



CANOE'S NEWS

CANOE RACING NZ INC. – Issue 6/2011

New World Champ and two Olympic qualifications



Yes – we're still buzzing about Lisa Carrington's gold medal performance in the K1 200m at the ICF Canoe Sprint Championships in Hungary. Her outstanding result has gained the WK1 200m a spot in the 2012 Olympics, and her K2 performance with Erin Taylor was also good enough to qualify the K2 500m.

The men's racing was a real nail-biting affair, with Ben Fouhy (K1 1000) and Steven Ferguson/ Darryl Fitzgerald (K2 1000) only one place off direct qualification. The next opportunity to qualify boats for the Olympics will be at Oceania Champs in Australia in March, so as they say "watch this space".

For full race reports on World Champs click on the link below. This will also show you video footage of Lisa's gold medal race as well as results for all NZ competitors.

<http://canoeracing.org.nz/Home-1/News/Archive/2011/World-Champs-campaign-begins>

Junior World Champs & Czech Nationals

The junior squad who competed at the Czech Nationals and the Junior World Champs in Brandenburg, Germany, showed promising results at the Czech Nationals: Danielle Currie - bronze in the K1 500m, Zac Quickenden & Cory Taylor - silver in K2, Aimee Fisher & Carina Radley - silver K2, Cory Taylor & Alex Fort - bronze K2 1000, Danielle Currie & Kim Thompson - **gold** in K2 1000! However this strong performance did not translate into medals for our young athletes at the World Champs. Despite this the team, who for many it was their first time overseas, competed strongly making three B finals (Danielle Currie/Kim Thompson K2 1000, Danielle Currie/Karina Radley/Kim Thompson /Aimee Fisher K4 500, Karina Radley/Aimee Fisher K2 200). It was a great learning experience and has them all fired up for the domestic season! For full race report and results click on the links below.

Czech Nationals:

<http://canoeracing.org.nz/Home-1/News/Archive/2011/Juniors-hit-out-at-Czech-Nationals>

Junior World Champs:

<http://canoeracing.org.nz/Home-1/News/Archive/2011/Junior-World-Champs-Results>



Karina Radley & Aimee Fisher



Danielle Currie & Kim Thompson

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Upcoming Events

Sept - December 2011

- 18 Sept – Foxton Loop
- 18 Sept – Twin Rivers, Blenheim
- 18 Sept – Cambridge-Hamilton kayak race
- 1-2 October – Blue Lake 1, Rotorua
- 15 October – Canoe Showdown, Warkworth
- 29-30 October – Whanganui Challenge
- 29-30 October – South Island Sprint Regatta
- 3-4 December – Blue Lake 2, Rotorua

Full calendar available on the website.

www.canoeracing.org.nz

How you play a game shows something of your character, how you lose shows all of it.



KAYAK KRAZY

10km Winter Series & Champs

4 September 2011
Lake Okareka, Rotorua

The 10km series provided the opportunity to paddle at different venues around the country and to race against a variety of other paddlers. It was a heap of fun for those that got behind it, and there was some great racing. A total of 177 individual paddlers attended one or more of these races with 57 paddling in the 10km champs on Lake Okareka in Rotorua. It was a good way to have a hit out over winter too, and the weather was pretty kind all things considered (the hail and snow thankfully managing to hit either side of our events so none had to be cancelled).

The Champs held in Rotorua showed us just what our paddlers are made of. We had an absolutely beautiful (but pretty chilly) Sunday of racing, with a severely jet-lagged Scott Bicknell taking out the top Open Men's spot and champion Marathon paddler Marianne Archer the top Open Women's spot. We gave the paddlers a mass start, broken down into the seniors (U19 + 10km distance) and juniors (U17 and below, 5 km distance).

A full report and results for the series and the champs can be found on our website by clicking on the link below.
<http://canoeracing.org.nz/Home-1/News/Archive/2011/10km-Champs>

Blue Lake 1 - Information

1-2 October 2011 – Lake Tikitapu, Rotorua

Welcome to the start of the canoe racing season! Blue Lake 1 is nearly here so here's some important information:

Entries and Programme

The Programme and Entry Form is now up on the website. Please note that men and women are now on the same form. Please see the "example" tab if you need help with how to fill in the form. <http://canoeracing.org.nz/Home-1/News/Archive/2011/Blue-Lakes-1-Programme> The programme may be subject to change due to numbers once all entries are processed.

Entries close Wednesday 21 September 2011 at 5.00pm.

Change to age grades and D.O.B. cut off

After much deliberation and consultation the Sprint Committee, supported by the Officials Committee, has agreed to bring the age grades more in line with Surf Lifesaving, and to alter the D.O.B. cut off to ensure athletes are able to compete in the same age grade throughout our domestic season. Age grades should now be calculated based on age as at midnight 30th September each year. So, for example, if a competitor turns 19 on 31 September then they must compete in the U23 age grade. However if they turn 19 on 1 October (and are therefore still 18 on 31 September) then they remain in the U19 age group.

The age grades will now be as follows:

- Tyros (Year 8 and below)
- U14
- U16
- U19
- U23
- Open
- Masters (35+)



Any queries please contact Karen, phone 04 902 1206 / 027 444 5596 or email Karen.simpson@canoeracing.org.nz

North Island Athlete Development Camp 2

Held 2-4 September 2011 – Lake Okareka, Rotorua

North Island Athlete Development Camp 2, September 2011

The second North Island Development Camp attracted over 30 participants. The camp was held in conjunction with the National 10km Championships, focusing upon the core principles behind 'How to Prepare for a Race' and 'How to Race'.

The camp content included:

- 'How to Wash Ride' Seminar (Samuel Newlands)
- On Water Wash Riding Session
- High Performance Athlete Presentation (Scott Bicknell)
- 'How to Prepare for a Race' Seminar (Michael Walker)
- 'How to Race' Seminar (Michael Walker)
- On Water Technique Session



Upon arrival, all the athletes and coaches received a 'Handbook' that contained all the information they needed during the duration of the camp. This material encouraged each athlete and coach to write down (and draw diagrams) of what they had learnt from each session or seminar. The purpose of the handbook was to provide a resource that they could 'literally' take home with them and be able to refer to.

The first seminar conveyed the theory behind wash riding and the advantages coupled with it. Samuel Newlands, a member of the New Zealand Marathon Team, lead the seminar while also delving into the various tactics associated with bouy turns. An on water wash riding session followed the seminar to provide a practical opportunity to learn how to wash ride and implement what they had learnt from the dry land seminar.

Michael Walker led two seminars, centred around 'How to Prepare for a Race' and 'How to Race'. Michael has an extensive portfolio of high performance within not only Sprint Kayaking but also long distance Marathon and Ocean Ski racing. Michael most impressive result being a 5th placing at the 2008 Beijing Olympics, 0.5 seconds off a Bronze Medal. These seminars proved to be extremely valuable, drawing upon his personal experience and knowledge from years of racing.

The camp was also used as a coach development opportunity, attracting coaches from throughout the North Island at a range of ability levels. Experienced, intermediate and beginner coaches were group 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 Michael Walker and Gavin Elmiger through the use of two motor boats brought down to the camp. The coaches that attended the first Athlete Development Camp in July showed significant advancements in their skill and knowledge levels. As a result, the Sport Development Co-ordinator will be seeking a more challenging and intensive coach development opportunity for these coaches in the near future.

Scott Bicknell, a member of the New Zealand Sprint Team, held a presentation on a few key principles he had learnt since being involved in the sport. These included discussions around achieving 'life balance' and ensuring that athletes and coaches alike are creating a positive training environment.

This is the final North Island Athlete Development Camp to be run this season and I look forward to building upon the successes of these two camps.



We post results, photos, upcoming events and more to facebook. Remember to recommend us to your friends!

www.facebook.com/canoeracing

South Island Sprint Regatta 2011

29-30 October 2011 Lake Ruataniwha, Twizel

The 2011 **CRNZ South Island Sprint Regatta**, in conjunction with the Aoraki Rowing Regatta, we will be held at Lake Ruataniwha in Twizel, 29-30 October. Entries can be made through your club or by completing the entry form on the website and sending through to [Karen.simpson@canoeracing.org.nz](mailto:karen.simpson@canoeracing.org.nz). Events and age categories are explained on the website too. <http://canoeracing.org.nz/Home-1/Events>. Entries close at 5.00pm Wednesday 5 October 2011.



SOUTH ISLAND CANOE SPRINT REGATTA
OCTOBER 29-30
2011
Lake Ruataniwha
TWIZEL

Entries can be made through your club
OR BY CONTACTING
karen.simpson@canoeracing.org.nz

K1, K2, K4 EVENTS
200M, 500M, 1000M SPRINTS

**CANOE RACING
NEW ZEALAND**

Course Laying – Blue Lake Regattas, Rotorua

Another reminder ... 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. Ferg is keen to train people up and hand over this job in the future. It's contracted and paid, so talk to Karen if you'd like more info. Phone 027 444 5596 or email [Karen.simpson@canoeracing.org.nz](mailto:karen.simpson@canoeracing.org.nz).



South Island Athlete Development Camp

8-9 October 2011 – Lake Hood, Ashburton

The South Island Athlete Development Camp is fast approaching. The camp will be run on the 8th and 9th of October at Lake Hood, Ashburton. All participants need to arrive on Friday night, the camp concluding on Sunday afternoon. **The camp caters to every paddlers ability and a variety of kayak disciplines:** Sprint, Marathon, Ocean Ski, Surf Ski and Multisport. We would like to encourage attendees to bring the craft that they are comfortable in.

Camp Content:

- Fundamental technique
- Video Analysis and Feedback
- Crew Boat Training
- Strength and Conditioning
- Erg based training
- Experienced coaches
- Guest Speakers
- Guest High Performance coaches

Camp Cost:

- \$150.00 Athlete
- \$90.00 Coach
- \$80.00 Parent



The camp will be based out of Coronation Park. The cost to attend the camp covers 2 nights accommodation, Breakfast, Lunch and Dinner, Speakers and High Performance Coaches. CRNZ has booked out accommodation and if you would like to attend, please contact me to confirm your attendance by the 18th September. Scott Bicknell, Sport Development Co-ordinator, 09 476- 8670 or scott.bicknell@canoeracing.org.nz. Poster and entry forms available.

Coach Development Opportunity

The athlete development camp will also act as an opportunity for coaches to gain greater experience by working alongside New Zealand's top coaching staff. Junior coaches will be paired with Senior/High Performance coaches and it provides a great social networking opportunity. Coaches will work with a variety of athletes, challenging their skills and knowledge. I would strongly encourage all coaches to attend. Again, please confirm your attendance to the camp and invite coaches within your region that may be interested.

Upcoming CRNZ Events

- **BLUE LAKE 1:** 1-2 October 2011
- **SOUTH ISLAND SPRINT REGATTA:** 29-30 October 2011
- **BLUE LAKE 2:** 3-4 December 2011
- **2012 CANOE SPRINT CHAMPS:** 17- 19 February 2012
- **KING OF THE HARBOUR AND 2012 SURF SKI CHAMPS:** 30-31 March 2012

Full event information available on the website under Events. www.canoeracing.org.nz



Regatta Help!

Please note: we can only put on our regattas if we have sufficient helpers on the various duty stations – finish line, numbers control, boat control. We are still short people in the finish tent and on numbers control at **Blue Lake 1**. If we can have a few volunteers then we can rotate these jobs so no-one has to be locked into them for the full regatta. Please contact Karen if you can offer any time on one of these stations. Karen.simpson@canoeracing.org.nz or phone 027 444 5596 or 04 902 1206.

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*What lies behind us
and what lies before us
are tiny matters
compared to what lies
within us.*

CEO Newsletter

It's hard to believe it's already September. The year is racing by as we enter our national season and before we know it Christmas will be upon us.

I was lucky enough to recently attend the 2011 ICF Canoe Sprint World Championships to see our Open Team compete. This was an important learning and networking experience with the added bonus of watching Lisa win a gold medal and become a World Champion.

2016 High Performance Plan

The 2016 High Performance Working Group had their second workshop on 26 July. The sprint high performance pathway was agreed and work began on the programme levels supporting the pathway.

At Blue Lakes 2 the staff are planning a club information and feedback session. This session will include a presentation of the work done to date by the group and how this fits with sport development.

There is still more work to be done to finish the plan and I would like to thank the following for their contribution to this process: John Trotter, Harold Pearse, Maree Burnett, Ian Ferguson, Grant Restall, Gavin Elmiger, Steve Richards, Alan Thompson, Byron Thomas, Gordon Walker, Scott Bicknell, Leigh Barker, Zac Franich and Steve Ferguson.

Sponsorship

As recently advertised on our website we have formed a Sponsorship Committee. The objective of the Committee is to secure some key sponsors and generate fundraising ideas to assist the sport at a national, regional and club level. Currently we are working on a short sponsorship video, which will be supported by our Sponsorship Proposal when presenting to potential sponsors. If you are interested in being on the Committee, know of a potential sponsor or have any other ideas please let me know. In the lead up to an Olympic year we have a lot to offer a sponsor.

Marathon World Championships

Our last international campaign for the year and another record breaker with the largest team ever of 10 athletes managed by Terry Newlands attending the [2011 ICF Canoe Marathon World Championships](#) in Singapore on 19-23 October 2011. Also joining the team is Terry Newsome who will be officiating at the event. Good luck to Glenn Muirhead, Matt Blundell, Ben Bennett, Keith Alderson, Marianne Archer, Ben Fouhy, Sam Newlands, William Wilkins, Jason Anderson and Ryan Welch.

Please feel free to give me a call or email me anytime. My mobile phone number is 027 4443991 and email paula.kearns@canoeracing.org.nz

Regards

Paula Kearns

CEO