



Dec 2007 – Jan 2008

Newsletter

Editor: Dan Curtis

Welcome to the sixth Canberra Outriggers newsletter. 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...!

Outrigger Coaching Course

The recent coaching course in Cronulla was attended by Carolyn, Dan, Kirsty, Sam, and Wes (and Meg came too). The course dealt with most of the aspects of paddling and was a great start to building our enhanced coaching team.

Over the next few weeks this coaching team, led by Head Coach Dan Curtis, will be developing a season training plan, setting up tailored session plans and running paddling sessions.

Each new coach is working towards becoming a fully accredited Outrigger Coach and they aim to provide a much better paddling experience for all members.

If you have any questions, feel free to ask your coaching team. If you have a couple of seasons experience under your belt and are interested in learning about coaching, please have a chat with them, they'll be happy to help.

By Dan Curtis

Hartley Challenge 2007

The Canberra Outriggers Hartley Challenge team have completed their 2007 challenge, performing very well, raising some \$10,000 and riding at the front of the pack for much of the weekend. Well done to all the team!

And thanks to our sponsors below!



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Paddler Profile – Ali Came

I've been paddling since I was about seven, though as a Canadian, my vessel of choice was a Canadian canoe. I've taught canoeing to all ages and later guided 8 day canoe trips in British Columbia. A little rafting and sea kayaking soon mixed in but when I came back to Canberra in 2000 I took up outriggering after doing some dragon boating (outriggering is much more fun!).



I was a foundation member of Canberra Outriggers and have paddled with the club ever since, with a year out in 2004 for some travel. Though I'm more comfortable steering and paddling on flat-water, I'm getting better at reading the ocean - I just wish I'd grown up at the beach!

Currently the President of COCC, I'll be taking some time out in the next year while I bring up another potential Junior for the team.... Though we might have some more immediate success for a Juniors team if we approach local schools rather than waiting for our members' kids to grow up!

I look forward to the club growing its membership, number of boats and our collection of great regatta results in the future!

By Ali Came

Paddling Tip

When paddling it is very important to have a paddle that matches both your physique and capabilities, and the other paddles in the boat. When looking to buy a paddle, try a few different paddles out, talk to other experienced paddlers, and talk to your coach. Make

your paddle work not only for you, but also with the rest of the crew.

You may have seen people doing all sorts of things with their paddle. Here are some tips on how to look after your paddle:

- When on-shore and you need to rest your paddle somewhere, rest it on your foot or shoe, this protects the blade and helps prevent damage.
- When carrying your paddle, always be aware of what is near by, you don't want to upset others by hitting them with your paddle...and you don't want to damage your paddle.
- When paddling in the boat, try not to tap the gunnel as you paddle as this will damage the shaft, which can cause splinters and weaken you paddle.
- When resting in the boat, you should generally rest the paddle on both gunnels, so that it sits across the boat.

If you look after your paddle, you'll have it for a long time and it will look after you.

2008 Membership – It's time!

Current members and new paddlers are reminded that both the club fee and your appropriate paperwork (a member renewal or new member form) are due by 31 December 2007 at the latest. Forms can be downloaded from the COCC website (www.canberraoutriggers.org.au).

Please let Carolyn and Simon have your forms and money as soon as possible.

Race Paddlers Work-outs

For anyone interested in seeing what how much work a typical racing paddling might put in, please see the table below. While you don't have to do this, it is presented here for information.

Indicative Individual Training Schedule for Competitive Paddlers

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------|--|------------|------------|-----------|-------------------|---------|
| OC6 Paddle | Weights | OC6 Paddle | OC6 Paddle | Weights | OC6 Longer Paddle | Day off |
| | Endurance cross-train (Run/Walk/Cycle for at least 30 min) | | | Endurance | | |

* Note: Single craft sessions can be substituted for one OC6 session. Additional single craft sessions are also encouraged.