

Welcome to the fourth edition of the Canberra Outrigger Canoe Club (COCC) newsletter. These newsletters are 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...!

New Boat? New Trailer?

Hartley Lifecare and the Canberra Outriggers are in the process of setting up a mutually beneficial arrangement whereby the Canberra Outriggers will take Hartley clients for paddles in our canoes (once monthly for 3 years, not counting the coldest months) and Hartley Lifecare will purchase a boat and trailer for the Canberra Outriggers.

We will need members' assistance to ensure this fantastic deal comes off, both with helping out during the paddling and with fundraising to top up the funds available to Hartley. See Sonja for chocolates and Entertainment Books. If you have any fundraising ideas, please let Sonja or Sarah know.

Training Tips by Dan

Effort - Unless we are specifically concentrating on not paddling hard (such as warming up/down, long easy, tap-it-over or specific other drills) all your strokes in the boat should be at a level that you find hard. Every stroke requires effort that you can feel in the major paddling muscles.

When you are called for greater effort, that's when you go for 100%. The rest of the time you should be at the maximum level you can sustain for a race - this should be close to your maximum.

The Pacific Dragons Paddling Guide has some interesting thoughts on this as well, so it might be worth your while to visit their website at www.pacificdragons.com.au

Paddle Shirt Payments!!

Some members have ordered paddle shirts and have not yet paid for them or picked them up. If this is you, please contact Simon to arrange payment then Ali to arrange shirt collection. Thanks very much to Nicola and Guava Natural Health for their valuable assistance in developing the design for our new shirts. I reckon they are great!

Hartley Lifecare

As mentioned previously in this newsletter, Hartley Lifecare is helping out Canberra Outriggers with the purchase of a trailer and a new boat, so you may notice some new things happening. In order to take Hartley clients out paddling, we've been developing our Risk Management Plan further and we'll be doing some other skills upgrading with Hartley. If you'd like to help out or contribute, don't hesitate to contact Dan or Ali. Once the deal is sealed, Hartley Lifecare will be advertised along with our other sponsors below.



SMARTLINE



Defcredit

A different kind of banking



Northern Beaches Regatta Report

11 February 2007 from Sam Hemsley



Regatta Dates

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

- **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 – update

Capital Lakes Rowing Club has installed a monitored alarm and each COCC member will be given the code. Eventually the outriggers will have our own specific code...

A reminder on those security tips:

- Remember to close the roller doors, combo lock door and the gate when you head out for a paddle. Make sure reset the alarm 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.

Cheers, Ali

As you all know Simon, Wes, Dan, Sonja, Carolyn and myself (and two strong support crew- Kirsty and John) travelled to Sydney that weekend, and what a fantastic weekend it was! It feels so good to be in amongst so many people who share the same passion for outriggering as myself, and nothing compares to paddling out on the ocean again.

With minimal preparation the crew managed to place third in the mixed division which was an awesome result, and demonstrates just how much potential we actually have as a club. With a bit more dedication, commitment, and training there is no doubt that we would all achieve each of our personal goals as outriggers as well as outstanding results for the club.

If you have not yet experienced or had the chance to compete in an outriggering regatta yourself, I strongly recommend you attend the next one, as it is sure to make you eat, sleep, walk, talk, dream, live, and love outriggering as much as I do.

Mollymook Ocean Paddling Weekend

This Canberra Day long weekend a fair few of the Canberra Outriggers congregated at Mollymook for a weekend of paddling on the salty stuff! Wes, Kirsty (& bump), Sam, Sammy, Sarah and Christy camped all weekend at Meroo Head, joined by Ness on Sunday. Ali came up from Lillipilli on Sunday and Monday, and Carolyn came down from Jervis Bay for a paddle on Monday.

The campers went for a paddle on Lake Burrill on Saturday morning, aiming to get out into the surf through the mouth of the river... but the entrance has silted in since we last pushed through and it's not possible to get out anymore. Sunday's paddle was great: north past Mollymook beach, with the occasional swim and some ocean changes practices (mostly for Sammy who's heading to Hamo in May with her old Townsville team, but a few of us had a go). Sunday was pretty rainy but Wes, Sam, Sarah, Christy, Ness and Carolyn went out for a shorter session, where unfortunately Sam got stung by a blue bottle.

Another trip is in the works for the end of season. Be there or be unhappy!