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Newsletter

Editor: Dan Curtis

Coach's Comments

The 2006-07 season was one of the most successful of the period while I have been coach.

Canberra Outriggers competed in four regattas, Mollymook (December), Northern Beaches (February), Pittwater (March) and the State Marathon titles (April). In these regattas we had a gradual improvement, with the following results:

- Mollymook Open Women 9th
- Northern Beaches Long Course Mixed 3rd
- Pittwater Short Course Mixed 5th
- Pittwater Long Course Mixed 3rd
- State Marathon Long Course Mixed 3rd

This enabled us to finish the season a credible 13th of all 18 NSW Clubs. We beat clubs such as Mollymook, Port Stephens and Ikaika.

For such a small club as ours, this is a really good result and something all those who paddled should be proud of.

Next season (2007-08) I'd like us to continue this trend, and, if possible, field more single-sex teams and attend more regattas.

Finally I want to congratulate Sam Hemsley, Carolyn Atkinson and Amber Guillory for their great efforts at the Hamilton Island Regatta this year and I strongly recommend you read Sam's Regatta report later in this newsletter.
By Dan

AGM 2007

The AGM will be held 7:30pm, Tuesday 28 August at 3 Sprent St, Narrabundah. All Committee positions are available and if you'd like to be involved, now is the time!

Even if you do not want to be on the Committee you are encouraged to come along and get involved.

Off Season Training Tips

During the off season (Winter and early Spring), you need to ensure you give the mind and body time to recover from a busy season and let them be refreshed for a new season.

Body While it is extremely important to give you body time to rest and recover, if you want to be in good shape for the start of the new season, you need to keep active so that you don't lose all that hard-earned fitness. Light work outs at the gym and cross training.

Mind I like to completely get away from paddling for a while (2 weeks to a month) and focus on other things. I find this works for me. Recovery for a tired mind is as, if not more, individual than for your body.

Come back to paddling fresh for the new season.
Canberra Outriggers Needs You! *By Dan*

Paddler Profile - Simon

Simon originally hails from North Queensland and was lured to Canberra by the bright lights and variable seasons.

He began his sporting career playing cricket in sweltering Townsville summers over a number of years and progressed on to play A-grade for the Saints University side as a lanky "Glenn McGrath-type" opening bowler. It was common to see Simon pounding in to the wicket to his team-mates shouts of "Fire-up Twisty!". Having dreams of playing on the lush turf of southern Australia suddenly lost its appeal and Simon had to find a new pursuit.

He was looking for a sport which allowed him to maintain his physique without spending hours in a gym looking at his reflection. Outrigging offered a great platform to keep fit and build core muscle strength while enjoying the fresh air and outdoors. Simon's outrigger experience has been great for this hermit's social life as well – only great people seem to do outrigging!
By Simon



Hartley Challenge

This year we again have number of paddlers getting ready for the Hartley Challenge: Ali, Dan, Simon, Sammy, and Carolyn, together with some non-paddlers. These team members are fund-raising and training to once again represent the Canberra Outriggers in this fantastic event supporting a great charity. We also have Idelic, Smartline and Guava Natural Health back onboard as sponsors.



I don't have a Paddle – What can I do?

Under changes proposed for the Canberra Outriggers membership structure, members without paddles will be required to pay additional fees to cover the costs associated with supplying them club paddles. There are a few reasons for this:

- All Paddlers need to have paddles made for their measurements and appropriate to their level of involvement (racing/social, paddling/steering, etc)
- Club paddles were purchased for people to try for their first few sessions, not for multiple seasons.

The new membership structure will be a fee for membership (currently \$150) for paddlers with their own paddles. For members without paddles, there will be an extra \$50 equipment charge (total \$200). If that member purchases a paddle during the same membership year, Canberra Outriggers will refund the \$50 to contribute to cost of a paddle.

Hamilton Island Race Report by Sam Hemsley



From 31 May to 3 June, more than 1,000 paddlers from Australia and overseas flocked to Hamilton Island for the 2007 PowerAde Hamilton Island Cup with a prize pool of \$60,000 up for grabs, and as the most popular event of the year it certainly lived up to its reputation. Over four days of racing, paddlers were exposed to an assortment of weather conditions, which added to the excitement, challenge and unpredictability of the competition (I think the photos say it all!). There were a wide range of paddlers, from the novice to the professionals; however, the one thing that everyone had in common was their love of outrigging and thirst for the ocean.

I raced with a crew consisting of two women from Coral Sea Outriggers (my old club), Amber Guillory (Canberra Outriggers) and two women from Mission Beach Outriggers, and what a team it was! We raced in the 500m and 1000m sprints, 16km marathon and 42km changeover race and received some outstanding results. The most memorable experience from the event was our 16km race. We headed off after midday on Friday, and by this stage the ocean was wild as a result of 35-40 knot winds. Crews were warned before they started that the conditions were not safe for novices (or the faint hearted), and after finishing the race these words of warning made a lot more sense (isn't hindsight wonderful!). We got off to a flying start and maintained a spot in seventh position until we hit South Head, and for those who have been to Hamilton Island before they will know exactly what I am talking about. I think the best word to describe this section of the race (in conditions like we had) is 'carnage'! The waves absolutely dwarfed the boat, rising above our heads and breaking on top of seats 1 through to 4, and as a result of their force our storm covers were ripped from the front of a boat, filling the boat up instantly with water. At this stage of the race we thought we would have to pull out given that our boat was close to sinking; however, as Seat 1, I managed to pull the covers back into place, and with Seat 5 bailing madly we eventually made it past South Head into calmer waters. During this saga we lost ten places and ended up finishing 17th, but despite this we got some fantastic photos which definitely made it all worthwhile!

The changeover race was our biggest achievement, finishing second in the mixed division and receiving \$3000 for our efforts. I definitely recommend that everyone does a changeover race if they ever have the opportunity, as it provides a completely different experience to paddling and is loads of fun. It was amazing to see so many crews on the water at the start of this race, and even more amazing to see at least 80 support and spectator boats hovering around the start line waiting for the action to start.

The Hamilton Island Cup is definitely something every paddler should experience at least once in their lifetime, as it gives you a true appreciation for outrigging and fuels your hunger for more.