their respective clubs. Each group was allocated two to three coaches (the majority of groups had three). Experienced, intermediate and beginner coaches were grouped together to learn off one another for on water sessions while also attending the various camp seminars. The most experienced coaches were also given the opportunity to work alongside Gordon Walker, Ian Ferguson and the members of the High Performance Squad. The opportunity to interact with our High Performance Coaches was widely commended and went a long way in improving the image of the High Performance Programme within the sport. Both Gordon and Ian showed excellent people skills during the camp and were warmly accepted by all the participants.

Ian Ferguson's Presentation and Gordon Walker's Question/Answer session were extremely valuable to both the athletes and coaches, providing both simple and more complex training and technical fundamentals of kayaking. Erin Taylor and Lisa Carrington did a joint presentation on their movement through the sports ranks and some of the many experiences they have had over the years. This received positive feedback from not only the athletes and coaches, but from Erin and Lisa who gained experience in talking confidently to a large group.



I received nothing but positive feedback from all the athletes and coaches that attended, and we're looking forward to another great camp in September!

Scott Bicknell  
Sport Development Co-ordinator

# Athlete Development Camp 2

3-4 September 2011 – Lake Okareka, Rotorua

## Athletes and Coaches

The second development camp will be held in Rotorua again on 3-4 September. This camp will build on the themes from the first camp and will also introduce some further training around racing. The athletes attending the camp will have free entry into the 10km Champs, and the racing on Sunday will be integrated into the camp training. More information will be on the website in the next week or two, but athletes wishing to attend should plan to be at the camp Friday night for a 9pm camp briefing.

Again the camp will work with coaches and athletes alike and will cost \$150.00 (athletes) and \$90 (coaches) which includes 2 night's accommodation and meals. To enrol or for further information contact Scott 027 327 7339 or [scott.bicknell@canoeracing.org.nz](mailto:scott.bicknell@canoeracing.org.nz).

## Potential Officials

The camp will also, at no cost, provide the opportunity for anyone keen to learn some basic Officials skills around starting and finishing. If you've always been a bit scared to try timing on the finish line, or working on the start line, then this could be your opportunity... a no pressure environment to give it a go and gain some practical experience without the pressure of a real race. You'll need to look after yourself for accommodation, and if you want to join in with the camp meals there's a mere \$40 cost for the weekend.

If you're going to be coming up with kids for the camp or for the Champs, why not give this a go? All welcome! If you're interested contact Karen 027 444 5596 or [Karen.simpson@canoeracing.org.nz](mailto:Karen.simpson@canoeracing.org.nz).



## CRNZ Event dates

### 10KM CHAMPS

Lake Okareka, Sunday 4 September 2011. 9.00am start of the 10km races. After lunch there will be a fun teams event: K4 for 4kms, then split to a K2 for 2kms, then split to a K1 for 1000m. Lots of fun and spot prizes!

### BLUE LAKE 1 - Sprint Regatta

Lake Tikitapu, Rotorua, Sat/Sun 1-2 October 2011.

### BLUE LAKE 2 - Sprint Regatta

Lake Tikitapu, Rotorua, Sat/Sun 3-4 December 2011.

### SOUTH ISLAND 1 - Sprint Regatta

Lake Ruataniwha, Twizel, Sat/Sun 29-30 October 2011.

### 2012 NATIONAL SPRINT CHAMPS

Lake Tikitapu, Rotorua, Fri/Sat/Sun 17-19 February 2012.

### SURF SKI CHAMPS – King of the Harbour

Auckland, Fri/Sat 30-31 March 2012

### MARATHON CHAMPS

(14-15 April – to be confirmed)

**FULL CALENDAR ON WEBSITE!**

## CAMPAIGN DONATIONS

We don't receive SPARC funding for juniors or marathon travel and the athletes bear a large chunk of the expenses. If you'd like to make a donation to any of the campaigns go to [www.fundraiseonline.co.nz](http://www.fundraiseonline.co.nz) and search Canoe Racing, then click on "Make a donation". In the "message" note Juniors or Marathon to tag your donation. Tax deductible receipts issued.

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### Web Site:

[www.canoeracing.org.nz](http://www.canoeracing.org.nz)

*If you want to conquer  
fear, don't sit and home  
and think about it.*

*Go out and get busy.*

*- Dale Carnegie*

## Course Laying – Blue Lake, Rotorua

If you'd like to get some hands-on experience with laying a sprint regatta course at Blue Lake 1, please let Karen know. We'd like to train people up on this and also provide some assistance to the course crew. Phone Karen on 027 444 5596 or email [Karen.simpson@canoeracing.org.nz](mailto:Karen.simpson@canoeracing.org.nz).

## CEO Newsletter

### World Championships

No sooner than the World Cups are over, selections are announced for the World Championships and then it's all hands to the pump to help the Open Team prepare as best as possible for the big one, the **2011 ICF Canoe Sprint World Championships** also our Olympic qualification event.

CRNZ's first priority for 2011 continues to be "QUALIFYING BOATS TO GO ON TO OLYMPIC SUCCESS".

So whether it's sorting out last pieces of uniform, supporting training camps, organizing media, we have been doing whatever needs to be done to support each athlete's preparation. We farewell the team and wish them luck with departure drinks this Saturday night. It's an exciting time which I am sure our kayak community will be watching closely.

### Junior World Championships

Before our Open Team take to the world stage our Juniors will be doing us proud at the 2011 ICF Junior Canoe Sprint World Championships in Germany 29-31 July 2011. With a team of 11 Junior athletes this is by far the largest team we have ever had compete at this event. This is incredibly exciting for the future of our sport and we wish all the athletes the best of the luck for the competition.

### 2016 High Performance Plan

The 2016 High Performance Working Group had their first workshop on 2 July facilitated by Vanessa Paun (SPARC) and John Trotter (CRNZ Chair). Excellent progress was made towards developing the sprint high performance pathway for the sport. The next workshop is scheduled for 26 July at which the pathway will be agreed and work will begin on the programmes to support the pathway.

### The Team

Thankfully we have found a replacement for Alison and Debbie Keymer-Dixon started with us as our new Administration Assistant on 27 June. Debbie has a Bachelor of Business and extensive work experience. Debbie is also a sports woman who has run half marathons, a marathon and also completed an Ironman! It's great to have Debbie join the team so if you get the chance please join us in welcoming her to CRNZ.



Please feel free to give me a call or email me anytime. My mobile phone number is 027 444 3991 and email [paula.kearns@canoeracing.org.nz](mailto:paula.kearns@canoeracing.org.nz)

Regards  
Paula Kearns  
CEO