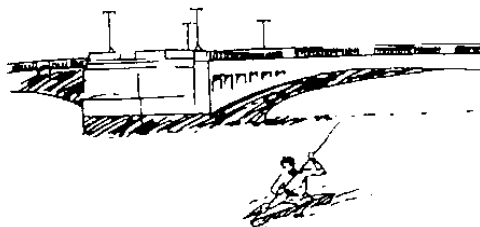


Reading Canoe Club

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Your RCC Newsletter, September 2021

After a slow start, 2021 picked up pace and has turned into a very busy year, full of highlights – from great racing events to work within the local community, introducing many people to the delights of paddling. Against all the odds, we managed to pull off a terrific Nationals Marathon Championships, our May hasler, K4 races – a full round up of those are overleaf.

We've been back to the sprint regattas, marathon racing, with two of our juniors racing internationally and Daniel Atkins, 2019's Junior National Sprint Champion 200m, going to the U23 and Senior Worlds in K2. Dan has written a piece that gives us a taste of his trip to Japan's Olympics and the World events.

We were delighted to put on beginner courses again, Taster sessions galore and even a social event or two. But best of all, we have been back to our full training sessions, with the club open, almost as normal ... still being extra mindful of each other in the face of Covid.

So thank you to all our members, and to all our volunteers in particular who have made it all happen.

Remember to sign into the Club Access sheet (you'll find it pinned at the top of our FB page) for any session, coached or not, apart from junior sessions, where a register is taken.

Enjoy the read!

Chairman's Message

Dear Member

This has been one of the most active summers at the club I can remember - it's been great to see so many of you engaged with club activities, as highlighted in this newsletter.

Your participation, volunteering and supporting, makes it easier for us to provide such a varied and full programme of coaching and events. It allows us to take on challenges like the 'Nationals', and extra taster sessions. This benefits us all by allowing us to share experiences and develop as individuals and as a club. The increasing support of our Juniors this year to help deliver all of the taster sessions has been magnificent and I hope we can build on that next year. I am particularly pleased we continue to support some of our more disadvantaged children in the local community, allowing them to experience the fun of kayaking for the first time.



I am keen we learn from our experiences to make it easier to run the club and activities in the future. So it was great that we renewed our Talent Partnership with British Canoeing, which focuses on our Junior Paddler and Coach Development. It challenges us to develop a sustainable funding model for our Junior coaching and tests that we have appropriate governance policies and procedures in place to enable the club to run well. Where there are weaknesses we will develop an action plan to address them. This is important to make the club more resilient and flexible to change and enable succession in the volunteer roles. This creates opportunities for members to take on new roles and develop new skills.

I know we don't always get things right, and recognise we can always improve, so your constructive feedback and active support to help implement changes, when agreed, is very welcome (please contact us with suggestions via: info@reading-canoe.org.uk).

The AGM is coming up shortly where we will report on progress against our 2020-21 objectives and set out our plans for the coming year. I hope you will join us.

There are further details of the AGM and how it will be run overleaf.

Safety First – Paddling through the winter:

The Winter Training Programme has now started. Although it is still relatively warm, we need to be mindful of when conditions become colder and the flow picks up. You will need to take extra care:

- 1) Layer up – make sure you have enough layers to keep warm, including a spray deck, a hat, cag and enough layers below it. And possibly pogies.
- 2) Check the board at the top of the internal stairs – if it's on amber, you need to take extra care as the flow is up; if it's on red, you can only use club equipment with a Level 2 coach or above. Even with your own equipment, it is advisable only to go out with an experienced coach.
- 3) Paddle in groups and well within your ability
- 4) If paddling in the dark, make sure you have a white light on the back of the boat

AGM 2021 – 13th November 11.30am

The proposal for this year's AGM is for it to take place in the hall for whoever can make it, but also to make it accessible virtually, on Zoom. It will be on 13th November at 11.30am. Dates for nominations and motions have been emailed to you. Nearer the time, we will of course send or post up a link for those who want to attend on Zoom.

Please do make sure you join the meeting – it's your Club and it's important you have your say. It is also important to have a quorate present at the meeting to make it official – that's about 30 of us.

A week later, we will be holding our [**Awards Dinner, Saturday 20th November at 7pm**](#). Details to follow.

Sprint Racing in 2021 - a round up by Erika, team leader

After almost two years of no sprint races, the Nottingham Regattas restarted in June, with much excitement and enthusiasm from our team. During the three regattas that followed – June, July and September's Interclubs – 44 paddlers represented RCC, 24 of which were racing in Nottingham for the very first time!

It was great to see the enthusiasm and the spirit of the whole team, urging each other on to success. Unusually for Nottingham, the weather was very kind to us – all three were bathed in sunshine, with June almost too hot – making these races very enjoyable and successful too!

We achieved 23 promotions and three selections to represent GB internationally. After their outstanding performance at the regattas, Annabel Hutchinson and Harry Freeland were chosen to represent GB at the Olympic Hopes Regatta in the Czech Republic and Daniel Atkins at the World Championships, both U23s and Seniors.

There were many fantastic achievements at the regattas. double promotions for some of our junior paddlers. We also excelled as a team, coming joint 4th, with Nottingham CC, at the Interclubs September regatta, out of 36 clubs.

It was great to see so many paddlers attending these races and I am very excited for next year. Get the dates for 2022 in your diary now!



It was great to be back sprinting at Nottingham and to field a big team of juniors

Nottingham Regatta Dates 2022

April 9-10th, June 4-5th, July 2nd-3rd, September 3rd-4th

Marathon Racing Round Up *by Evan & Jo Shephard*

After a year of lockdown training in its various guises, it was with joy and relief that racing was able to recommence in May. There have been a number of changes this year: the launch of a new race-entry system, seeing direct entries and payment from paddlers, which has gone well (and is a lot less stressful for team leaders!); the introduction of the revamped Geoff Saunders under-14 races, which sees our younger paddlers able to race in a variety of boats over 2 miles. The points system has also been overhauled owing to the increasingly large start lines we are seeing, especially in our region. For Hasler races this season, there have been 50 points for a win (instead of 20) 49 for 2nd etc. Paddlers outside region will still only score 1 point.



RCC proudly put on the first hasler of 2021

First-in-region race was our own Reading hasler, where we saw 46 of our paddlers out, as well as many volunteers, all under the watchful eye of Brian who masterminded proceedings. This was quickly followed by the Nationals in July, also at RCC, which saw well over 800 seats paddled over the course of the weekend and even more volunteers coming out the woodwork. Thank you from the whole Nationals organising team – the club couldn't have done it without everyone who helped on the day and the run up to the event. We managed to win both Spanish House (Team Trophy) and the Spanish Galleon (U14s Trophy) which is an excellent result.

Over the summer we saw races held at Southampton and Oxford with 11 and 33 paddlers out respectively. We have seen some rapid promotions, especially amongst our juniors, showing the benefit of all the hard work put in by both athletes and coaches through lockdown – congratulations all round!

This season (it starts in September) has got off to a flying start at Pangbourne, with a fantastic 47 paddlers out on some very big and busy start lines. Team Reading have commenced the 2021/22 season in style with 541 points, finishing 2nd!

We are looking forward to supporting you in the races to come. If you've not raced before and fancy giving it a go (all speeds and experience are very welcome), or aren't sure about anything, then please do ask! We have a lot of fun and there are always plenty of small (and not so small!) people to give you an encouraging shout!!

Slalom in 2021 *by Emily Neville*

Emerging from lockdown, the slalom group has quickly bounced back. Training sessions on Sunday afternoons have been well attended and everyone is developing new skills and rolling practice continues while it's still warm enough.

In May, Team Reading headed down to a slalom competition hosted at Shepperton, a weir with an unexpectedly high volume of fast flowing water. Having only experienced flat water, all of our younger paddlers threw themselves into the challenge and the score board finished full of Reading paddlers taking home awards.



Racing at Shepperton



Emily racing at Shepperton

Sparkling interest from the summer's beginner and taster sessions, slalom welcomed a few new faces who quickly found the fun in our madness. With the winter creeping in, the slalom group are still going strong. Competing in Northampton in the first weekend of October, Reading is still seeing good results on the slalom front. The competition season continues through to the end of October. Reading is looking forward to taking part at Harefield – well done to Matthew Perry for his first competition and coming 3rd. Our flood-lit Sunday afternoon sessions (3-4.30pm) will continue through the winter, so please come and give it a go.

Club Racing Events 2021 – a hasler, K4s & National Marathon Championships

Although all Winter races were off the agenda, including Thameside 1 and 2, our other race events on the calendar have been on!

Reading Hasler, May 2021:

First off was our May hasler, the first race in the southern region to be held since lockdown. We had just 26 K2 entries and 171 K1s, with a phenomenal 43 boats entered for Div4. That was quite some start line and yet, miraculously, there were no swimmers.

Brian did a magnificent job, adapting with extra Covid measures and making sure he had a team in place to carry it all out. Floating porta-loos across the river on the pontoons – just part of the job!

June K4 Race Day:

We also held the first of our two K4 race events of the year, on 27th June. Covid restrictions in place, all spectators banished to the prom side, yet it still felt like normality had almost returned. What a treat. There was a high demand for boats – with 38 entries in total and a record number of 8 in Race A, the fastest group. Well done Reading for drumming up 13 great crews. All paddlers raced with gusto. It was a great day.

Huge thanks to Brian, as ever, who put all the leg work in, supported by an enthusiastic team of volunteers. Special thanks to Nik T stuck out on the safety boat all morning, rain and shine. The same in October except that there was more sunshine and only 34 boats. Still a very good turn out.



Div 4 K1 start was a busy one



Race C K4 start line

The National Marathon Championships 2021

First our team planned for the 2020 Championships, but we know what put paid to that. So they looked to 2021 ... the months crept by, July loomed, the Nationals team held tight and kept a steady course ... and without the slightest wobble, put on an amazing National Marathon Championships on 10th and 11th July.

From the outside, it looked like a walk in the park, but hours of careful preparation since January had gone into the project. The pandemic, of course, meant there was yet another layer of complexity to the event.

Despite Covid, 52 clubs from all over the UK, including Scotland and Wales, entered the competition, with 385 K1 entries and 213 K2s. There was some great racing and some really exciting finishes. Biggest race of all was the Mixed K2 race, of course. 75 entries in total – that was one mad start! Biggest K1 race was the U16 boys, with 38 entries. Another super choppy commencement to the race.

Even better, Reading Canoe Club was the overall winner with the highest number of points, winning the Spanish House Trophy, plus the Spanish Galleon Trophy for U12s. All together we received 20 promotions, eight 2nd places, eight 3rd places and four National Champions – Ruth Shephard, Harry Freeland in K2, Brian, as ever, for O69M and Josh Drummond in U10 K2.

Well done to everyone who paddled and a big thank you to our terrific Nationals Team and all our volunteers – we couldn't have done it without you. And so good to be back racing again.



There were 75 boats on the Mixed K2 start line!



Div 3 K1 start almost as choppy

What else has the Club been busy doing?

Beginner Courses:

With no beginner courses in 2020, we were delighted, come April this year, to get going again with both Junior and Adult courses. We had a considerable waiting list ... and still do! Thank you so much to all our coaches for putting these on and it's great to see lots of enthusiastic beginners join the club since.

In total, we put on **six adult beginner courses**, that is 48 beginners in total (big shout out to Seumas leading them, with Keith, Nick D, Trevor and Nathan as main helpers, plus Danny, Simon and Mims and Tom, plus Mark King for helping to scoop up a few capsizes), and **eight Junior beginner courses**, six in each (big shout out to Brian for leading most of them, Emily N, Isabelle, Timi, Patrick, Phoebe, Georgia, Peter and Cormac).

On top of that, we had two beginner courses for our lead school, Highdown, and another 24 beginners on the water. We know they had a lot of fun thanks to our enthusiastic and patient coaches.

It was great to see this year, beginners enjoying a taste of all sorts of kayaking, including a slalom session run by Emily. Thanks so much, Emily. Your enthusiasm shone through and persuaded a number of new junior beginners to join the Sunday slalom session. A big welcome to all our beginners from these courses – 10 new adult beginners and 19 new juniors.



Emily led 12 Highdowners in the slalom session within the beginner course

Taster Sessions – 240 children introduced to paddling:

Having missed out on Taster Sessions last year, they were back in full force in 2021. Taster sessions are a great way of introducing local youngsters to the joys of kayaking and helps recruit onto our beginner courses too.

Our first set was in May Half Term – every single session full with enthusiastic and excited 9 to 16 year olds. A total of 90 different children over three days. We were so blessed with the weather too – so warm and sunny ... summer came early.

Then we had two days of Taster Sessions for Emmer Green Year Six - 59 pupils in total. This was a new school lead for us, so we were delighted to get them on board and on the water. Thanks to our terrific team of helpers – Brian leading the flat water and Emily leading the slalom, plus an amazing team of our juniors each day – the children had a wonderful time. There was great praise for all the volunteer coaches – how welcoming and professional they were.

Our last group of Taster Sessions was as part of the Reading Children's Festival in early August. Three full days of sessions – and another 90 happy children, getting their first taste of kayaking and canoe slalom. We let Brian off these, and either Seumas or Patrick kindly led the flat water and Emily the slalom, with our terrific juniors playing their part. So many participants from the taster sessions are super-keen to know about our beginner courses as soon as they start next April.

240 children in total got to try out canoeing at the Club. A huge thank you to our junior helpers:

Emily, Isabelle, Phoebe, Georgia, Peter, Cormac, Charlie, James, Alice, Tia, Pia, Charlotte, Conrad, plus Brian, Seumas and Patrick for leading them, and our adult land helpers Lorraine, Becky, Nicola and Alina, who ensured it all ran smoothly.



Half the group tried slalom, while the rest did marathon boats, then swapped



Showing the children how to hold the paddle

Helping in the community – LAC and Family Aid days *by Jill Harbridge-Hui*

After an enforced year off RCC were delighted to be able to renew our acquaintance with Catie from Reading Borough Council and her group of young people in the care system. Feeling emboldened by previous years' successes, the young people requested an 'adventure', so we decided to venture away from the club and undertake a picnic paddle. Aply assisted by some of our older juniors, we set off in Canadians with a couple of foxes for those feeling bolder.

As usual, any initial apprehension or shyness was soon overcome, old friendships renewed, as well as new ones made. The weather was kind allowing a leisurely picnic and lunchtime fun in and on the river.

Thank you to Nigel, Brian, Phoebe, Isabelle, Georgia F, Charlie, Cormac and not forgetting Stormy. Your generosity of time, enthusiasm and patience made it an enjoyable day for everyone involved.

Family Aid days *by Viv Simpson*

We also worked with Reading Family aid with two outings to give these children a new, exciting adventure. Most children had never been in a canoe before, and whilst there were some initial nerves, by the end of the session, there were smiles and laughter ... particularly from those who got a little wet!

It was great to see the children confidently handling the canoes and having such a great time. Most said they would love to go again, and some even want to join the club. Huge thanks to the club team; Dan, Jill, Phoebe, Patrick and Georgia, for making both days such fun.

Social Events:

Not only is Reading Canoe Club renowned for being a top racing club in the UK, we are also known for putting on some great social events. Last year's Covid put the kibosh to most of that sadly, but we managed to squeeze in a couple this year ... with another, our Annual Awards Night, planned for 20th November.

Nigel's Surprise Party:

The youthful Nigel, one of our longest-standing coaches, turned 60 last year, during the pandemic, so the party that had been carefully planned had to be rapidly shelved. However, it wasn't forgotten and just over a year and two months later, we sprung him a big surprise.

Nigel isn't one for surprises, but he dealt with it well considering. At least it was better that the planned rescue session he thought he was running – a ruse to get him down to the club on a Saturday afternoon.

Erika, Brian and the troop of helpers had planned some crazy silly team games on the water – Death Match, Tug of War, canoe relay, race circuits, charioteers ... they packed those games in, sank a few boats and laughed their way through. All rewarded with a slap-up barbecue and lots of birthday cakes.

Nigel was presented with the latest Garmin watch and heart rate monitor as a present from all at the club – he'd been eyeing it up for a while. Happy Birthday Nigel. Sorry for the surprise, but we hope you enjoyed your party nonetheless!



There were some crazy, silly team games



There were many great cakes, but this was the biggest!

Finally ... our first, and last, Club handicap race and bbq:

Most years we try to put on at least three of these events, but at least this year, we managed one! On 20th September, on the last but one Time Trial of the year. 90 people signed up for the barbecue, with 49 boats on the water for the racing and three very bumpy starts.

It was great to see so many members and their families at the social. A big thanks to the cooks on the barbecue, Jo Shephard and Andy Field, Immi for organising and Brian for sorting all of us out for time trial.

We look forward to more of those next year, with maybe a few breakfast events later this year. Anyone up for a Christmas Mix-and-match paddle with a slap up breakfast?

My trip to Japan and the Worlds *by Dan Atkins*

I have been Liam Heath's training partner for the last two years, out there every day at Dorney Lake, Eton. In July this year I travelled with the GB sprint kayaking squad to support Liam in Japan on his Olympic training camp as he prepared for the 2020 Olympic Games. His event: the K1 200m. It was an amazing opportunity to be asked, especially because we were coming out of lockdown and some restrictions were still in place. The three week training camp was great – from travelling with other Olympians, the hospitality and then actually training on the lake with all of the other Olympic athletes. It was so inspiring and gave me a further insight into what it really takes to be top of your sport.



K4 500m Final A at the World's U23

Roll on one month and I am in final preparations for the U23 World Championships in Portugal. This time I was racing K2 and K4 500m and unsure of how we were ranked in the world at this age group. We raced our hearts out in every race, fighting every inch of the 500m to claim two A finals and finish 8th and 6th in the World at U23's. This was a brilliant result for us – we had only started training together and at this distance from qualifying at the April Nottingham Regatta!

A week after the U23's we were competing at the Senior Worlds in Copenhagen – up against the biggest names on the planet. It was surreal lining up on the start line against multiple Olympic medallists and champions. It was tough racing and a great experience I will always remember. We qualified for two B finals and are ranked 15th in the world!

I am very grateful for all of the support I have received that enabled me to go both to Japan and compete at the World Championships.

Fleet Report *by Andrew Ingpen*

A big thanks to Peter Mainprize for all his years as head of the Boat Committee and Fleet Manager, and most of all managing and, more often than not, doing boat repairs. I have taken over some of the role, with volunteers to help with repairs. Thanks to the 10 keen ones who attended the Epoxy Skills 101 course that Jeremy Freeland kindly led. If you would like to volunteer in this area, please let me know on info@reading-canoe.org.uk

Freddie also helps by overseeing the junior fleet and advising on purchases, while Jeremy kindly gives up his time to teach us the technical aspects of boat repair and performs some of the more difficult repairs himself at his own expense – much appreciated!

Thank you to Nick Daniels, too, for helping out with repairs.

At last the plans for the much needed outside storage have been approved, unused boats have been identified and will be sold and disposed of accordingly. This will make space for new purchases. The lease cougars are all a bit past their best and are being replaced with good used Nelos as they come up.

Recent Purchases:

- 2 x Nelos for the lease fleet
- 1 x Marsport Zeta
- 1 x Marsport Phoenix with low and high seats

Chris Robinson's blue K1 has kindly been donated to the club. Thank you, Eileen, for this.

The club is also planning to purchase some K2s and there are discussions taking place – we will keep you updated!

Clubhouse and grounds:

Hall hires are an important method of raising revenue for the club, but with the pandemic this has obviously been completely off the cards. Just this September, we have reopened some of our previous-standing hall hires, only on weekday mornings, so as not to impact on any club activities or training, as our sessions come indoors.

Hirers will be expected to keep a full register of participants, inform us of any Covid-related issues and we will increase the cleaning from twice to three times a week. Please play your part by keeping the Clubhouse tidy, to facilitate the cleaning, as well as keeping the club smart, safe and tidy.

Work was done on the grounds during the Work Day, thanks to Volunteers. Thanks also to Dom O'B who often cuts the grass and does other gardening work, when he is around. We have booked a tree surgeon to pollard our sycamores and, sadly, to take down the willow, which is rotten. This will be on **6th/7th December**, We plan to replace the willow with another suitable tree.

Outside storage:

Thanks to Brian and Mike Kirschstein for putting together drawings to improve our outside storage. We will let you know when this will take place and put a shout out for volunteers. Hopefully this will reduce our waiting list for K1 storage.

Welfare

Please remember, if you have any concerns regarding welfare for yourself or any other member, do let our welfare team know – welfare@reading-canoe.org.uk. Or speak to one of our Welfare team in person – Jill Harbridge-Hui, Sarah Mainprize and Debbie Atkins.

Training – Coach and Paddler development

Our vision at the Club is to develop a skilled team of both qualified and competent support coaches who can aid paddler development all the way from beginner to athlete level. The Talent Partnership provides a path for our Head Coach, Freddie, to gain a Racing Performance Coach award. This will commence shortly.

Two other coaches, Patrick and Phoebe, are also working towards their Racing Coach qualifications.

The regular cycle of First Aid courses were run and a pleasing 20 members completed this. A number of members also completed or refreshed their safeguarding and protecting children courses.

This winter we are planning:

- a) for some of our coaches to benefit from 'Strength and Conditioning' (S&C) support from a placement student studying Sport Science and S&C modules at Oxford Brookes University
- b) to have training days to support both paddler and coach development

By supporting our club beginner groups and taster sessions, both our adult and junior volunteer coaches have made an enormous difference to the experience our beginners have had and have meant they have wanted to come back for more! It has been lovely to welcome new faces this year as members.

We want to learn from this and build better for next year so please give us your feedback – both those who have helped and the beginners who have joined.

Please remember, the club is keen to support financially members who are interested in developing their coaching qualifications – for themselves and to support club activity. If you are interested in gaining your qualification, please let Freddie, our Head Coach, know, or Seumas or email info@reading-canoe.org.uk

Talent Club Partnership

We were delighted in April to succeed in our bid to be one of just five top clubs to be offered Talent Club Partnership with British Canoeing. With that we receive £15k this year (2021-2022) and a further £45k for the period 2022-2025 subject to British Canoeing's success in their next funding round.

The partnership will help the Club attract and develop new junior talent and enable the terrific juniors that are already on our training pathway to reach their full potential.

It will develop our Junior coaching capacity, capability and succession, and fund more contract coaches to support the key after-school sessions. Specifically it:

- enables our Junior lead coach to work towards the Racing Performance Coach qualification
- provides support on Strength and Conditioning
- encourages networking between talent clubs and joint activities with local satellite clubs for the benefit of both paddlers and coaches
- It will promote good club governance and encourage us to develop sustainable income streams to fund contract coaches into the future

We are certain that the whole club will benefit from being part of the Talent Club Partnership, with input into the development of our junior paddlers, as well as giving all our coaches the opportunity to share knowledge, best practice and experience to the benefit of all our members.

We have set up a TCP review group to manage the implementation.

SUP @ RDG

As most of you will be aware, Stand Up Paddle Boarding (SUP) is the fastest-growing water sport in the world! There are a number of racing clubs that are taking advantage of this, in various forms ranging from board hire, courses, even SUP-specific membership and just about any variation you can think of.

Currently, we are simply investigating how SUP might operate at the club and have put on a single trial session for members. We are far from deciding if we go further with it, but it does feel like it's worth exploring. So, in the meantime lookout for future test events and, as ever, please send your feedback to info@reading-canoe.org.uk.



Members try out SUPs

Dates for your diary:

Please keep these dates free:

Club AGM – Saturday 13th November, 11.30am, in the hall and on Zoom

Club Awards Night – Saturday 20th November, 7pm

Christmas K2 Mix and Match paddle with slap up breakfast – Saturday tbc if there's a volunteer to organise it!

Christmas Canoe paddle - Wednesday 22nd December, 5pm

Adult Winter Training Programme:

Please find a list of sessions below. Junior coaches will have already informed their groups of the winter schedule.

Day	Time	Session	Coach	Venue
Monday	06.30-07.30	CRAP* run	Dan S	from club
	17.30-18.30	Ergo sessions (pre-booked only)	Nigel	boatshed
	18.30-19.30	Ergo sessions (pre-booked only)	Nigel	boatshed
	18.30-19.30	Gym circuits – all abilities	Brian	Gym
Tuesday	06.30-07.30	CRAP* paddle	Dan S	on the water
	17.30-18.30	Ergo sessions (pre-booked only)	Nigel	boatshed
	18.30-19.30	Ergo sessions (pre-booked only)	Nigel	boatshed
	18.30-19.30	CRAP* weights	Dan S	gym
Wednesday	18.30-19.30	CRAP* run	none	from club
Thursday	06.30-07.30	CRAP* paddle	Dan S	on the water
	17.30-18.30	Ergo sessions Technical	Nigel	boatshed
	18.30-19.45	Adult fitness circuits	Brian	hall
	18.30-19.30	CRAP* weights	Dan S	gym
Friday	06.30-07.30	CRAP* run	none	from club
	09.30-10.30	Paddle and cake!	uncoached	on the water
Saturday	08.30-9.15	Core (all levels)	Nigel	hall
	08.45-10.00	Paddle Div 4-6***	Dave S /other	on the water
	09.00-10.00	CRAP* paddle	Dan S	on the water
	09:30-10.45	NITS* Club session – point to point (div7+)	Nigel	on the water
	11.00-12.00	PIGS* paddle or Ergo session	Miriam	on the water or boatshed
Sunday	09.00-10.30	Long Club Paddle (all divisions)	Nigel	on the water
	09.00-10.00	CRAP* paddle	Dan S	on the water
	15.00-16.30	Slalom (all levels)	Craig	on the water

* PIGS= paddler improver group, * NITS= Nigel's Intensive Training sessions (div 7 and above),

* CRAP= committed regular athlete group (this is a fast group)

*** please note that this session doesn't always happen and you should look out on Facebook each week. For it you need to be of at least Div 6 to keep up with the group.

Best to keep an eye on details of sessions by belonging to the Club Facebook group