

NEWSLETTER

AUGUST/SEPTEMBER 2024



NEWS UPDATE (SARAH WALKER, CHAIR)

We have had a hugely busy and successful summer so far and not just with Kayaking. Well done to the group of NCC ladies that completed the DIVA DEVA's Quadrathlon in Chester and to those that completed the Norwich Triathlon.

PADDLE UK JUNIOR DEVELOPMENT CAMP

In August, we welcomed the Junior Development Squad of 26 kayakers and 5 coaches to our club for the summer training camp. The four-day programme included paddling sessions which facilitated both sprint and marathon training, in addition to a gym and yoga class. It was a pleasure to host this dedicated group and we would like to thank our club members for accommodating these paddlers during our club session.

BREAK CHARITY DAY

A group from the charity Break spent a day visiting our club, where they were able to experience paddling a variety of boats including kayaks, canoes and surf skis. A big thank you to our coaches and helpers who gave their time to assist with this. We look forward to maintaining our connection with the charity and would be delighted to welcome them back!

PARA DAY

We invited paddlers with disabilities, both current and former, and their families and friends, to join us for a morning of paddling and socialising. This provided the opportunity for para paddlers, who benefit from one-on-one coaching at the club, to connect and for others to experience paddling for the first time. We were delighted to have this event feature in the EDP, raising awareness of the club's thriving disability and inclusivity programme.

SPANISH EXCHANGE

Four juniors travelled to Gijón this summer to partake in the Spanish Exchange trip. During their visit, this group, along with other club members competed in the Descent of the Sella. A few weeks later, we welcomed the Spanish juniors to Norwich, where they paddled at the club and enjoyed various day trips. The exchange provides a fantastic opportunity for the club's younger members to experience international racing and form connections with paddlers from abroad. For those new to the club we run a Spanish exchange every other year for those juniors that wish to go and are 14 years of age or above.

BEACH AND MILL DAY

Towards the end of August, two club excursions took place which encouraged paddling in exciting water conditions. This involved a trip to Horstead Mill where club members and those visiting as part of the Spanish Exchange had fun paddling in the flow using various boats. Additionally, a group of approximately 30 visited Lowestoft Beach, enjoying a day paddling in open canoes, lightning boats, K2s, surf skis and SUPs. Afterwards a swim in the sea was enjoyed, making the most of the warm weather.

AUGUST SUMMER FUN DAY

My thanks go to Matthew Lodge (again!!) for pulling together a morning of racing followed by a barbecue in the summer sun a relaxing and fun day for all.

TO THE SERIOUS BUSINESS OF RACING . . .

The July & September Sprint Regatta saw a good turnout from Norwich Canoe Club, I do hope everyone has read Adam's excellent race reports. The July event was also a selection event for the Olympic Hopes Regatta in Szagred Hungary in September 2024. Congratulations to Kamilla who has been selected.

Before the September Regatta we had achieved six sprint promotions - Tom Mableson Boys B, Rory Smith Boys B twice, Jasmine Sargent Girls C, Aidan Davis Mens C and Dom Walker Boys B. At the end of a damp weekend we had two more promotions for Jasmine Girls B & Harrison Boys C. Congratulations everyone!

A significant group headed off to Reading mid-July to take on a multitude of clubs at the National Marathon Championships. We also had 18 Norwich Canoe Club Paddlers form a team and head to Spain in August to complete in the Descent of the River Sella.

Shaun, Kamila, James and Tim Dowden are also off to Croatia to compete in the World Marathon Championships this month - alongside Tim Scott and Suzanne as support staff.

We are heading in to the Hasler finals in Richmond on 6th October with a strong team. We qualified for the finals by coming 2nd in our region behind Chelmsford - all thanks to everyone's efforts at the regional Hasler races. Good luck in Richmond team!



More photos are available on the member [Facebook/Instagram page](#)

LEARN TO KAYAK UPDATE

In July and August, there was a junior course almost every week. Furthermore, there was a Saturday Course and a Thursday course as well. Watch out for some of the participants of these courses, as you may see them on the water as members!

If you'd like to help with these courses please get in touch with Suzanne.

NEW MEMBERS

During the summer we've welcomed lots of new members which is great! A big hello to:

- Rimantas
- Robert
- Grace
- Adele
- Anais
- Hayley
- Hari
- Rokas
- Matilda
- Elliot
- Suzanna
- Samantha
- Clara
- Danielle
- Matthew
- Andrew
- Freddie
- Zachary

≡ Welcome ≡

We look forward to you joining our sessions and being part of Norwich Canoe Club.

OBJECTIVES 2024

An update on our Objectives progress:

COACHING, COACHING SKILLS AND COACHING DEVELOPMENT

We have continued with our coaching development sessions with a skills day run by Dyson and Tim

CORE COACH AWARD

Congratulations to club members Charlie Stam, Tammy Edwards, Tristian Sargeant, Eva McAulay, Jasmine Sargeant and Bea Hill for completing the first part of the coaching award. Over two days, the group acquired essential leadership skills, including session structure and delivery, coaching philosophy and safety awareness. This course will be taking place again in mid-September, providing more members the opportunity to accomplish this part of the coaching qualification.

DEVELOPING OUR MEMBERSHIP

As you may know we have been trialing a summer membership this year. We have had a small amount of take up on this membership and will continue to monitor and gain feedback from those members to see what type of difference it made to them. If it proves successful it will be presented to members at the AGM with a request for permanent addition to the membership structure.



DATES FOR THE DIARY 2024

SEPTEMBER

7 & 8 The National Inter-club MacGregor Paddle Challenge Regatta, Nottingham
29 Elmbridge Hasler

OCTOBER

6 Hasler Final, Richmond Canoe Club
13 Chelmsford Hasler

NOVEMBER

3 Flatwater Racing Association (Winter Series) Bishops Stortford
16 Annual General Meeting, Boathouse @ 12:45pm
17 Flatwater Racing Association (Winter Series) Maidstone

DECEMBER

1 Flatwater Racing Association (Winter Series) Cambridge
6 Glitz & Glamour Christmas Party, Dunston Hall

NOTICES

NATIONAL MARATHON CHAMPIONSHIPS, NORWICH 2025

The Marathon Racing Committee has agreed and will support Norwich Canoe Club running the Marathon National Championships in 2025. Date to be confirmed but likely to be in July.

AGM - 16 NOVEMBER

Our Annual General Meeting will take place on Saturday 16th November at 12:45pm in the boathouse. As last year, we will be sending out a form for members to raise questions and apply for committee roles.

BOATHOUSE NEWS

Tim Scott has spent several hours tidying the boathouse this month - please help to keep it tidy.

There is a very tidy K1 Zastera for sale currently
If you are interested please contact Dyson Pendle

CONTACTS



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