

NEWSLETTER

APRIL 2024



WELCOME TO THE CLUB

Welcome to the new Norwich Canoe Club newsletter - we hope to update members on a regular basis with the latest news and updates. We welcome your feedback and suggestions!

Thanks, Sarah
Chair

NEWS UPDATE

The Club trip to Porto Antigo was absolutely brilliant with 24 members attending. There was early bird Yoga every morning, two paddle sessions and then either gym or a run to choose from every day. The evenings were spent watching videos of the days paddling, enjoying a glass or two and generally recovering from the days exercise. I do hope that we make this a yearly event - the hotel was lovely and scenery beautiful. We do need to work with the hotel on the food offering, cabbage soup is not my thing!

Since then the Club has run a very successful BUCS Sprint Canoe Weekend, (congratulations to Toby Booth for his silver medal in Men's K1 200m) and hosted the Marathon Assessment Race for GB selection for the Senior Marathon World Cup in Brandenburg, Waterland's Marathon in Amsterdam and the 2024 FISU World University Sports Championships. Two NCC paddlers were selected after the racing: Kamila Sklenarova for Waterland's and Tim Dowden for the World Cup and University Sports Championships in Portugal. Congratulations to them both!

There was a large group of NCC attending the Cambridge Hasler - thanks to Matthew Lodge with his cheery briefing, race write up and helping to get a great start to the Hasler Season.

Finally, huge congratulations to Harry Shearer and Hannah Darlington for completing the non-stop Devises to Westminster International Canoe Race which finished at Teddington this year after 108 miles. A massive flow on the Thames, with some of the bridges and portage points turning the flat river into grade two white water meant a huge challenge, particularly as negotiating the Thames was in the middle of the night after many hours of paddling. A tremendous achievement to finish in just over 22 hours.

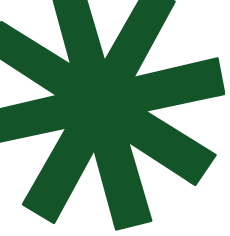


PHOTO GALLERY



Portugal Camp



Portugal Camp



Harry & Hannah- Devises to Westminster



Cambridge Hasler



Toby Booth - Silver @ BUCS



Easter Egg Hunt





NEW MEMBERS

Welcome to our new members - Theia, Eloise, Calum & Bethany! We look forward to you joining our sessions and being part of Norwich Canoe Club.

LEARN TO KAYAK UPDATE

Suzanne has delivered assemblies at Cringleford CE Primary and Magdalen Gates Primary in the last few weeks. These assemblies immediately had some effect, as several children from these schools attended the first Learn to Kayak course of this season. Of the 10 children attending the course, several will come to club trial sessions - so keep an eye out for them!

A few more assemblies are already planned for the next few weeks. It is not easy getting into schools so this is really good news. She has also run ergo sessions at CNS and Hethersett Primary with Wymondham College and Hethersett Primary visiting the club in the next few weeks for kayak courses.

OBJECTIVES 2024

An update on our Objectives progress:

Coaching, Coaching Skills and Coaching Development

- 8 newbie coaches completed their Safety and Rescue training on a freezing March day. Well done to them for completing rescue in the cold water of the little lake.

Club Ethos

- Hopefully everyone will have noticed the updated training programme with more sessions open to all.
- The two sessions per month where the whole club paddles together have been trialled over March and seem to have been well received. From April, one of these sessions will be on a Saturday and one will move to a Wednesday evening.

The Boathouse, Boat fleet and Equipment

- Steve Mableson and volunteers continue to do a great job reviewing the existing fleet and Phil Jenkins is kept very busy with repairs. We are obtaining quotes for the refurbishment of 'Fayes Fab Four'

STRESS AWARENESS MONTH

April is *Stress Awareness Month* and our Welfare Officers, Jo Davis and John Frankland, have found some resources to help us in the quest to reduce our daily stress. Paddling has many health benefits including relieving stress; as well as releasing feel-good endorphins in the brain, improving mood and mental health. For more information or for any welfare concerns please contact Jo or John in confidence (welfare@norwichcanoecub.co.uk)

BELOW IS A LIST OF KEY DATES:

April 1st-30th / Stress Awareness month

There are sources online and suggestions to help us reduce stress i.e. stress management cheat sheet (see below) - www.stress.org.uk/sam2024

April 7th / World Health Day

Promoting overall health care awareness including physical, mental, childcare and climate change regarding health - www.who.int/campaigns/world-health-day

April 10-16th / World Homeopathy Awareness Week

Raising public awareness of the benefits of homeopathy, a gentle, safe and effective system of medicine. - www.homeopathyawarenessweek.com

April 22-28th / Food allergy Awareness Week

Allergy UK is highlighting the sad truth that the incidence of allergies is now #toobigtoignore. - www.allergyuk.org

April 25th / On your feet Britain

A celebration of physical activity that encourages workers across Britain to move more and be more active in their work / lives generally - <https://yo-yodesk.co.uk/pages/onyourfeet#event>

Small Actions To Make Big Changes

CONNECT WITH SOMEONE
Are they okay? - Are you okay? - Check in with your support network - Connect with someone new - A sense of belonging and community can help reduce feelings of loneliness.

PRIORITISE SLEEP
Take small steps to improve your bedtime routine. Wind down before bed by minimizing your screen time - Make your bedroom a 'tech-free' zone - Create a clean and restful sleep environment - Jot down what's on your mind and set it aside for tomorrow - Avoid caffeine after 4pm.

MOVE IN YOUR OWN WAY
Get moving the way you want to. This could be walking, running, yoga, stretches, doing some gardening. Move in a way you'll enjoy, get those endorphins flowing and let off some steam.

SPEND TIME IN NATURE
Take some time out of your day to step outside, get some fresh air and spend time in nature. This could be eating your lunch outside, or taking a short work after work. Simulate your senses and look at the beauty of nature

BREATHE DEEP
Your breath is a powerful tool to help with stress reduction and relaxation. Short, shallow breaths can heighten anxiety so being conscious and taking time to breathe deep helps us shift into a relaxation mode.

PRACTICE MINDFULNESS
Practicing mindfulness allows you to focus on the here and now. It aids self-awareness, helps you practice emotional regulation and control. You can actively practice during a designated mindfulness session or be mindful of your all five of your sense whilst participating in an activity, such as a nature walk.

#LittleByLittle

One Day at a Time: Daily Wellness Challenge

Choose one action from our list or create your own. Commit to it daily and track your progress in our Little By Little Journal for accountability!

- DO SOME JOURNALLING
- CHECK YOUR PHONE AFTER BREAKFAST
- WORDS OF AFFIRMATION
- COLD SHOWER
- 20 MINS TO DECLUTTER YOUR SPACE
- 30 MINS OF BEING 'TECH-FREE' BEFORE BED
- 10 MINUTES OF STRETCHING
- MAKE YOUR BED EACH MORNING
- SET LIMITATIONS FOR SCREENTIME
- LAUGH WITH FRIENDS OR FAMILY
- 5 FRUIT/VEG PER DAY
- ENSURE YOU SLEEP 7-9 HOURS A NIGHT
- SELF-CARE TIME
- ACTS OF KINDNESS TOWARDS OTHERS
- DRINK 2 LITRES OF WATER
- SPEND TIME ON A HOBBY
- SCHEDULE TIME TO UNWIND
- LISTEN TO A PODCAST THAT INSPIRES YOU
- BREATHWORK
- PRACTICE GOOD POSTURE
- SET ACHIEVABLE GOALS FOR THE DAY
- WRITE DOWN 1 THING YOU LOVE ABOUT YOURSELF
- GET CREATIVE
- WRITE DOWN 3 THINGS YOU'RE GRATEFUL FOR
- PRACTICE MINDFULNESS
- TAKE A LUNCHTIME WALK
- GET SOME FRESH AIR
- WATCH A MOTIVATIONAL TED TALK
- READ FOR 30 MINUTES A DAY
- LISTEN TO MUSIC YOU LOVE
- GUIDED MEDITATION

DATES FOR THE DIARY 2024

APRIL

- 13 & 14** National Sprint Regatta, Nottingham
26 EAAA 'CPR and using a defibrillator evening' (18:00 - 19:00) @ NCC
28 Bedford Hasler

MAY

- 5** Chelmsford Canoe Club Sprint Event
12 Short Course Nationals, Peterborough - everyone can race!
19 Norwich Hasler

JUNE

- 2** Bishops Stortford Hasler
8 & 9 Open & British Masters & U23 National Championships, Nottingham
16 Leighton Buzzard Hasler
26 & 27 Royal Norfolk Show

JULY

- 6 & 7** National Sprint Regatta, Nottingham
13 & 14 National Marathon Championships, Reading

BOATHOUSE NEWS

Having carried out a safety check on the boathouse we need to have a bit of clean up, more on this via Facebook.

Steven Mableson and a team of volunteers continue to check and number all of our boats. Any boat numbered is fit for use but again, please do advise a coach or email the committee if there is anything that you notice as broken on any boat of the clubs that you see.

MEMBERSHIP REMINDERS

If you pay by Standing Order could you ensure the payment amount has been updated to the 2024 subs: adult monthly is £25 & juniors are £26. Plus any resulting underpayment!

There are still a few people (nine) that have not completed the membership renewal form, please do so.

Also a friendly reminder has everyone renewed their car parking pass?

CONTACTS



Chair - Sarah Walker
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Vice-chair - Matt Parkes
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Secretary - Megan Broadey
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