

Editor: Dan Curtis

Welcome to the third 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...!

Memberships are Due!!

All memberships are now due. The cost is \$150 and includes insurance for training and racing. See Kirsty and Simon for details.

Fund-raising Chocolates

The current focus for fund-raising is to try and raise funds for a new boat for racing and a trailer to transport it to races. To that end we are currently selling chocolates. If you don't have any, please contact SONJA for some (and also if you are running low).

We have previously sold Canberra Outriggers labelled wine, and we hope to do this again. Does anyone have other ideas for fund-raising? Please let us know.

Training Tips by Dan

At each session there will be a different focus for the session. It might be technique, strength, endurance or a mixture.

When the person coaching session (or your boat) gives you a technique tip (rotate more, reach, pull out earlier, big D little d, etc), one this that works for me is to concentrate on that for the first 4 strokes of each set. I find by the end of the session, I will generally have picked it up for most of the session. After a few sessions, my body has generally gotten used to it and it just happens.

Calling the changes helps me concentrate. Each of us needs to find that thing which helps us stay in time and keep the power on. I sometimes have a mental chant to keep the mind and body on the job. If you have a good technique for focussing your concentration, share it with the team – it may help others too.

Hartley Challenge

The Canberra Outriggers team for the 2006 Hartley Challenge included: Ali, Carolyn Dan, Kirsty, Simon, Sonja, and Wes, together with some partners (Mark and Caitlin) and some people from Defence: Kerry, Jackie, Peter, and Paul.

The team worked beautifully together and we made it all the way there and back, greatly improving our skills and appreciation for the Challenge and each others' qualities.

We raised some \$8,500 for this extremely worthy Charity, which considering this was our first year and we started late, was pretty darn good. We are looking at entering the 2007 Hartley Challenge, and if you are interested, please contact Dan.

And now for a word from our **SPONSORS!** Thanks again to Smartline, Café Idelic, Defcredit and Guava Natural Health!





Regatta Dates

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

- Jan 21 Te Ika Nui
- **Feb 11 Northern Beaches**
- Feb 25 State Sprint Titles
- **Mar 4 Pittwater**
- Mar 10 Gold Coast Cup
- Mar 24,25 Changes Regatta
- **Apr 15 State Marathon Titles**
- **Apr 27 - 29 Nationals (Coffs)**
- May 31 Hamo

Dan would like us to attend the regattas in **bold**.

Security at the CLRC

As you may have noted, there have been some issues with security and vandalism at the sheds recently. Discussions have been held with the rowing club about what extra security measures can be put into place to reduce the possibility of unwanted nasty people who trash our equipment and steal our paddles. A monitored alarm is in the works, and possibly infra-red beams across the top of the fences! Rowers have been monitoring activities in shifts late on Friday nights in the hopes of catching the culprits but nothing has been happening recently.

So some tips to minimise the possibility of further damage and theft:

- Remember to close the roller doors, combo lock door and the gate when you head out for a paddle. Make sure you remind the rowers to do it too!
- Don't leave anything in the boats at the end of the session – paddles, water bottles, bungs etc
- Don't forget to lock the boats at the end of every session
- Put the roller away in the red bin while we are out paddling so it's still accessible but not visible.

With luck we can stop these idiots for spoiling our fun! Cheers, Ali

Paddler Profile



Hi, Wes here.

I first paddled an outrigger in 2001 with Ash (my brother) who was paddling for Brisbane at the time. I moved to Yeppoon for a Forestry job and joined the club there; the majestic sunsets paddling back in stay with me still. I then paddled in years post Yeppoon with Northcliffe (with Ash), and caught many waves on a yellow OC2. I moved to Ballina 2004, joined their club and went hard under the instruction and training of Ash (a hard task master) and learnt lots of ocean skills both on surf ski and various OCs. I have gained a lot from this sport; it has strengthened my back, improved my posture, given me a high level of general fitness and given me a great love and respect for the ocean. It has also given me a beautiful girlfriend with another gift of life on the way.

I see outriggering not just as sport but as another way of exploring one's self and pushing personal limitations.