CANOE RACING NZ INC. Issue May 2020

NZ Virtual Surfski Championships

The Canoe Racing NZ Virtual Surfski Championships was launched on Saturday May 16 as paddlers from around the world battled over the 12km distance in the exciting new event.

The innovative competition will replace the cancelled 2020 CRNZ National Surf Ski Championships and ensure that paddlers will have a meaningful competitive opportunity as New Zealand adapts to live at an Alert Level 2.

Competition rules state that paddlers must start and finish the 12km distance at the same point to minimise the impact of wind and current. The event which runs until Sunday June 14 with only the best time of each paddler counting towards the championship. Across the first two weeks the event had attracted more than 40 entrants including paddlers from Germany, Denmark, USA and Australia, keen to get involved in the exciting competitive opportunity.

Besides the attraction of chasing a national title, the event will also form the climax of the inaugural Darcy Price Series – with the same points available for this event as would have been for the National Surfski Championships, which were scheduled to have taken place on April 25 in Whakatane.

The home for the new Virtual Surfski Nationals is the new paddler.nz platform. Paddler is a new initiative led by CRNZ in collaboration with other paddle sports organisations and members of the paddling community. The Paddler project will be officially launched on June 15.

Read the full story on the launch of the Canoe Racing NZ Virtual Surfski Championships here [http://www.canoeracing.org.nz/news/article/virtual-championships-set-for-action]

All the latest leaderboard updates can be found www.paddler.nz

Alert Level Two and What it Means

From Wednesday May 13 at 11.59pm if was announced that New Zealand would be moving to an Alert Level 2.

Initially gatherings were restricted to just ten people. However, from midday on Friday May 29 the number for a gatherings was extended to 100 people.

Read our Alert Level 2 guide for individual paddlers see here [http://www.canoeracing.org.nz/news/article/alert-level-two-and-what-it-means]

Competition Returns

The move by the government to extend gatherings to up to 100 people has opened the gateway to the return of (non-virtual) competition starting with the Kayak Krazy 10km Series event in Waitemata on June 7.

List of Kayak Krazy 10km series races (Note, more races could be added)

June 7 - Waitemata

June 28 - Bay of Plenty

July 5 - Mana

July 11 - Waitemata

July 12 - Hawkes Bay

July 25 - Waitemata

August 9 - Karapiro

August 22 - Manawatu-Whanganui

August 29 - 10km Champs Rotorua

Canoe Sprint Regattas

September 26-27 - South Island Champs - Lake Ruataniwha

October 11-12 - Blue Lake 1 - Rotorua

December 12-13 - Blue Lake 2 - Rotorua

2020 Performance Pathway Squads

The 2020 – 2028 CRNZ Strategy sets out a clear vision ‘To be the World’s Best Paddling Nation.'

To achieve our vision, we must have in place a strong performance system with a clear athlete pathway. A structured athlete pathway enables us to identify, track and support athletes as they transition from club paddler to podium performer. The aim of the CRNZ

Performance Pathway is to ensure athletes are in the right environment, receiving the right support, at the right time, in order to maximise the opportunity to achieve their full potential.

The pathway programs has a series of opportunities that give athletes the opportunity to develop and help prepare them to one day transition to the high performance program. Athletes across the pathway will benefit from the provision of coaching expertise, training opportunities, performance support, athlete education, and exposure to high performance environments and practices.

The key competencies of the Foundation, Paddle ID and Performance Development programs are focused around:

• The CRNZ Technical Competencies

• Team Boat Fundamentals

• Building Fundamental Movement Patterns, Sport Specific Strength, Power and Endurance

• Understanding and practicing performance psychology, nutrition and athlete life strategies

Further information on the CRNZ Performance Pathway can be found: http://www.canoeracing.org.nz/high-performance/athlete-pathway

Due to the challenging start to the year we have revised the delivery plan and will continue to adapt throughout 2020-2021. We will be delivering many of the learning opportunities online, while still adapting the face to face training opportunities to maintain safe practices.

Congratulations to the following athletes below who have been selected for the following programs. Additional athletes may enter squads or progress within the pathway throughout the year. Additional athletes may also be invited into training camps throughout the year.

Coaches of athletes in each squad are encouraged to attend the training opportunities/workshops that their athletes are selected for.

Performance Development (Ex Pathway to Podium Program)

Lucy Matehaere - Otago Kayak Racing Club

Olivia Brett - Arawa Canoe Club

Sam Ferkins - Poverty Bay Kayak Club

Julia Padrutt - Waitara Kayak Club

Kalani Gilbertson - North Shore Kayak Club

Paddle ID

Scarlet Old - Waitara Kayak Club

Pieta Luthi - Arawa Canoe Club

Emma Brownlie - Poverty Bay Kayak Club

Mia Roadley - Arawa Canoe Club

Molly Baker- Waitara Kayak Club

Seren Rogers - Poverty Bay Kayak Club

Sophie Brooke - Wanganui Multisport & Triathlon Club

Claudia Rogers - Arawa Canoe Club

Genna Robertson - Poverty Bay Kayak Club

Madison Garrett - Arawa Canoe Club

Brooke Cheyne - Hawkes Bay Kayak Racing Club

Cass Heatherington - Arawa Canoe Club

Jack Clifton - Wanganui Multisport & Triathlon Club

Fletcher Moles - Waitara Kayak Club

Robson Old - Waitara Kayak Club

Jack Wilkinson - Hawkes Bay Kayak Racing Club

Thomas McGibbon - Arawa Canoe Club

Archie Tonks - Karapiro Kayak Racing club

Ethan Matuku - Waitara Kayak Club

Daniel Brown - Hawkes Bay Kayak Racing Club

Alex Hickman - Arawa Canoe Club

Foundation

Loredana Unsworth - Mana Kayak Racing Club

Aotea Clifton - North Shore Canoe Club

Stacey Warren-Moiser - Poverty Bay Kayak Club

Nikki Graham - Poverty Bay Kayak Club

Alex Fraser - Waitara Kayak Club

Natasha Macgibbon - Arawa Canoe Club

Kate Skeels - Hawkes Bay Kayak Racing Club

Ngarita Mackenzie - Arawa Canoe Club

Sophia Lawson - Hawkes Bay Kayak Racing Club

Michael Esterhuizen - Eastern Bay Canoe Racing Club

Kaden Brock - Waitara Kayak Club

Lachlan Moles - Waitara Kayak Club

Hamish Macky - Hawkes Bay Kayak Racing Club

Will Pittar - Poverty Bay Kayak Club

Kristian Marshall - North Shore Canoe Club

Leon Fuller - Eastern Bay Canoe Racing Club

Zane Mills-Nossiter - Wanganui Multisport & Triathlon Club

Damian Da Silva - Hawkes Bay Kayak Racing Club

Angus Baker - Poverty Bay Kayak Club

Mathew Reihana-Asquith - Eastern Bay Canoe Racing Club

Ben Warren - Mana Kayak Racing Club

Henry Hall - Hawkes Bay Kayak Racing Club

Adapting to Change

Read how the NZ men's kayak squad (including Hamish Legarth pictured) coped with life under lockdown.

The “glass half-full” attitude adopted by Canoe Racing NZ coach Tim Brabants has enabled the men’s kayak squad he guides to be on the front foot as the six-strong group returned to the water last week.

The 2008 Olympic K1 1000m gold medallist for Great Britain and accident and emergency doctor believes his background as both an elite sportsman and medic has helped maintain focus and clear-eyed thinking during the Covid-19 pandemic.

“The skills I learned in emergency medicine and in the UK is transferable in some ways for the global crisis we are facing at the moment,” adds Tim, who is based at Lake Karapiro, Cambridge.

“In emergency medicine you have to quickly take stock of the situation, make a decision, action a plan and adjust that plan as the situation unfolds. In some ways this is no different to my thinking as an elite sportsman.

“Faced with the current scenario you have to pick your battles and realise you can only fight what you can deal with. It is important to maintain confidence in the group and set realistic targets.”

Tim admits, however, it is his good fortune at Canoe Racing NZ he has a team around him that adopts a similar mindset led by CEO Tom Ashley, the 2008 Beijing Olympic windsurfing gold medallist, and a coaching programme overseen by three-time Halberg Award winning Coach of the Year Gordon Walker.

Read the full story here [http://www.canoeracing.org.nz/news/article/-adapting-to-change]

Clubs in Lockdown

We chat to a trio of clubs - Mana, Arawa and Hawkes Bay - to find out more about how the Covid-19 restrictions has impacted on them and how they are coping with the ongoing global pandemic.

Read the full story here [http://www.canoeracing.org.nz/news/article/clubs-in-lockdown]

How to Keep Positive in Lockdown

Back when New Zealand was at an Alert Level 4 - New Zealand's three-time World Championship medallist Aimee Fisher - took time out to offered her five tips for keeping positive during the lockdown period.

Her golden nuggets are below:

1 - Set Goals

2 - Be Creative

3 - Set a Daily Routine

4 - Exercise Every Day

5 - Enjoy Your Downtime

Read the full story here [http://www.canoeracing.org.nz/news/article/how-to-keep-positive-during-lockdown-aimee-fisher]

Coaches Corner

In our new Coaches Corner segment CRNZ Development Coach Craig Mustard shares some wise words on paddling at an Alert Level 2.

I hope everyone is well and enjoying being able to be back onto the water even if still in a controlled limited way while at level 2. Personally, I am enjoying being able to rack my bike up in the garage and get back into my kayak that has a way more comfortable seat.

Some other factors that you might all experience also with your athletes while getting back into their kayaks is a slight drop in connection and comfort with their boats initially, a degree of being slightly more unstable and less coordinated than they were when they left off. This is all normal from having spent time away from being in the boats and it will return with time. There is no need for panic. Give it time and take the pressure off from training for the first few sessions and just paddle and enjoy being back on the water.

Lastly with the temperature getting cooler as we move towards winter be sure to have the right clothing for training so that you can stay warm on and off the water preventing your chances of getting sick and losing more time from paddling.

Read this helpful Sport Bay of Plenty article for coaches on life at an Alert Level Two here [https://www.sportbop.co.nz/news--results/12-things-for-coaches-to-be-mindful-of-as-we-return-to-level-2/]

CEO comment

As we move into our third week at Alert Level 2, it feels like life is getting back to normal for many of us. Our clubs have returned to near-normal training, albeit with some restrictions to ensure social distancing and to ensure we do our bit to consolidate on NZ’s good work over the last couple of months.

At CRNZ, the lockdown period has given us an opportunity to advance a number of projects in line with our new 2020-2028 strategy. Our Performance Development team of Aaron and Craig have been revising our pathways and creating exciting development opportunities for coaches and for athletes in our Foundation, Paddle ID and Performance Development (formerly P2P) squads, as well as. Our coaching team has made great progress on a set of resources that we plan to make available to paddlers and clubs over the coming months.

One auxiliary effect of the lockdown has been to open our eyes to options for digital and virtual engagement. Our pathway programs will now include digital workshops and seminars, which will mean that we can offer more education opportunities to our athletes and coaches and make sure that “in-person” camps can be focused on getting on the water together.

This month we launched our first ever virtual race, the NZ Virtual Surfski Championship, which has been successful so far (the image is of Denmark's Ronnie Dalsgaard one of a clutch of overseas entrants). One highlight of this virtual race has been the interest we’ve seen from paddlers who don’t normally come to our races – we’ve had messages from paddlers saying that they’ve loved the opportunity to get involved and get outside their comfort zone. We’ll definitely be including more virtual racing in our calendar in future. Please do head to our new platform, www.paddler.nz for a look, and consider taking part in the Virtual Surfski Nationals before entries close on June 14!

I’d like to take this opportunity to thank our community for the way you’ve all handled the lockdown period. By all accounts, our clubs have done an awesome job of keeping safe, and keeping members engaged over this time. Paddlers have done their part by following the government’s rules and guidelines. Our CRNZ team of coaches, staff and athletes have done a great job – everyone has adapted to the changing circumstances and it feels like we’re achieving our goal of coming out of lockdown in a better place than when we went in.

We look forward to seeing as many of you as possible on the water and at our events in the coming months. Our 10km series is kicking off on June 7, and we have a full calendar of racing in the second half of the year. Look out also for announcements on new kids’ and schools events coming up.

Happy paddling,

Tom

Contents

•

NZ Virtual Surfski Championships

•

Alert Level Two and What it Means

•

Competition Returns

•

2020 Performance Pathway Squads

•

Adapting to Change

•

Clubs in Lockdown

•

How to Keep Positive in Lockdown

•

Coaches Corner

•

CEO comment

Canoe Racing New Zealand [http://www.canoeracing.org.nz]

Phone +64 9 476 8670

Millenium Institute of Sport, 17 Antares Place Mairangi Bay, Auckland

PO Box 65 451, Mairangi Bay, Auckland 0754, New Zealand

You are subscribed as Customer | [email address suppressed] | Unsubscribe https://campaign.labyrinth.co.nz/t/y-u-udkdkld-l-a/

View online version https://campaign.labyrinth.co.nz/t/y-e-udkdkld-l-f/ | Refer a friend https://crnz.forwardtomyfriend.com/y-l-2AD73FFF-udkdkld-l-z | Update your details https://crnz.updatemyprofile.com/y-l-2AD73FFF-l-v

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