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| Ten Reasons the NZ Virtual Champs Rocked |
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| After one month of exhilarating and memorable competition the 2020 New Zealand Virtual Surfski Championships has come to a conclusion. We offer you ten reasons why the event was a big hit with the paddling community.1 – Competitive OpportunityWith the vast majority of the world in lockdown due to the Covid-19 pandemic the surfski world was starved of traditionally racing. However, the 12km virtual race offered a much-needed outlet for paddlers to satisfy their competitive juices.“I was looking for a virtual event to compete in and this longer and fair format really appealed to me,” explains American Austin Kieffer, who triumphed in the open men’s division. “I also normally dread time trials since I train alone, so this was a good chance to motivate myself to improve on an area I need to work on.”Read the full story [**here**](https://www.canoeracing.org.nz/ten-reasons-the-virtual-surfski-champs-rocked/)  |
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| Darcy Price Series Winners

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Following the conclusion of the 2020 NZ Virtual Surf Ski Championships the overall winners were announced of the 2019-20 Darcy Price Series:Men:U18 - Micheal EsterhuizenU23 - Toby BrookeOpen - Ben KeysMasters - Jimmy FeatheryVets - Garth SpencerClassic - Alan WilliscroftWomen:U18 - Ana SwetishU23 - Zoe McClureOpen - Rachel ClarkeMasters - Anne CairnsVets - Lynley ConventryClassic - Dene SimpsonFull results from the 2020 Virtual Surfski Champs[**here**](https://www.canoeracing.org.nz/wp-content/uploads/2020/06/multiStepRegistrationForm.pdf)     |
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| Carly's Virtual Ambition

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Carly Tyler is among a group of emerging female paddlers to make their mark in the sport. Read more of her story below.To “woo” a boy might be one of the more leftfield reasons to first want to sit in a surfski but for Carly Tyler the ploy opened up a whole new sporting world.Carly achieved her primary goal as the boy she was chasing – long-time surf ski racer Ben Keys – first became boyfriend and later husband while in the process she accidentally discovered a passion for surf ski.Since first trying her hand at the sport only four years ago and enjoying her first competitive outing only 18 months ago, the Christchurch-based paddler has emerged as one of the most promising paddlers on the New Zealand domestic scene.Read her full story[**here**](https://www.canoeracing.org.nz/carlys-virtual-ambition/)  |
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| Squads meet up in Cambridge

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The men’s and women’s elite squads come together for a short but successful training camp at Lake Karapiro earlier this month.With the men undergoing physiological testing it was decided under the leadership of technical director Gordon Walker to use the opportunity for the women’s squad to experience a change of scene and to spend some time down in Cambridge away from their typical Auckland base.The men’s and women’s squads carried out a 28km paddle in three mixed K4 boats – with two men and two women per boat. Meanwhile, the men’s squad underwent some lab testing to measure power output, stroke rate and heart rate.Cambridge-based coach, Tim Brabants, said: “It was good for the two squads to spend some time with each other from a learning perspective. It was interesting to see how Nathan, Jasper and Gordy coach the girls. For the guys, it was also a learning experience. Max Brown said how interesting it was to paddle behind Lisa and watch the way she rotates and paddles.“As coaches and athletes we all get on well and the training both squads do is similar. It was good to share stories and experiences and socially it was a good opportunity to get the team together."   |

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| Alert Level 1 - What It Means for Paddlers

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The move to Alert Level 1 means that all restrictions on paddling are now removed. This is great news for our community of clubs and paddlers. Clubs can resume normal operation, hopefully with a renewed enjoyment as we all realise what a privilege it is to be able to get out on the water and paddle with our friends.Read more [**here**](https://www.canoeracing.org.nz/alert-level-1-and-what-it-means-for-paddlers/)    |

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| Women in Coaching

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A small group of female coaches are starting to make their mark on the sport in New Zealand. We chat to a trio of emerging coaches - Tilly Pritchard, Emily Willock and Danika Mowlem - to find out more of their journey and why they would encourage other women to make the same step.Read more [**here**](https://www.canoeracing.org.nz/women-in-coaching/)   |
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| Club Focus - Otago Kayak Club |
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| In the latest of our Club Focus articles we put the spotlight on New Zealand’s most southerly CRNZ affiliated community – the Dunedin-based Otago Kayak Racing Club.Formed ten years ago such has been the speed of progression at the Otago Kayak Racing Club, the Dunedin-based club are a firmly established organisation within the CRNZ community.The club was founded by former GB paddler Brendan O’Neill, who was keen to service the needs of an influx of students at the University of Otago with a kayaking background. Read the full story [**here**](https://www.canoeracing.org.nz/club-focus-otago-kayak-racing-club/)  |
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| Living a Life of Service |
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| To mark National Volunteer Week we focus on the selfless and tireless work of one of New Zealand’s leading official's Craig Hoskin. It is the Hoskins’ way to serve, so it is perhaps little surprise that family patriarch, Craig, has upheld the philosophy to play a worthy role within the volunteer sector of canoe sprint racing. Introduced to the sport through his daughter’s, Courtney and Alicia, the latter of whom is a current member of the New Zealand women’s elite squad – their energetic father, a former provincial middle-distance runner and now avid cyclist/multisporter, was quick to offer his services at the Poverty Bay Kayak Club. “I’m a restless person, and I tend to get bored sitting and watching a three-day regatta,” explains Craig, who has previously served in several volunteer roles including  committee member and handicapper for the Gisborne Cycling Club, Managing cycling teams for Gisborne Girls High, and sitting on the New Zealand Secondary Schools Cycling committee. “I wanted to make sure I was involved, not to add something to my CV, but to show that I was investing as much into the sport as my kids were receiving from others. My natural default position is to serve, so that others can benefit in their pursuit of being the best that they can be.”Read the full story [**here**](https://www.canoeracing.org.nz/living-a-life-of-service/)   |
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| Coaching Workshops |
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| CRNZ will be running technical workshops aimed at coaches who want to further develop their technical understanding of K1 paddling. The workshops will cover the physics and biomechanical principles that make up K1 paddling technique. The workshops are interactive and offers opportunities to network, reflect and give/receive feedback.This is an open workshop and we would encourage any coaches working with athletes from canoe sprint, marathon, ocean ski, surf lifesaving, multisport to attend.Locations:• 11th July – Hawkes Bay• 8th August – Karapiro• 12th September – Auckland• 19th September – ChristchurchMore info [**here**](https://www.canoeracing.org.nz/ournews/notices/)     |
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| Coaches Corner |
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| **Coaches Corner - Winter Training Tips**With winter training currently in full swing this is the perfect time to think about what type of training you are going to do over this period to help you become more competitive for the next summer season.**Technique**Winter is an ideal time to make any technical changes. Longer training intervals that are less intense compared to in season training, will allow for better mental concentration and application. CRNZ are also running technique workshops over this period to support coaches (see above).**Working on improving your aerobic levels**Doing longer intervals or participating in longer endurance races will help improve your aerobic conditioning. Participating in events such as the 10km series, Surf Ski or Marathon events will be beneficial in your build up to the upcoming season. These events are a great way to have fun and to get some kilometres in the bank at the same time.**Keeping warm and hydrated**Be aware of the cold, so make sure you stay warm and use the correct paddling clothing when out on the water. Secondly, stay hydrated. It is just as important in winter as in summer. Sometimes athletes find themselves not wanting to drink as much during the winter but with longer events and longer training periods there is a greater chance of becoming dehydrated.**Tips from CRNZ Development Coach Craig Mustard.**    |
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| CEO comment

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It’s hard to believe another month has passed since I last wrote a newsletter update. As NZ opens our doors again, paddling is back in full swing and it’s been great to see paddlers getting back on the water with renewed enthusiasm. Our main event over the last month has been the NZ Virtual Surfski champs. We put the event in place fairly hastily in response to the cancellation of our surfski nationals, and we were really pleased with the response from paddlers. Just over 100 paddlers entered, from 10 countries, and we’ve had lots of messages from the community asking for more of these types of challenges. We will, of course, oblige – keep an eye out on our pages for information on our next virtual event. Our pathway squads have now had their first activities, with online workshops for Foundation, PID and PD (formerly P2P) squads organised by Aaron and Craig and supported by our very own Olympic gold medallists, Polly Powrie and Tim Brabants. It’s pretty special to be able to offer young athletes exposure to such expertise from within our own ranks. Like virtual racing, the online format was successful and it’s been great to continue to leverage some of the new ways of working that we learned over lockdown.We consider ourselves very lucky that we’re now able to plan a winter of paddling with a fair degree of certainty. Pathway camps, 10km series races and the Spring sprint events are all going ahead as planned. Our Try, Learn, Explore pilot is starting to wind back into action in Auckland and our club athletes and high performance teams are back into normal training.We’ve also continued work on Paddler, our new web platform which we hope will become a hub to inspire Kiwis to paddle, and as a home for our learner paddling initiatives which we’re working on in collaboration with other paddle sports. We hope to have the site launched in some form in time for next month’s newsletter.I wish you all a great month of paddling ahead, and look forward to seeing as many of you as possible at some of our upcoming events. |

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