



Editor: Dan Curtis

Welcome to the second of many newsletters from Canberra Outrigger Canoe Club (COCC). The newsletter is for paddlers, as well as people and organisations associated with Canberra OCC, to keep track of what the Club is up to.

You're encouraged to contribute content and photos, and to suggest additional topics or sections you might think are useful. For example, Dan would like a "Letters to the Coach" section, for those with a question for the coach... All suggestions welcome, though this newsletter may not be the place for all of them...!

Questions about Paddles...

"As a new paddler I've been using the paddles supplied by Canberra OCC and I've been told I need a paddle of my own. How do I know what to get and why should I get it?"

We all have different body types, heights, strengths and endurance levels, and you should note that these factors can affect what size and shape paddle you need. Variables include the size and shape of the blade, the length and type of shaft and the type of hand grip. Then there are the extras. Let's run through these in some kind of order.

Canberra OCC tends to get both their steering and normal paddles from Xylo Bladz. There's a lot of information available on paddle sizing and selection on the Xylo Bladz website. Of course there are other paddle manufacturers, and there's no reason why you shouldn't go with one of them.

Blade There are several different blade shapes available, with some of the differences including shape and location of the shoulders, taper of the blade, curvature and reinforcing. Most of the club paddles have "P1" blades which tend to have quite high shoulders. The "P2" shape is probably better for most paddlers with the centre of effort lower in the blade to increase stroke efficiency and lower shoulders to ease entry and exit from the water.

Shaft There are two basic types of shaft, single bend and double bend; most Canberra OCC paddles are double bend. Many good paddlers at other clubs (and some from Canberra OCC) like to use single bend shafts. If you go for single

bend, you have some options with different bend angles. The best angle for you will depend on what you will use the paddle for (flat water vs. ocean, OC1 vs. OC6) and your body shape.

Grip There are two types of grips, with the "T" grip the more commonly used type at Canberra OCC. The other option is a "palm" grip. The decision of which is best for you will be a matter of personal preference.

Technique Tips

If you have questions about technique (or any other aspect of paddling), feel free to ask a more experienced paddler, ideally one of our coaches. There are also various resources available such as technique DVDs, the internet or paddling books. Remember that every paddler is different and that while the principles and basic techniques will be the same, every paddler is subtly different. You will have subtleties of technique that work for you that are slightly different to every other paddler.

The stroke essentials

- The most important thing is timing. You must be in time with the other paddlers in the boat.
- You should twist and reach while sitting up straight, with a slight lean forward.
- Plant the paddle in the water with minimal effort, "surprising" the water.
- Pull yourself up to the paddle and exit the water cleanly, with your bottom hand between you knee and hip.
- During the power stroke your bottom arm should be straight, and both arms should only be slightly bent throughout the rest of the stroke.
- Your bottom hand should be about one hand's width above the top of the blade.
- The majority of your power should come from the large muscles in your back and shoulders, and to be used to straighten the twist.
- You should be sitting towards the front of the seat, with your paddle-side leg forward and your other leg tucked under the seat beneath you. Brace yourself

against the sides of the boat with your knees and push your forward foot down on the bottom of the boat to help transform your body's power into the boat's forward movement.

Hartley Challenge



Defcredit
A different kind of banking



SMARTLINE

The Hartley Challenge Team continues to train and we welcome Idelic, Defcredit and Smartline onboard as sponsors. The Hartley Challenge is on 24 to 26 November.

Regatta Dates

AOCRA NSW has published the regattas dates for the 2006/07 season as follows:

- November 18
- December 9 and 10
- January 14
- February 4
- February 24 State Sprint Titles

- March 11
- March 24 and 25 Changes Regatta
- April 15 State Marathon Titles
- April 27 to 29 Nationals
- May 5 to 6 Gold Coast Cup
- May 30 to June 2 Hamo

Paddler Profile



Kirsty Mackay joined the COCC in September last year after moving to Canberra. Having paddled for two seasons previously with Ballina, Kirsty was quite curious to see how paddling on a lake differed from paddling in the big blue ocean. The verdict? Well... while there is no surf, cross currents or occasional dolphin – she quickly realised that when you have a good team, good technique and a good attitude – you can paddle anywhere! Kirsty is now in her second term as Secretary of the COCC and along with the rest of the club members loves a paddle on the lake just as much as the quick jaunts to Mollymook where a borrowed boat lets the team get on some of those ocean waves.

Kirsty began paddling in North Queensland over 10 years ago, coming back to the sport after have a long break travelling, working and pursuing other interests. She has competed in regattas in Mackay, Townsville and Great Keppel Island as well as in the NSW zone including Coffs Harbour, Pittwater and Mollymook. She hopes to make it to Hamilton Island and compete with her team in the Hamilton Island Cup.

Ex-Canberra OCC Paddlers wins at Hamo

Congratulations to Amanda Ozolins, who started outrigging with Canberra OCC, on winning the Open Women's OC1 16km Race at the Hamilton Island Cup this year.