

Dragon Boat Pictorial



Freestyle Canoeing



National Championships

- Polo

- Marathon



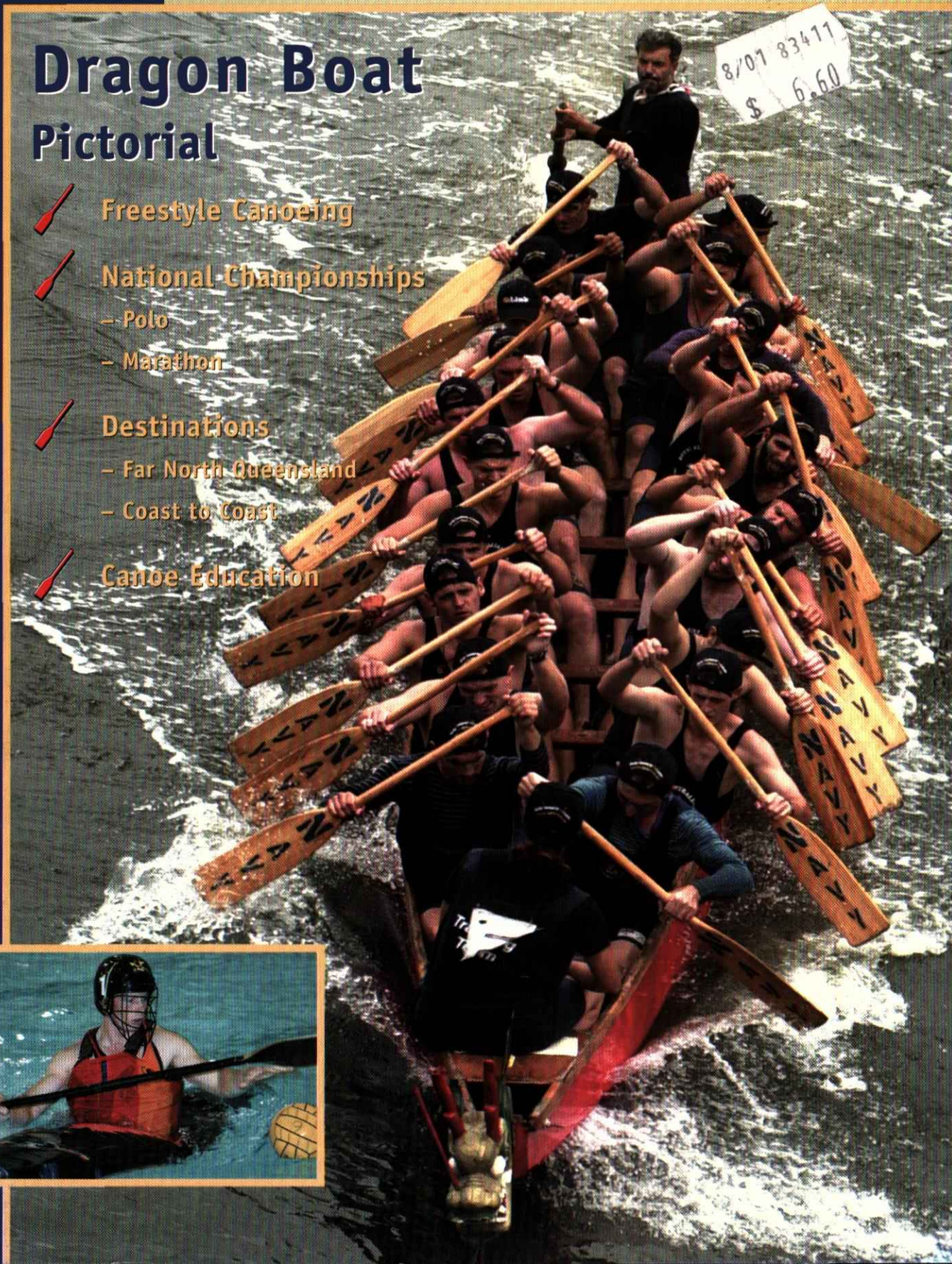
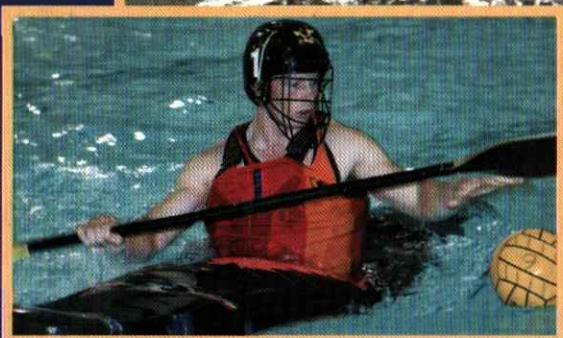
Destinations

- Far North Queensland

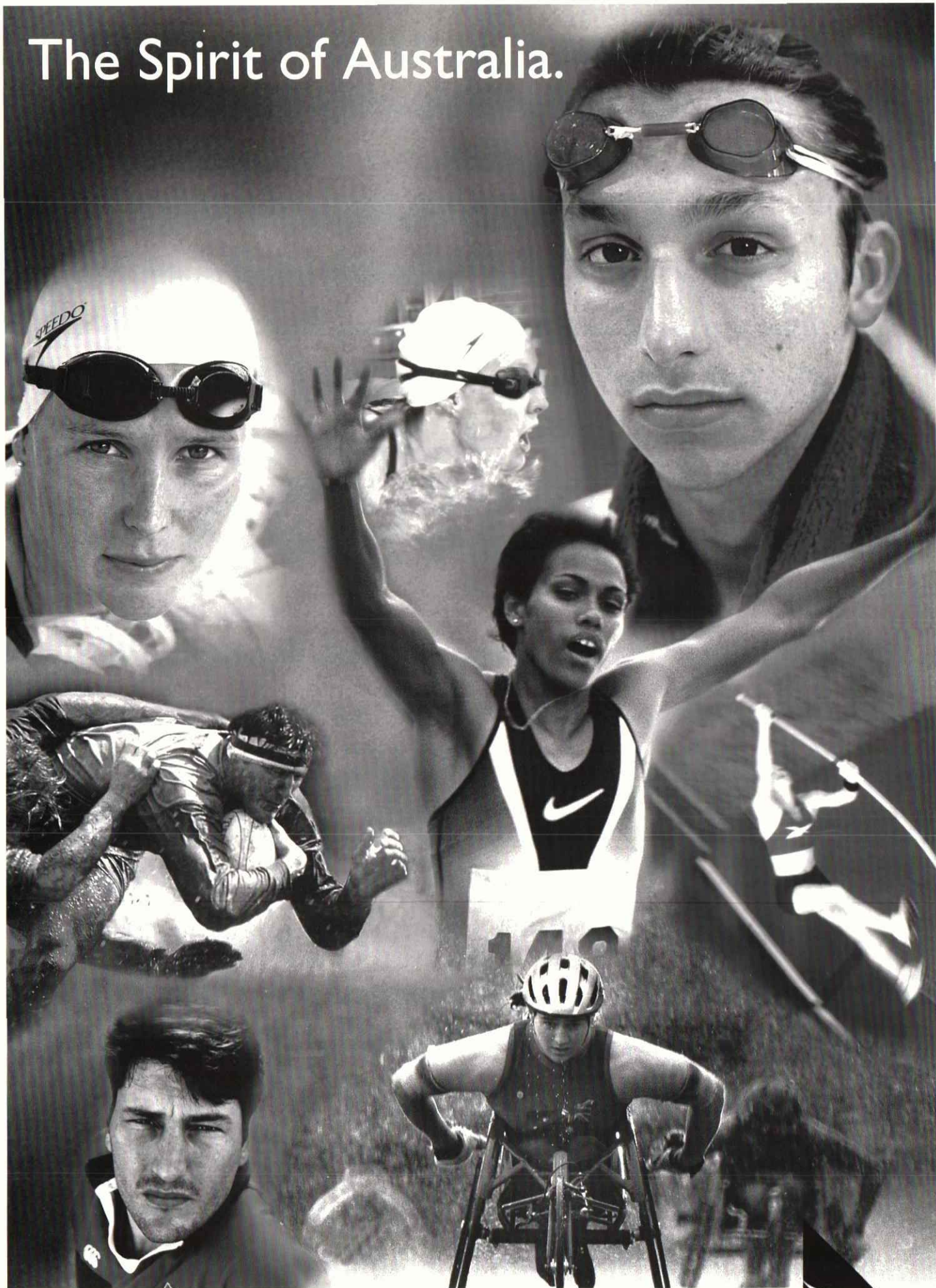
- Coast to Coast



Canoe Education



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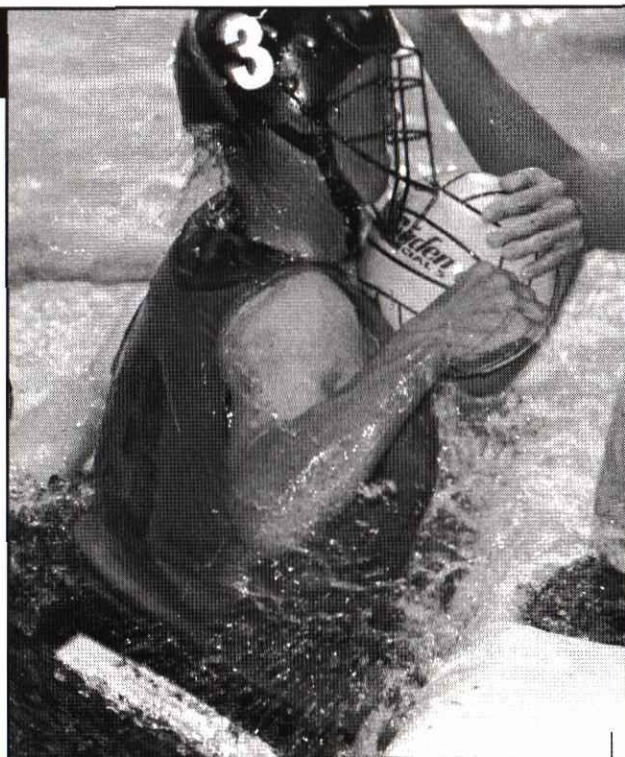
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Front cover:

The Navy dragon boat team paddling to the start line, at the 2001 Melbourne International Dragon boat festival.

Photo: Courtesy RAN.

Cover Insert and above:

2001 Canoe Polo National Championships.

Photo: Courtesy Victorian Canoe Polo committee.

KC – Next Issue

Canoe Polo – gear availability



-  Australian Canoeists overseas and the Hawkesbury Classic.
-  Stephen Schaefer profiles Michelle Pinci, an Australian triathlete who has taken up paddling.
-  and yes – finally...we profile Canadian paddler Steve Giles.

*Plus all of the usual **KC** features including: Competition, Canoe Education, **KC** crossword and the event calendar.*

KC

Kayak & Canoe Magazine

KC – Kayak and Canoe Magazine

The magazine of Australian Canoeing Inc.

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From the Editor



In this issue of **KC Magazine** we feature freestyle canoeing. Rob Parker and Chris James provide a insight into this increasingly popular discipline of canoeing. Australia received its best results ever in Sort, Spain in June, at the World Freestyle Canoeing Championships.

Robin Bell (pictured at the Australian Freestyle Championships on Brady's Lake, Tasmania) won Australia's first-ever medal when he took the silver behind Barry Kennon from the USA. Robin is now the most successful all-round whitewater paddler Australia has ever seen.

For all of the results from Spain and other overseas canoe competitions check out Australian Canoeing online at www.canoe.org.au

In this issue we also feature the Marathon and Canoe Polo National Championships. The Victorian Canoe Polo Committee have provided us with some great photographs of the Easter Championships.

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Australian Canoeing

David Jerram provides us with a personal account of The New Zealand Speights Coast to Coast one-day event. The Coast to Coast covers approximately 240 kilometres of road, mountain tracks and grade 2 rivers. The photo of David below – after his paddle leg – sums up the difficulty of this event.

KC relies on the voluntary contributions of its authors and photographers. We are always trying to make **KC** better and I encourage you to contribute to Australia's only national kayak and canoe magazine. Whether you are an Australian team member or you have just joined a canoe club – we would appreciate your input.

Michael Loftus-Hills



David Jerram and support crew after the paddle leg of the Coast to Coast one-day event.

Have you any canoe photographs or slides? Please send us your canoe pictures for possible publication in KC magazine.

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Our contributors

Australian Canoeing thanks the following authors and photographers who have contributed to the Winter issue of KC Magazine.



Chris James

Chris James is based in Ottawa in Canada. Chris is a member of the Australian Freestyle team and won the National Freestyle championships at Brady's Lake, Tasmania.

Rob Parker

Rob Parker is also a member of the Australian Freestyle team has taken a year off study to focus on paddling. Rob works at Horizonline canoes when he is not paddling at the Penrith Whitewater Centre.

David Jerram

David Jerram is a keen multisport participant. David started paddling at Fairfield Canoe Club in 1997. Now based in Wellington NZ, David spends much of his time paddling the Hutt River, cycling the surrounding hills and running through the wonderful bushland of Wellington.

David Clark



David Clark has been paddling whitewater in various countries for over twenty years. After years of freezing on icy Scottish rivers he now prefers to kayak in warm water and sunny weather. He lives in Melbourne.

Jenny Hourigan

In 1991 Jenny was part of the Australian team that won every game they played in Europe. Outside of paddling you can find Jenny clocking up the kilometres on her motorcycle, rock climbing and cycling.

Adam Dickenson

Adam Dickenson, a student in Tasmania, is a active Freestyle and whitewater paddler. Adams photographs can be seen in our Freestyle feature on page 6 of this issue.

Dianne Chellew

Dianne Chellew is the Manager of the Australian Marathon Team. Based in Canberra Dianne 'followed' her son into canoeing, and paddles a K1 when she is not working and organising the arrangements for World Marathon Championships in England due to be held in September.

Richard Fox

Richard Fox has been the national slalom coach since 1998 and head coach at the 2000 Sydney Olympics. As a member of the ICF Slalom Committee from 1996 he was instrumental in securing the inclusion of slalom in the Olympic program for Sydney. A 5-time individual and 5-time team world champion for Great Britain.

Sue Price

Sue Price is a registered whitewater canoeing instructor and a former representative in canoe polo and slalom. Her photos have been published in various print media.

Karl Russell

Karl Russell is the National/AIS Sprint Program coordinator based at the AIS in QLD. Karl has been busy since his appointment, keeping up with the changes to the tour arrangements for the sprint team.



Peter Horne

Peter Horne is Coaching and Development manager responsible for the management, operation and coordination of kayak and canoe education programs in Australia. Peter coordinates and implements the AC Award Scheme.

Megan Holmes

Megan lives in South Australia. Megan finds time for studying when she is not playing Canoe Polo.

Paul Sheppard

Paul is Project Officer responsible for the transition and implementation of the new competency based Award Scheme.

Lynda Lehmann

Lynda has been coaching at the elite level (in swimming and kayaking) for over 15 years. She began paddling in 1990, quickly reaching the national sprint team and has competed in four world championships and two Olympic Games with a highest world ranking of 4th. When she is not coaching canoeing Lynda runs a busy practice as a profitability consultant and performance coach.

President's message

In the last edition of KC Magazine, I spoke about the predominant source of our operating funds; the legacy of the Olympic Games in the Penrith Whitewater Stadium; and the individuals who will lead our programs towards Greece in 2004.

This month I'd like to expand on the recent announcement by the Federal Government with respect to funding for sport; what the Board of Australian Canoeing is doing to ensure secure funding commitment to our canoeing programs; the mid-year meeting and workshops; and the recent introduction of the AC Policy Register.

Federal Government Funding announcement

Late in 2000, and after a successful Olympic campaign, the Australian Canoeing Board was presented with, and gave in principle endorsement to, a 4-year operating plan for Australian Canoeing and its High Performance Programs (HPP) in sprint and slalom. This was after a major performance review of the HPP's, and a review of the HPP structures. The recommendations were that firm action be taken to install programs which would deliver performance outcomes, better than that achieved in Sydney, and clearly within the capabilities of our athletes.

To achieve that end the Board was keen to examine the financial status of all programs. It therefore requested, and was provided with, a review of the overall funding situation for Australian Canoeing and the outlook for funding of our programs, including HPP through to 2004.

Subsequent to this, on the 14th May, and after numerous false commitments, and 'promises' in respect of funding announcements (including proposed bridging funding for the first half of 2001 which did not eventuate), Australian Canoeing finally received notification of its funding level for the next 2 years.

Whilst the allocation of monies is still subject to the signing of an agreement between the Australian Sports Commission (ASC) and AC, I can in broad terms advise where the Board and the ASC have agreed that this funding be allocated.

There are three elements to the ASC grant. The first element is for High Performance across all disciplines, not just in our Olympic disciplines. The second element is in the area of sport development, and the third element is for the Australian Institute of Sport (AIS) programs in canoeing, which are sprint and slalom camp-based programs focusing on the national squads.

As I implied in my last report, a great deal of the funding is indeed allocated to the Olympic disciplines, and as such it is essential these programs continue to deliver success in accordance with the agreed performance outcomes

established between the ASC and AC. However it is also worth noting that the limited funding assistance that does come for the non-Olympic disciplines is a result of the good results achieved by Australian teams in international competition. I intend that a breakdown of the allocation for our sport and the areas of program expenditure will shortly be available on the AC website, so members can see for themselves where expenditure is being focused.

It is however also important to note that the government charter is far broader for sport, and therefore funding is expected to cover not only the former Olympic-athlete programs, but also elite sport development, development of clubs, coaches, officials and athletes through national programs and the AIS scholarship programs.

To this end, the Board has had to ensure that the objectives of existing programs and resources are not compromised by distributing the available funding too widely.

For example we are committed to continue support for existing state-based institute programs, and have initiated slalom programs in NSW and Victoria, but have, after discussion with the ASC, limited the AIS program to one of a camp-based training facility for national squads.

This, along with a real reduction in funds for high performance (in excess of \$250,000 over the peak 1999/2000 levels), has given the Board limited flexibility to support the further introduction of additional institute programs, however this is something we will continue to strive for.

A further significant impact of our funding situation this year has also been the need to cancel a planned tour for the sprint national squad to Europe. While some funding was obtained in the area of sport development to complete AC projects commenced in 2000/2001, specific funding to enable pre-July expenditure for an overseas tour of the national sprint squad was not forthcoming. Indeed, funding for High Performance Programs has only been provided for the financial years concluding with the World Championships in 2002.

In order to ensure a secure and stable base of funding for the sprint and slalom programs through to the performance review scheduled for 2002, the Board of Australian Canoeing made the difficult decision to curtail what had been a previously accepted practice of retrospectively funding the May sprint tour from the allocation of funds for the coming financial year.

Whilst this tour may in the past have been possible due to good cash-flow, good financial management and continuity of funding, the shortfall in grants for the first half of 2001 and the over-expenditure associated with our Olympic campaign in 2000 precluded any consideration of a continuation of this 'credit card' mentality.

For our prospective international athletes this no doubt came as a blow. As I stated in a personal letter that I asked to be forwarded to each athlete, the Board made the decision with some regret, but was determined to bring certainty to the funding for the HP programs by adopting this position. John Sumegi is now developing an alternative World Championship campaign, and I am sure the athletes affected, the majority of which are fresh faces on the squad, will rise to the occasion and will not let this setback daunt them when they first take on their European counterparts in competition.

As a result of the grant confirmation from the ASC, the Board is now keen to ensure everyone has a common understanding of the direction for Australian Canoeing over the next 4 years and also where the funding will be spent at least for the next 2 years.

Mid-year meeting and workshops

To that end I have again requested General Manager Jon Bisset to schedule a series of workshops in conjunction with the mid-year meeting of AC's Executive Council, with the following topics being considered for presentation and discussion:

- AC strategic plan for next 4 years, including the financial plan
- structure of the AC standing committees
- development Initiatives for next 4 years
- Sport Net and our IT Plans
- membership benefits within AC.

The workshops provide a great opportunity for me to personally meet with the 'decision makers' in our sport. I look forward to receiving feedback on the above areas, as well as discussing any other initiatives, issues or concerns the states or standing committees are addressing.

In a further communication initiative announced recently, AC has developed a policy register to be available on the AC website. It has become more and more obvious to me that while members and athletes continue to be introduced to our sport, and in the majority are keen to oblige and comply with necessary procedural and administrative requirements, not all are given the opportunity nor the information to do so. That is, until they are confronting a situation which usually adversely affects them, and understandably they are then often disappointed with the outcome. The Board hopes that the promulgation of policy decisions of the Board, will not only improve members' knowledge in respect of these policies, but may also put into better context some of the outcomes that evolve from the adoption of the decisions.

In addition, we also have a new circular up and running on the website so distribution of such information as I'm providing here reaches a far wider audience.

I am therefore now very confident that the Board has affirmed the necessary direction for the sport for the next 4 years and that, through the implementation of the strategic plan, everyone from state level through to clubs and individual members will be able to make their own contribution towards the continued development and success of our sport.

I have previously indicated that we live in a very competitive marketplace and in a very competitive industry, and that our success will be dependent on our ability to adapt to the changing climate within which we operate. Be it financial grants, the availability of sponsorship and marketing opportunities, or competition from other sports, we must strive to adapt our sport to the needs of the community, whilst fulfilling our obligations to develop and promote canoeing as a recreational pursuit and competitive activity under the charter of the International Canoe Federation.

I look forward to the mid-year general meeting and catching up with many of you. I wish those athletes who have been selected for national teams and who are preparing for their departure for international competition the best of success.

Enjoy your paddling.

freestyle canoeing

Freestyle boat availability
Freestyle paddler profile



Australian Freestyle team

Men's K1

Dan Campbell
Rob Parker
Chris James
Aaron Hemmerlea
Craig Chivers

OC1 (unisex)

Aaron Hemmerlea
Gary Finlay

C1 - 3 Unisex

Robin Bell
Brock Flowers
Kynan Maley

Women's K1

Georgia Leplastrier
Catherine Kent
Ali Parker

JK1 Men's (Juniors)

Andre Hemmerlea
Toby Hanson
Anthony Yap

Squirt Men's

Leigh Wighton
Russell Sheehan
Craig Chivers

The Australian Freestyle team were selected following a series of selection trials held this year. The team contested the World Championships in Sort, Spain in June. All results at Australian Canoeing online - www.canoe.org.au

Rob Parker, part of the national freestyle team, gives the lowdown on freestyle canoeing and what freestyle boats are available in Australia.

Rob describes freestyle canoeing as the snowboarding of canoeing. Rob explains how the 'trained and practised precision' of freestyling is as important as individual flair and expression in winning competition points. Fashion and style also play a big part in freestyle canoeing, as well as the styles of boats.

Editor's note: Variety is the spice of life...The whitewater boat survey planned for the Winter issue of **KC** has evolved into this feature on freestyle canoeing.

We also feature a profile in this issue on Canadian-based Australian freestyle paddler, Chris James. Both Rob and Chris are in the national team and **KC** thanks both paddlers for their input into this feature.

Freestyle boat availability

Rob Parker provides a run down on the ins and outs of freestyle paddling.

Rob's survey of freestyle boats available in Australia (see table below) is based on his subjective experiences as a freestyle paddler. KC does not claim that this table represents a thorough survey of all freestyle boats. We recommend that you try as many freestyle boats that you can, and use Rob's input as a guide to your purchase.

	EZ	Dominatrix	Ultrafuge	Trickster	Blitz	Zip	AMP	Showdown	Foreplay
Skill Level	2	2	3	4	2	4	3	2	3
Surfin	2	2	1	1	2	2	1	2	1
Loose	2	1	2	2	1	1	3	2	2
Small Hole	1	1	2	2	2	5	4	3	3
Big Hole	3	3	2	1	3	3	3	2	1
Flat Water	1	1	1	2	1	3	3	2	2
River Running	5	4	3	1	3	3	2	2	1
Comfort	2	2	3	2	3	2	2	3	3

1 = Stylin or Easy 5 = Not Suitable or Hard

About the Freestyle Boat Guide

This table does not list all freestyle boats in Australia. As far as we are aware the following freestyle boat (not on Rob's list) is available in Australia: Prijon.

Boat models are listed on the top of the table. The eight categories (skill level to comfort) are the main areas that may be relevant when you purchase your boat. All freestyle boats are made of plastic – Freestyle boats need to be durable – boats are constantly hitting rocks and other obstacles. Many International competitions only allow manufactured boats ie you cannot paddle in a boat you may have made yourself.



All Photographs in the Freestyle feature : Adam Dickenson.

About the Terms

- Skill Level** 1 – low skill levels. 6 – Suitable for experienced freestyle paddlers.
- Surfin** How well the kayak surfs on a green wave (beach wave).
- Loose** How well the kayak spins or how well the hull releases. This is probably the most subjective measure in the list!
- Small hole** How well the kayak goes into a hole. This allows cartwheels or flatspins
- Big hole** How well the kayak goes into big hole. Better with more water.
- Flat Water** How well can the boat cartwheel on flat water (a lot of people don't have access to white water).
- River running** How the boat responds on a whitewater river compared to a man made course.
- Comfort** Boat choice often comes down to comfort or colour preference. Generally most freestyle boats are similar in design. Sit in the boat, make sure you are comfortable. Look out for thigh braces and foot room.

All photographs from the 2001 Australian National Freestyle Championships held in 'Jibbers Hole', Brady's Lake Whitewater course, Tasmania. Photo page 6: Chris James going 'left' in Jibbers hole. Left: Warren Lee in action.

Freestyle in Australia

Traditionally freestyle competitions within Australia have been fun events that encourage participation and enjoyment. Over the last few years, with the input of the freestyle committee, and increased exposure, freestyle is now a serious and highly competitive part of canoeing that is contested at a world-class level.

Freestyle canoeing is becoming an increasing popular canoeing event throughout Australia, with competitors like myself coming from all over Australia to contest in what has become a technically precise event.

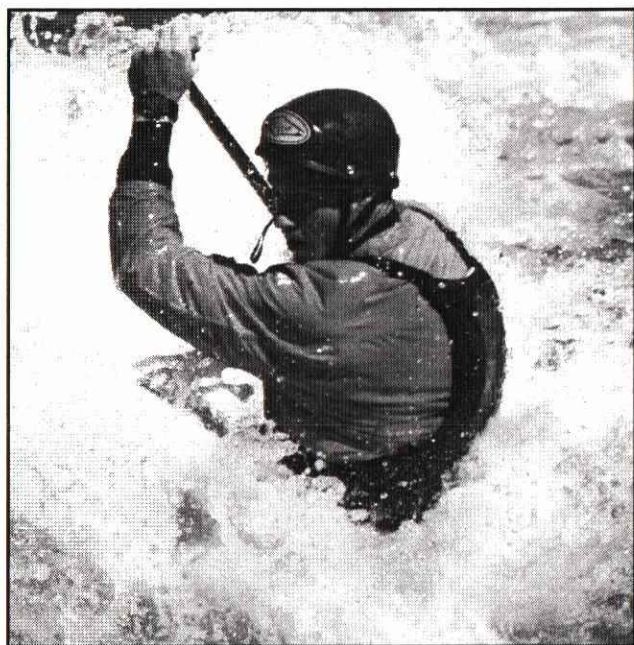
What is freestyle canoeing?

A freestyler goes through two or three thirty-second rides in a qualifying event. Within these rides s/he attempts a series of practiced moves, each contributing to his final score. Blunts, Ends, Wheels, Splits, Loops, Spins, Cleans, Super Cleans, and Super Duper Cleans are all easily scored on a flat, 45°, or vertical angle. The higher the angle the more points awarded for each move. It's when Pretzels, Southparks, Matrix, Arial Space Godzillas, California Rolls and Whathunks are performed that scoring becomes a little more subjective. However it is these moves, and the attitude portrayed by the athlete when carrying out the move, that can tip the scales between two otherwise technically equal rides. Trophy moves, as these more creative manoeuvre are known, are also what the crowds like to see.

Chris James

Freestyle paddler profile

KC profiles Australian freestyle paddler Chris James, who recently won the freestyle nationals at Brady's Lake, Tasmania. Chris is presently working in Canada on the Ottawa River.



Freestyle boats

Boats are always changing within the freestyle realm, often more to follow fashion than to increase performance. My personal preference is the Riot Trickster. As I am also sponsored by Riot, I see them as leading the field in boat innovation; by supporting me Riot allow me to get in the latest designs first, and to upgrade boats to improve my performance. That sponsorship occurs is an indication of the growth within freestyle. Perception, Dagger, Bliss-stick, Necky and Wavesport are some companies which can create a freestyling machine. If these kayaks are paddled by a dedicated and creative athlete, they can retain absolute control over any feature on a river, be that in competition, or unseen in the wilderness.

As I prepare to fly out of Australia to Sort, Spain, the destination of the 2001 Freestyle World Championships, I look back at how the sport has changed in the past two years, and how my home in Sydney has become one of the entrees for canoeing in Australia. The Penrith Whitewater Stadium has allowed growth for all aspects of the sport, hosting numerous freestyle events over the last year, and allowing paddlers of all standards to experience the union of paddler and water.

How would you describe freestyle paddling?

Freestyle canoeing is a more relaxed type of competitive canoeing. I think a good analogy is that freestyle kayaking is to kayaking competition what snowboarding is to downhill-skiing. It is the latest and greatest thing in kayaking. Because freestyle is held in one area of a river, it is a lot easier for spectators to see the sport. With slalom you may only get to see a part of a competitor's run, but in freestyle you get to see their entire run from one spot.

When freestyle first started it was not seen as serious as some of the other kayaking disciplines – however like all sports, to succeed you have to train hard. There are people

Left: Robin Bell competing in the C1 class.

Photo page 9: Junior, Andre Hemmerlea 'deep in the hole'.

in the states who are making a living by just paddling freestyle events. The sport is very company-driven, and with new boat designs coming out at least every 2nd year, it is a marketers dream!

When did you start paddling and how did you get involved in freestyle canoeing?

I started paddling when I was 13, when a high-school teacher asked me to paddle in a slalom kayak. I paddled slalom until I was 18 and competed at the 1992 Junior Worlds in Norway. When I went to University, competitive paddling was put on hold. It wasn't until I started raft guiding, in 1995, that I started paddling again a little more seriously.

In 1999 I got a job with Esprit Rafting Adventures on the Ottawa River in Canada. Freestyle is big here on the Ottawa River - they held the World Championships for freestyle in 1997. An Ottawa River local, Ken Whiting, won this event in the K1 division in 1997.

The Ottawa River is rated one of the best play-rivers in the world, and is visited by most of the world's best freestyle paddlers. After I settled in Ottawa, I started to paddle more often - but still only managed to get out on the water about once or twice a week.

After the 1999 season I went to Mexico as a safety kayaker. This gave me more time in the boat. In 2000, I returned to Ottawa where I learned more freestyle skills, while still not getting a lot of time on the water. That year I entered my first real freestyle event and finished a humbling 23rd out of 24 in the expert division. I realised I still had a fair bit to work on. I returned home to work at the Penrith site and competed in the national series in Tassie and Penrith. Winning the Nationals was a great highlight to cap off a great season back home. I am now back on the Ottawa trying to get more time in my boat to train.

Are you involved in freestyle in Australia? What is happening on the local scene?

This year was my first time back in Australia for two years. It was a new experience meeting all the local freestyle paddlers and catching up with old friends from the days when I paddled slalom. I participated in the judging at the Nationals, which is an area I would like to get more involved with as well.

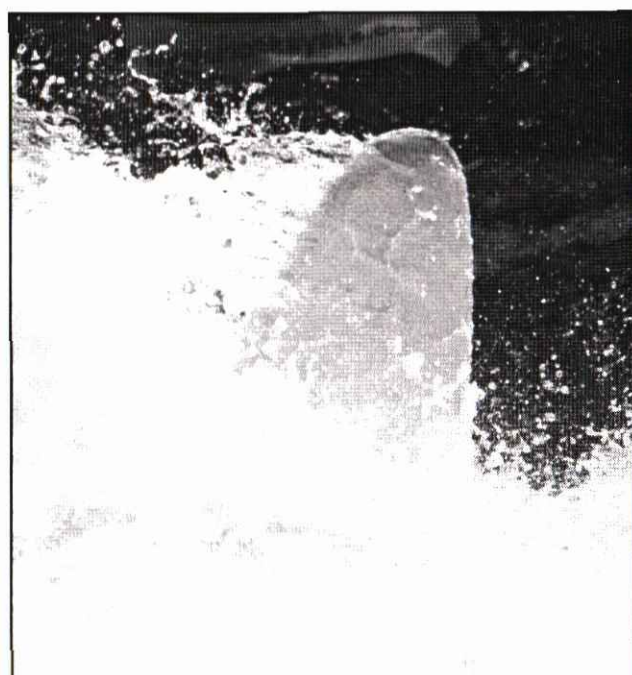
I think there are about 19 competitors heading over to the Worlds in Spain. We have a good mix of straight-up freestyle boaters - most have had a history in slalom, and there are a few members who are on the national slalom team as well. I think our best results may come in the C1 division, with any of our 3 guys being capable of winning a medal - that would be awesome!

'The Ottawa River is rated one of the best play-rivers in the world, and is visited by most of the world's best freestyle paddlers.'

What do you do when you are not paddling?

I am the river manager at Esprit Rafting here on the Ottawa River in Canada. This is a full-time job and takes up a lot of my time. I am responsible for the smooth running of the rafting side of the operation. I also raft-guide, kayak-instruct and teach river-rescue courses. When I have time off, I usually go straight to the river in my kayak and go paddling with friends or I will just chill around the base camp. We have a really nice location here. One thing I would like to do more of is snowboard and hang out in the mountains. Canada is a great country, I would like to see more of it.

Chris James acknowledges the support and sponsorship of: Bliss-stick kayaks, Solution sprayskirts, Whites drytops, and Esprit Rafting Adventures.



Slalom and Sprint



Women's K4 warm up – Sydney Olympics 2000.

Home and away

Photo: Sue Price.

Richard Fox, national Slalom coach, gives a run down on what's happening in Slalom in Australia and overseas.

The US Time Trials

The US team trials are normally a closed shop for international teams as the Americans thrash out their domestic business behind closed doors. This year the gates were opened and international teams were invited to take part in the three race series on the Ocoee River in the Cherokee National Forest, Tennessee. The invitation came at a price. The Tennessee Valley Authority has power plants in the Ocoee Valley and sees the release of water for recreation or competition on this section of the river as electric dollars flowing away. Every cubic foot of liquid is released grudgingly by TVA with a hefty charge to the organisers and participating teams. However, six days of training and three days of racing on the world championship venue was a worthwhile investment for a small team of six athletes. The course has changed slightly since the 1996 Olympics and been shortened considerably to fit the modern trends in race running times. Training each day consisted of specific technique work analysis on each section of the course followed by video analysis. Trying to maximise training time on the course and performance in the back to back races was a challenge, however. Robin Bell responded to the situation in the best way possible with good form in training and solid wins in the first two races ahead of Stuart McIntosh of Great Britain.

The team was lodged with local families and enjoyed the great southern hospitality that is a feature of the Ocoee races. A visit to the local gun shop and Sunday service at a country church were just two contrasting extra curricular activities for the team who will look forward to renewing acquaintances with homestay hosts when they return for the world championships in September.

Breakthrough

The world tour continued to Europe with Mike Druce as coach and Liz Broad as manager to take in the World Cup races in Goumois, France, Merano in Italy and Tacen in Slovenia with a couple of days training in Augsburg thrown in. This was a breakthrough trip for some of the athletes as they stepped up a level on the international scene. Without our regulars in the finals - Woodward, retired, Bell and Boocock, working hard at uni - it was left to Wilkie, Milne, Maley and Natoli to fly the flag on the second day. The athletes responded well with 5 finals placing between them (back to back finals for John Wilkie) and some encouraging individual performances. The times are faster with some runs right on the pace which is a good platform to be building from 3 months out from the world championships. The message is clear, whether it be at a World Cup or a local race - speed is nothing without control. When asked what it takes to succeed in slalom an old hand once said: 'You have to go for it, you have to back up two runs and you have to be clean. When you've worked that out you have to do it again the next day. So don't think about it too much - do one run at a time and you'll be right!'

Best dressed

As the seniors prepare for another round of World Cups before heading off to the worlds in September, the junior team are being put through their paces on the Eiskanal in Augsburg with Myriam Fox, Dan Milne and Richard Fox, as coaches. The juniors will train and take in the sights in Prague followed by the Pre World Championships in Poland and a junior World Cup event in the Czech Republic. At the final of three junior team training camps at Penrith, the team was issued with its substantial uniform

Slalom and Sprint

package for the European tour. With some interesting cross dressing combinations on view the latest batch of junior Aussies are sure to make their mark both on and off the river. Sadly, a shoulder injury prevented Helena Merrett from joining the tour and we wish her well for a speedy recovery.

Globe trotting

News from the ICF during the World Cup circuit promises some interesting itineraries for international teams over the next few seasons. World Cup events have been proposed in China in 2002 and 2003 and a World Cup final for

Brazil in 2002. The Olympic qualification looks set to be in Augsburg in July 2003 and in Seu d'Urgell, Spain in May 2004. The number of athletes and the qualification system should be confirmed by the ICF by March 2002 at the latest. Juniors will head to Poland for the Worlds in August 2002 and Lofer in Austria for the Junior Worlds in 2004. So far, Australia looks like hosting a World Cup in 2003 in addition to the Worlds in 2005. The successful Sydney Youth Olympic Festival also looks set to go ahead again with a more international flavour. The AOC is keen to see the event used to develop international competition particularly within Eastern Asia and Oceania.

High performance sprint program

Karl Russell has been working at the AIS canoe Unit on the Gold Coast for three months as National/AIS Sprint Program Coordinator. Karl supports Australian Canoeing Head Sprint Coach, John Sumegi, in the day-to-day management of the high performance sprint program. KC spoke to Karl a few days before his departure to Europe with the Australian Sprint team.

The AIS canoeing program

Australian Canoeing has taken a positive step by combining both the Australian Institute of Sport (AIS) and National sprint programs. The AIS Canoeing Program is now playing a more important role in the development of the national team. There will be no live-in scholarship holders. Athletes on scholarship will first need to be selected as national squad members.

The AIS/National program will be a camp-based program, bringing athletes into a camp environment for team-boat development. This process allows athletes to develop an understanding of their roles within a team boat and to refine their technical skills, giving the athletes the best opportunity to be selected in a team boat. This process will also focus on state institute coaches allowing them to develop their own coaching skills.

Karl says that the major benefit resulting from these changes to canoeing within Australia is that it allows all athletes to remain within current squads and state programs. They can then pass on the knowledge, they have acquired over the years.

As KC readers are aware, John Sumegi, 1980 Olympic Silver medallist and Head Coach of the Queensland Academy of Sport Canoeing Program for the last 10 years, has taken on this challenging role as joint AIS/National Head Coach.

John has coached the Australian K2 500 m combination of Trim and Collins for the last 10 years. Both paddlers have proven to be the best Australian K2 combination in history.

Karl believes that John has the opportunity to do what no other national head coach has been able to do before, give leadership, direction and support to both athlete and coach.

Karl says that 'the need for all coaches and athletes to work together and lift the standards within Australia is an understatement of what is really required' Over the next two years Australian Canoeing will need to rebuild and be realistic about what success will come by the 2002 World Championships. The need to improve on the disappointments of the 2000 is a must.

Sprint Update - 2001

This year is a rebuilding year. Only two members from the Olympic Team will compete in this year's World Championships: Olympic Silver Medallist Katrin Borchert and Nathan Baggaley.

The changes to the sprint program does not mean there will be no success. The athletes on this year's national team have been given great support from two very proud Australians. They helped them to understand that representing your country at a world championships is one of the greatest honours, you will experience in the lifetime. The 2001 Australian Sprint Team left Australia on July 7th and will compete in the 5th World Cup Regatta in Zagreb (Croatia) from July 13-15 and in the World Championships in Poland from August 23-26.

Dragon Boat Pictorial

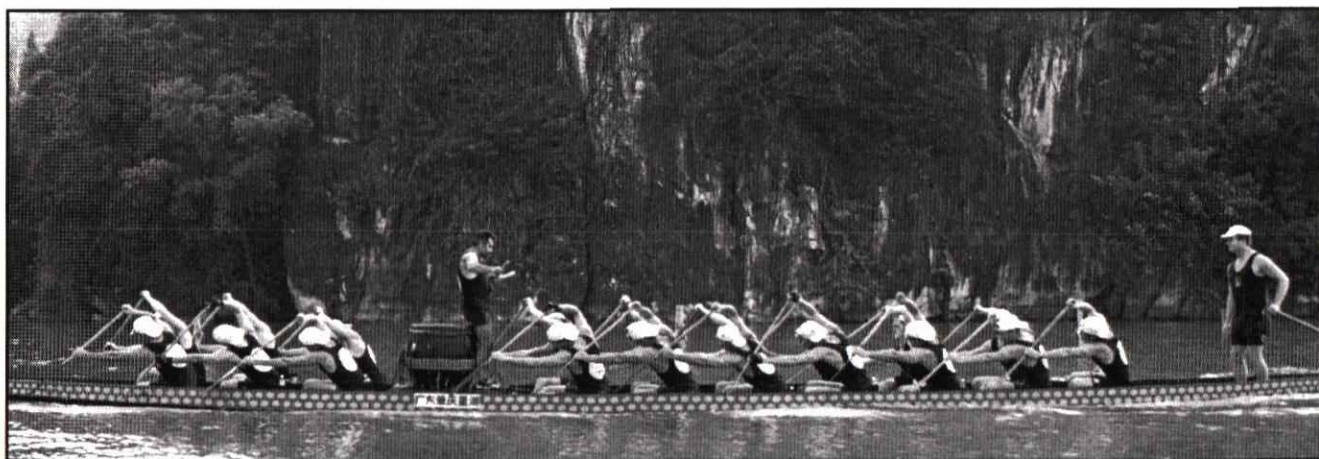
The Royal Australian Navy (RAN) formed a Dragon boat team in 1996. Two Dragon Boats were purchased from the Victorian Dragon Boat Association, and in March 1997 a men's and mixed team from HMAS Cerberus represented the Navy at the Moomba International Dragon Boat Festival on the Yarra River in Melbourne. Since that time the Navy team have competed in Canberra, Sydney, Melbourne, New Zealand, Hong Kong, China and Penang. Corporal Mike Winter, who introduced Dragon Boat Paddling to the Navy, says that 'each year a new batch of trainees from HMAS Cerberus are selected and taught to paddle - they go through a rigorous training program, which consists of gym work, running and paddling over a period of six months, the aim is to assist sailors cope with their future Navy career, through team building, motivation, dedication and commitment' The Navy team have just returned from Penang where they came 4th in the local Dragon Boat festival.

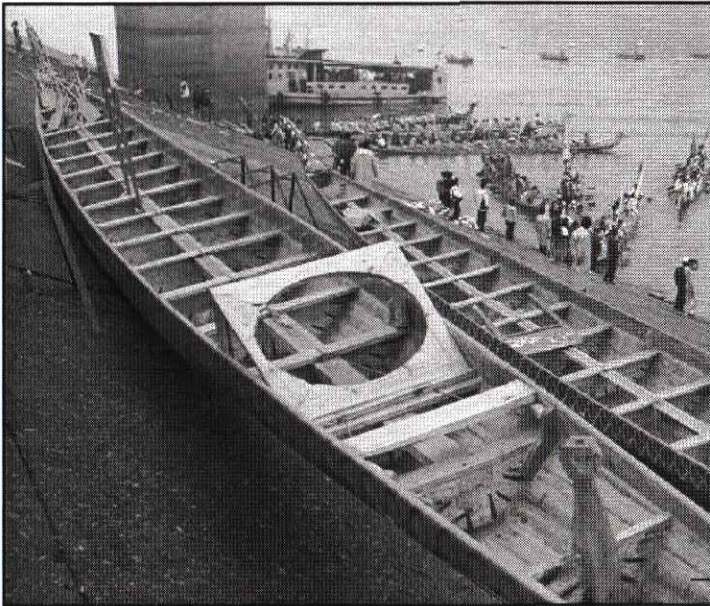


The RAN Dragon Boat team, Jing Zhou, China 2000 – 2nd place Men's final.

Below, training on a man made Lake at Jing Shou, China.

Photos: Courtesy of the RAN.





Safety advice for Northern Territory Dragon Boat paddlers.

Photo: Courtesy of the RAN.



Dragon Boats on the (concrete) banks of the mighty Yangtze River at China Yichang International Three Gorges Storm Dragon Boat festival this year.

Photo: Craig Waghorn.



The RAN team racing at the Australian Dragon Boat Championships held at the Lakes Resort (Berry Springs – about 45km south of Darwin, Northern Territory)

Photo: Courtesy of the RAN.

The opening ceremony in Hunan Province, China – which the Chinese claim is the home of Dragon Boat paddling.

Photo: Courtesy of the RAN.



David Jerram

The longest day

Multisport



A face of anguish - David Jerram and support crew after a gruelling paddle.

Photo: With permission Paul's Image Centre - Wellington New Zealand.

The New Zealand Speights Coast to Coast one-day event

The Coast to Coast is a premier multisport event covering approximately 240 kilometres of road, mountain tracks and grade 2 rivers. It attracts hundreds of competitors, some doing the 2-day event, some doing it as a relay team, and 130 doing it all in one day - 'The Longest Day'. This year was a special occasion. \$10,000 prize money was on offer for the first male and first female and all the past champions had been invited to compete.

John Jacoby (Australia's multisport champion), Steve Gurney (New Zealand's equivalent to Jacoby), Novak Thompson, also from Australia, and many more lined up on the starting line, including David Jerram, who provides his account of one of New Zealand's toughest multisport events.

The Start

Every competitor in the Coast to Coast will have their own story to tell, of triumphs, disappointments and adventures. It is my aim simply to give one person's perspective on what is a fascinating and challenging race from Kumara Beach on the west coast to Summer Beach on the east coast of the South Island of New Zealand.

We stood on the beach at Kumara, 5.30am Saturday morning. Nervous energy pumping in our veins, hoping that all the hard work of months of training will finally pay off. Behind us the moon shines over the sea and we huddle together. In a matter of minutes, with very little ceremony, Robin Judkins (the event organiser) wishes us farewell and sounds the horn. Utter chaos erupts as bodies clamber up the beach to the start of the track for the 2.8-km sprint to our bikes. In the partial light the leaders can be seen slowly extending their lead over the rest of the field.

Our bikes arrive and with complete confusion and haste we prepare ourselves for the 58-km cycle to Deception Bridge, reminding ourselves that this is going to be a 'Long Day'. Adhering to the advice of others we pace ourselves, forgetting about the leaders who have formed their own pack. We trundle along, a dozen of us working together, finding a system that minimises our efforts. We wonder where our mates are – 'I was sure they were only just in front of me' – unbeknown they are behind enjoying the effects of a cycle pack that now numbers near a hundred. The dozen initial riders continue to push the pace – with little effect – each time the masses re-group at the bottom of the next rise. It appears many riders are happy to conserve energy, sure that they are in front of us, not realising that lead.

Near the finish of the first leg there is a mad sprint for the transition. Jostling for position in preparation for a frantic change over to the 26-km mountain run. Off with one Camelback, on with another, off with the cycling shoes, on with the socks and runners; I fill my pockets with food. In a matter of minutes we confront the support crew with our anxious demands for assistance. Then we are off again, not even acknowledging their efforts or well-being, but simply focusing on the task ahead – the daunting run up Deception River to Goats Pass and down the Mingha river to Klondyke corner.

The Second Leg

Like sheep we follow, some already stumbling, others showing incredible agility as we prance across the rocks and head for the hills. And all the time we are questioning whether we should go faster – 'I feel fine, maybe I can run harder' - but we only want to finish and it's going to be a long day. So the body reaches a compromise and settles for a pace that could go for 4 to 6 hours no matter what length of time it takes to accomplish this run. We lift ourselves over boulders, we wind our way in and out of bush and cross rivers, hoping to find an advantage that will make the run

A grassy stretch allows me to stride out – but any chance of rhythm comes to an abrupt halt when I find myself face down in the mud. A look back reveals a rock hidden by the strands of native grass; a rock that by the day's end will have found many victims.

shorter. All the time left foot goes in front of right foot, and right in front of left. We slowly progress up the Deception River. Along the way we are photographed crossing rivers, shuffling up rises and clambering through bush. Encouragement for me comes from another competitor as he jogs alongside. We exchange a few comments on our progress and then refocus on the task ahead.

Goats Pass

Nearing Goats Pass, our running slows to a walk as the terrain becomes steeper and boulders get bigger. The hut comes into sight and what a relief it is to finally get to the top of the run. Some boardwalks mean we can finally stretch our legs and find a rhythm, but this is immediately interrupted by a sharp downhill section over rocks. Another river and then into the bush, my eye-foot coordination is slowly becoming accustomed to the roots and rocks. A grassy stretch allows me to stride out – but any chance of rhythm comes to an abrupt halt when I find myself face down in the mud. A look back reveals a rock hidden by the strands of native grass; a rock that by the day's end will have found many victims.

Klondyke Corner

With the riverbeds of the Mingha near, we finally get a sense of achievement. Three and a half hours has passed and to go any faster isn't an option. The body plods on aware that no aches and pains exist, only the need to proceed to another discipline. Another drink and we

regain our mental composure. Klondyke Corner is in view. The pace quickens and although the runners in front take one direction, others follow their race plans and run in another direction, hoping to gain an advantage in the final stages of the run. A lone voice from the support crew yells out encouragement and the crowd acknowledges our achievement, but my mind turns to the 15-km bike ride and in minutes the mountain run is history.

With the wind at your back and the speedo over 40 km/hr, food becomes an important ingredient. It is a race, so the joy of passing those that passed you on the run provides a rush of adrenaline. A glance at the watch tells a sorry tale – nearly six and a half hours and a long way to go.

The Kayak Transition

The kayak transition soon approaches, some drink, more food and a brisk jog down to the river. The focus on the paddle turns to questions of stability, endurance, pain relieve and survival. Spray skirt on, life jacket, drink system, helmet on, paddle - the list is endless. The water is low and slow and one wrong decision would mean being beached on a partially exposed rock-bed. Cramp in the legs and tiredness in the body soon set in. The kayak will require a strong mind to overcome the effects from the morning's efforts. I've paddled the river only days before, so most corners, braids and cliffs seem familiar. Progress is slow but cautious. No desire to swim in this exhausted condition.

We enter the gorge and round the haystack rapid. No need to climb the big standing waves today, the slow water along the side will be adequate. Another paddler passes, confident and strong in his technique. We round another bluff and to my amazement he stands by the river's edge emptying his boat. There is always carnage on this river, its hidden eddies and whirlpools even at such a low water level are no match for exhausted bodies. Slow and steady the river passes by. A noticeable soreness in the bum becomes apparent and is made worst by my fidgeting and continual repositioning. Towards the end of the gorge a need to stretch the legs and get the blood circulating takes priority and although paddlers pass by, I assure myself I am doing the right thing in walking up and down the riverbank.

Regaining composure I paddle onto Woodstock. A familiar landmark signifies the end of the gorge and the start of the final stretch to the finish. Now the benefits of doing the course a few days before the race take effect. No wrong turns and use the fast water are the goals. The pine trees, the power poles and then the bridge are all reassuring landmarks signifying the end of the paddle. Once again the enthusiastic support crew greet me with urgency. The anguish and grimace on my face as I move my bum and legs to exit the boat say it all – it has been a long and tiring paddle. The bike waits, but not before a stumble up a hill and into a paddock. What a relieve to be out of that kayak.

**There is always carnage
on this river, its hidden
eddies and whirlpools even
at such a low water level
are no match for
exhausted bodies.**

The bike speeds along up the hills and onto the flat. I'm already focused on catching the next competitor and regaining some race positions. The bike speeds along at 40, 42, then 45 km/hr. Where is this much discussed head-wind? We turn a couple of corners. Bang, the speedo commences its descent to 35, 32 then 30 km/hr. It will be a long ride into Christchurch against this nasty wind. Each couple of km I pass another competitor, but with each passing another injection of energy is consumed. The kilometres slowly tick over and time continues to pass. My mind wanders: how have the 2-day competitors pulled up, where were the mates I started with this morning, will there be any relief from this head wind?

Nearing Christchurch, the traffic lights become a hindrance. Tired after 13 and a half hours the last thing you want to do is stop and pull your feet out of your cleats. Couldn't the cops have waited another 30 minutes, it's only nearing 8 o'clock? Then reality hits, we began at 6 am and the body has been exerting physical effort for nearly 14 hours. The smell of sea air engulfs the nostrils and the words on the signposts signify Sumner; the race is nearly over. The encouragement of passers by keep you going, the build-up of parked cars and the sight of multisport cars with their kayaks and bikes perched high on the roofs signifies the finish. Over the cutter, off the bike, a sprint to the finish. A beer in one hand, a congratulations by Judkins and my smile grows larger and larger. My smile remains as I discover that I've completed the Coast to Coast Longest Day in just over 14 hours. It is an amazing feeling standing in the waters at Sumner Beach after the race. Tiredness, a sense of achievement, a feeling of pride in my ability, but also a feeling of emptiness, since my life for the last 6 to 8 months has been dedicated to training for this event. In one day it is all over and my mind asks what next...

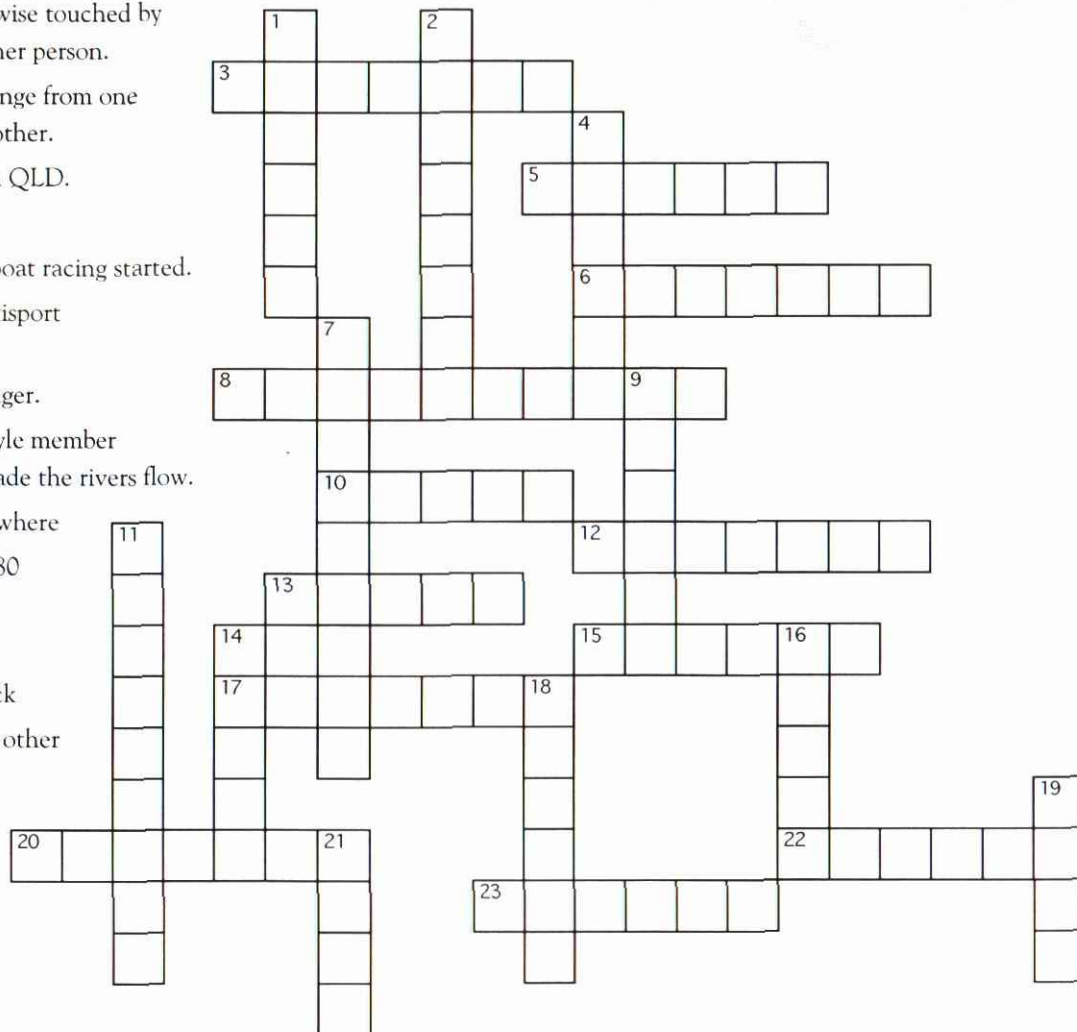
The overall winner was Steve Gurney, Thompson came 4th and Jacoby 5th. Steve Gurney on the day had proven to everyone that he truly is the champion of Coast to Coast. For those interested I came 49th and thoroughly enjoyed it!

KC Crossword

Clues

Across

- 3 AC Program manager - sprint.
- 5 NSWIS U22 Slalom champion.
- 6 A person is put in fear of being struck, or otherwise touched by anger, by another person.
- 8 Multisport. Change from one discipline to another.
- 10 Wettest town in QLD.
- 12 President AC.
- 13 Where dragon boat racing started.
- 15 Australian Multisport champion.
- 17 Marathon manager.
- 20 National Freestyle member
- 22 Cyclone that made the rivers flow.
- 23 Freestyle move where a paddler spins 80 degrees on a wave, then immediately back 180 degrees the other way.



Down

- 1 The Coast to Coast starts here.
- 2 RAN base in VIC.
- 4 Big waves and coral reef fish.
- 7 Freestyle move in which the bow and stern rotate around the body, staying 45 degrees or more past horizontal.
- 9 Province in Canada for Freestyle.
- 11 We hope that NT paddlers don't have to paddle with a ...
- 14 Slalom on this river in the south of the US.
- 16 Not a sharp freestyle move.
- 18 Canoeing EO in WA.
- 19 Far from it – and she's in the marathon team.
- 21 Freestyle in this part of Spain was a real hit.

The first correctly completed crossword received will win a Polo shirt.

Send the completed Crossword to 'KC Cross Word Competition'.
AC address page 2.

Crossword

We are looking for help in compiling the next KC crossword. Can you put together the ultimate canoe crossword? Send us your clues and answers now!

Remember – answers should cover all of the canoe disciplines.

Calendar of Events

2001

EVENT	DATE	INFORMATION	LOCATION
JULY 2001			
SLALOM	2-23	Junior Slalom Team Tour	Poland
SPRINT	6-8	European Junior Slalom Championships	Bratislava (Slovakia)
SLALOM	12-15	Junior Slalom Pre-Worlds	Wietrice, (Poland)
SPRINT	13-15	Sprint World Cup 5	Zagreb (Croatia)
SPRINT	13-15	European Sprint Racing Championships	Milan (Italy)
MARATHON	14-15	European Marathon Championships Seniors/Juniors	Gyor (Hungary)
SLALOM	21-22	International Slalom	Roudnice, Czech Republic
SLALOM	July 21-August 20	Australian Team European Tour #2	Germany, Czech Republic, France
SLALOM	28-29	World Cup Slalom 4	Augsberg, Germany

AUGUST 2001

CANOE POLO	1-5	European Canoe Polo Championships	Bydgoszcz (Poland)
WILDWATER	4-5	Avon Descent	WA
SLALOM	4-5	World Cup Slalom 5	Prague (Czech Republic)
SLALOM	12	WA Slalom Titles	WA
SLALOM	17-19	Pre-World Championship Event	Bourg-St-Maurice (France)
SPRINT	22-26	Flatwater Racing World Championships for Seniors	Poznan (Poland)
CANOE POLO	25-26	Canberra Canoe Polo Invitational	Canberra
MARATHON	1-2	Marathon Racing World Championships and World Cup for Juniors	Stockton-on-Tees (Great Britain)
SLALOM	1-24	Worlds Tour	USA
SPRINT	7-9	Flatwater Racing World Championships for Juniors	Curitiba (Brazil)

Australian Canoeing Online
www.canoe.org.au

Calendar of Events

2001

EVENT	DATE	INFORMATION	LOCATION
SEPTEMBER 2001			
SLALOM	8-9	World Cup Slalom #6 Final	Waussau (USA)
SLALOM	20-23	Slalom Racing World Championships for Seniors	Ocoee River (USA)
-DOWN RIVER	24	AUG*	Nepean River
-RAPID SPRINTS	25	AUG*	SIRC**
-SLALOM	26	AUG*	SIRC**
-SLALOM	27	AUG*	SIRC**
-CANOE POLO	28	AUG*	SIRC**
MARATHON	Sept 30-Oct 1	NT Marathon Championships	Berry Springs, NT

OCTOBER 2001

CANOE POLO	Sept 29-Oct 1	Australian Interclub Canoe	SIRC
SLALOM	20	NSW State Slalom champ's	Nymboida
WILDWATER	21	NSW State Wildwater Champ's	Nymboida
MARATHON	27	Hawkesbury Classic	Hawkesbury River, NSW
SLALOM	27-28	National Slalom Development Camp	Penrith, NSW

NOVEMBER 2001

WILDWATER	1	Vic Downriver Champs	Vic
MARATHON	25-26	Australia-wide - 24 hour	Australia - wide
SLALOM	24-25	AIS Camp	AIS, Canberra

* Australian University Games ** Penrith International Regatta Centre

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Canoe Education

Lynda Lehmann describes the implementation of the Manly Warringah region canoeing development program.

Manly Warringah Kayak Club has undergone a huge change in the development of its coaching program. Australian Canoeing, with the support of the Warringah Shire Council, NSW Canoeing and Pro-Kayaks, has formulated a successful program for the introduction of sprint and marathon coaching programs.

Active Australia Provider status

Armed with newly accredited Active Australia Provider status, and the promise of a grant provided through the NSW Sport and Recreation Active Kids Program, Manly Warringah Kayak Club has embarked upon a multi-tiered, skills-based coaching program. The coaching program is designed to provide young local paddlers and MWKC members with the opportunity to learn the art of flatwater kayak paddling.

MWKC appointed Lynda Lehmann to the position of head coach and coordinator of the program. After only a couple of months into the program, over 80 people are already involved and Lynda expects the numbers to at least double over summer! With so much interest shown in the program, Lynda was aware of the need to set up a well-organised teaching and coaching system.

AC Award Scheme

This system is based on the safety standards required for the AC Award Scheme and NSW Canoeing Safety Code. Participants will receive a Basic Skills Award. This will be awarded to paddlers upon completion of their 'beginner' classes when National Training Provider status is achieved and then progressed by the skills development outlined in Australian Canoeing's Level 1 Flatwater Coaching Manual.

Lynda has identified key areas of skills development that are appropriate to flatwater racing (sprint and

marathon), and will award a series of certificates as the paddlers progress through Levels 1 to 5. These certificates are an in-house encouragement award provided by the club.

Paddlers learn skills such as:

- several ways to enter and exit a K1 (including standing in the boat for a fast marathon exit)
- a well-developed understanding of technique including analyses and understanding of the biomechanics of a paddler's technique
- a lot of balance drills and paddle skills that allow the paddler to be totally comfortable in a K1, use their paddle well and have a lot of fun!

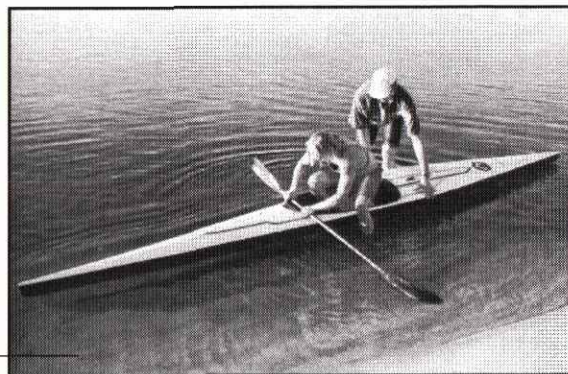
The five levels

The certificates for each level state the skills required for that level. Coaches and participants have a handbook that explains in more detail what that skill statement means. There is also a detailed teaching manual giving further explanation of the skills, teaching information, and hints on how to develop the skill; examples of drills and other training methods that could be utilised to develop each skill; and information regarding development, training loads and dry-land work appropriate to each level.

Teaching in level 1 begins with one session a week. When paddlers progress to level 2 they attend twice a week, and so on until level 5 where 5 sessions a week are attended. (Above level 5, but not strictly included in the coaching program, are junior elite and development squads, senior elite and development squads, and elite multisport/masters squads where the training demand is appropriate to the goals and aspirations of the athlete.) Some levels are age-restricted so that young paddlers are not rushed into high training loads too quickly.

Learning the correct entry procedure.

Photo: Courtesy Lynda Lehmann.



There are currently 8 coaches working in the program, who are all paid a small fee for their time. Some of the coaches prefer to donate that money back to the club for equipment for the program, while other coaches use the money to cover their travel expenses. The coaches range from interested people to level 2 coaches. All undertake an on-going training program (provided free of charge by MWKC) as part of their involvement in the program. NCAS level 1 courses are run on a regular basis as well as frequent seminars. Paddlers, club members and others are able to attend these seminars (on varied subjects including nutrition, physiotherapy screening, boat building and repairs, goal setting, etc., utilising the expertise within the club and from avid club supporters for the bulk of the delivery of non-paddling subjects. The coaches are allotted very few administration tasks, so that their role is concentrated almost fully on coaching only.

Paddlers in the program are aged between 10 and 56 years of age. There is a fairly even split between male and female participation, with masters-aged female beginners totally outnumbering male beginners of the same age, and a far greater participation of veteran/multisport men compared to women training at a relatively high standard. Level 1, 2 and 3 participation for younger paddlers is roughly 3 boys for each 2 girls. Several local surf-lifesaving clubs have squads of their own operating within the program. Overall the structure of the program allows for diverse interests in flatwater paddling and a common ground to find some assistance when required!

Fees for participation are paid each four weeks and are kept to a minimum. The fees pay the squad coaches, the hire of equipment (replacement and maintenance costs) and the program coordinator. Relevant information (including the amount paid, level, certificates awarded, squad and coach, date of birth, parents' names, address, emergency contact, etc.) is tracked in a database.

The entire program is currently being formatted for generic use by other clubs. All clubs will be able to utilise pre-prepared promotional material, recruitment suggestions, the certificates and skills progressions, the database, and coach training/teaching manuals simply by loading a CD (a small fee will apply). This will save clubs several hundred hours of set-up costs, while providing a very clear and precise method of teaching skills for flatwater canoeing.

News in brief

NSW Waterways

Australian Canoeing has provided feedback to NSW Waterways on its hire-and-drive policy and guidelines for

Paddlers in the program are aged between 10 and 56 years of age. There is a fairly even split between male and female participation, with masters-aged female beginners totally outnumbering male beginners of the same age...

kayak/canoe tours accompanied by a tour leader. The hire-and-drive policy was developed to establish minimum requirements for the issue of a license to conduct the hire-and-drive operation involving the use of human-powered vessels.

Australian Canoeing recommended that Australian Canoeing instructor/guide qualifications were the minimum requirements when operating on NSW waterways. It also suggested that NSW Waterways should use the Australian Canoeing Award Scheme as a quality assurance measure.

National Water Safety Council (NWSC)

AC has been invited to send a written application to be a council member. This will provide an opportunity to network with other water-safety providers, with the possibilities of forming alliances, and to add AC qualifications to the 2001 draft for water-safety guidelines that will be presented to the federal government in 2001.

Public Safety Training Package

AC has been involved in the development of the Public Safety Training Package. The outcome is that AC will be consulted in the development and will provide input on various versions of the document.

Becoming a part of this package will enable AC to formulate new qualifications that can be delivered to a wider market through National Training Providers. Traditionally swift water-rescue and sea-rescue has been involved with AC but the delivery was done by emergency services. This will also enable AC to form strategic alliances with these bodies and encourage them to become National Training Providers.

Outdoor Recreation Council of Australia (ORCA)

AC has come to an agreement with ORCA that AC will be responsible nationally for the development of a National Canoeing Instructor/Guide database. AC will develop all resources related to the canoeing along with the assessment tools that will only be available to AC National Training Providers.

Mapping of Old AC Awards to the New AC Awards

The Australian Board of Canoe Education Executive finalised the mapping of units of competence from the Outdoor Recreation Training package to reflect what the old AC Awards equate to. This mapping enables Australian Canoeing to form an alliance with a Registered Training Organisation for Recognition of Prior Learning/Recognition of Current Competencies. This alliance will then facilitate all instructors to upgrade their current awards into the new award scheme. Each instructor in late July-early August will receive the relevant documentation and a information package. As no other sport in Australia has undergone a process where approx 7,500 awards will be rolled into the Vocational Education Training System through the Australian Recognition Framework, Australia Canoeing asks for patience and understanding that this task will take time.

Sport and Recreation Training Australia

Tony Guihot (Chief Executive Officer) has invited AC to be involved in a task group for the mapping of units of

competence for canoeing, kayaking, sea-kayaking and rafting qualifications for international recognition between United Kingdom, New Zealand. AC will actively lobby the current clustering of units that have been mapped by Australian Canoeing for the ACAS. This is extremely important as it is a step further forward for the internationalising of the AC award scheme. This will mean that any award gained, will enable Instructors to work in New Zealand and the UK. It is anticipated that this recognition will be further broadened to cover USA, South Africa and Canada.

Australian Canoeing Resources for the New Award Scheme

Resources for the Award Scheme are in their final stages of editing and to be distributed for comment and review. The first documents will be for the Level 1 Flatwater Instructor, Level 1, Whitewater Instructor Level 2 and Sea Instructor Level 2.

All resources will be available in Html and Pdf format for download by National Training Providers through a secure website. Access to these documents will be through a password-access system. The resources will also be available on CD and search engine will be a part of the system, enabling easier browsing.

All resources in the future will take this format to decrease printing costs, and assist in updating versions of these documents.

Canoe/Kayak Lifeguard

The Canoe/Kayak Lifeguard qualification has been analysed by the Australian Board of Canoe Education Executive. The executive has made the decision that the award is for enclosed flatwater covering an area of 50 m x 50 m for a ratio of 1 lifeguard to 6 boats. This area may be extended to 100 m x 100 m, if a second lifeguard is present, and the ratio must be 2 lifeguards to 12 boats. This area cannot be



Instructors giving advice.

Photo: Courtesy Regency Institute TAFE.

extended with further lifeguards; however, the ratio may increase by 6 boats per extra lifeguard. A risk analysis of the area must be conducted prior to the activity to check whether the area is suitable and to ascertain the number of boats and skills of participants. This qualification is not an instructional or guide award and is only a supervisory award for an enclosed area.

Assessor Training Programs

Over the past 6 months Australian Canoeing has conducted 9 assessor-training courses throughout the country. The duties of an assessor are to assess participants for awards and forward required details of successful candidates to National Training Providers who in turn forward the information to Australian Canoeing.

These courses have been highly successful with in excess of 180 assessors trained and assessed Australia-wide. Courses have been held in Hobart, Melbourne, Cairns, Perth, Adelaide, Brisbane, Darwin, Sydney and Canberra.

All courses have been to capacity (except Darwin, where the VET section of the course was not conducted) ensuring that the Awards Scheme is truly a national scheme.

The number of assessors that have been trained in the 3 units of conduct, plan and review an assessment are: 186 trained by AC/Regency TAFE; and 36 that have finalised their AC assessors qualification. These figures are the highest of any sport in Australia currently providing assessor-training for their members.

I would like to thank the state Boards of Canoe Education, the state associations and the numerous volunteers that have put in extreme amounts of their time. If it was not for their professionalism and assistance in ensuring that current examiners, instructors and industry professionals are up skilled to assess canoeing to the New Award Scheme/VET format, the AC Award Scheme would not have set such a strong benchmark for the rest of the canoe industry.

Regency Institute TAFE – National Training Provider

Australian Canoeing would like to congratulate Regency Institute TAFE in South Australia as its first National Training Provider. This will enable the 1st courses for the new Award Scheme to be conducted this year. Participants in the Regency TAFE courses will be able to attain the AC Award and a Statement of Attainment of units of competence.

The Centre for Recreation, Sport and Tourism at the Regency Institute is South Australia's largest recreation industry provider of Vocational Education and Training (VET), and one of the largest in Australia. In 1997 the Institute won both the South Australian and Australian Provider of the Year. It is one of Australia's few VET Provider of Certificate II in Recreation to Diploma, in each of the four streams, Sport, Community Recreation, Outdoor Recreation and Fitness. The Centre also provides

the Advanced Diploma of Sport and Recreation and a fully articulated Degree in Bachelor of Business (Recreation Management).

The centre currently enrolls 1400 students and generates in excess of 180,000 student contact hours.

There has been continual growth in both course offerings and student enrolments since the centre's inception in 1985.

The centre has a multidisciplinary team made up of staff with postgraduate university or VET qualifications and many years of experience in all facets of recreation. The 20 full-time staff and over 100 industry specialists who make up the centre team hold qualifications in outdoor recreation, exercise physiology, law, recreation and sport administration and management, as well as formal education and professional qualifications in management, psychology and sociology. The industry specialists

who come to the Centre bring their current experience from all sectors of the recreation industry.



Carl Meyer

Kayaks & Coral Reef fish

In Hawaii

Carl Meyer, a marine biology student at the University of Hawaii, is studying coral fish reef fish movements around the islands of Hawaii and he uses his single kayak to track the coral fish. Carl gives **KC magazine** a run down on ultra transmitters, Coral reef fish and Ocean kayaking.



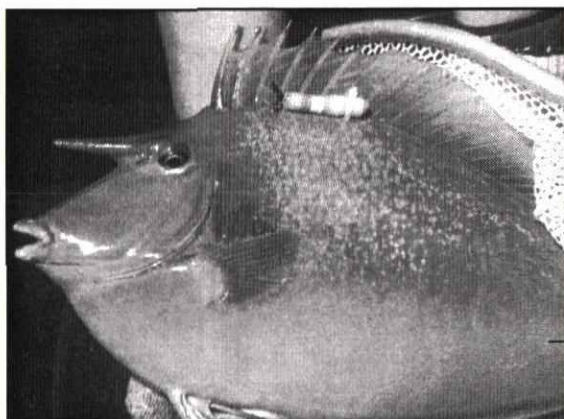
*Close up of fish tracking hardware ActionKayak1
Kayak in action tracking fish at Waikiki.*

Photo: Meyer collection.

Since 1993 I have been studying coral reef fish movement patterns in order to gain a better understanding of how far these fish range and what types of habitat they utilise. My research has produced some interesting results that will help in designing more effective marine reserves.

To date such reserves have been established on a largely arbitrary basis with no serious consideration of the space and habitat requirements of the coral reef fishes that are supposed to benefit from these protected areas. The main reason for this rather haphazard approach to designing marine reserves is that until recently virtually nothing was known about the daily routines of most coral reef fish species!

So what does this have to do with ocean kayaking? I've been figuring out the movement patterns of Hawaii's coral reef fish by fitting them with small ultrasonic transmitters and tracking them day and night. For the last few years I've been tracking fish in a small marine reserve at Waikiki, Oahu. Tracking fish in this area presented a variety of interesting challenges. For example, over half of the protected area at Waikiki is completely unnavigable in a conventional small outboard motorpowered boat because of very shallow



*A blue-spined unicornfish (Naso unicornis)
equipped with an ultrasonic transmitter.*

Photo: Meyer collection.

water, jagged reef and breaking waves. Other Waikiki shoreline areas are no boating zones which are used daily by thousands of beachgoers. These unnavigable areas apparently included important fish habitat so a new method of tracking fish into these areas was required. I developed a tracking system for use with a single kayak.

The three main advantages of the kayak are a very shallow draft (approx. 20 cm when fully loaded), high manoeuvrability and near silent passage enabling me to unobtrusively negotiate the entire protected area and surrounding reefs at Waikiki in pursuit of fish equipped with transmitters. I use a 4 m Cobra kayak which proved to be highly stable during initial field tests and also has several large hatches giving access to the kayaks interior for equipment storage. I use an acoustic receiver, hydrophone and 12 volt power pack in order to detect the signal from the transmitters. I custom built a waterproof housing from Plexiglass to protect the receiver, and housed the 12 volt batteries inside a Rubbermaid container. Both receiver and batteries fit inside the stern section of the kayak through the rear hatch, where they are held firmly in place on a wooden base by loops of elastic surgical tubing.



*Cobra kayak together with fish tracking equipment
(hydrophone, acoustic receiver and battery pack)*

Photo: Carl Meyer.

I installed waterproof connectors in the rear hatch so that tracking equipment could be operated with the hatch closed. The hydrophone is mounted on a PVC staff and bracket which slots into holes molded into the front end of the kayak and I use headphones to listen to the signal. The kayak tracking system has worked really well and shed new light on the mysterious lives of coral reef fishes.

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David Clarke

In the Wet

Herbert River
Part 1

With the passing of Cyclone Tessie a few weeks earlier David Clarke had not expected the rivers of FNQ (Far North Queensland) to be 'pumping' during a Whitehorse Canoe Club Easter trip. What David had not anticipated was four days of solid rain which pushed the rivers to silly levels.

With talk of the Tully closing the Townsville to Cairns highway these were no light showers. As David says, 'Even a Pom wasn't used to getting this wet!'

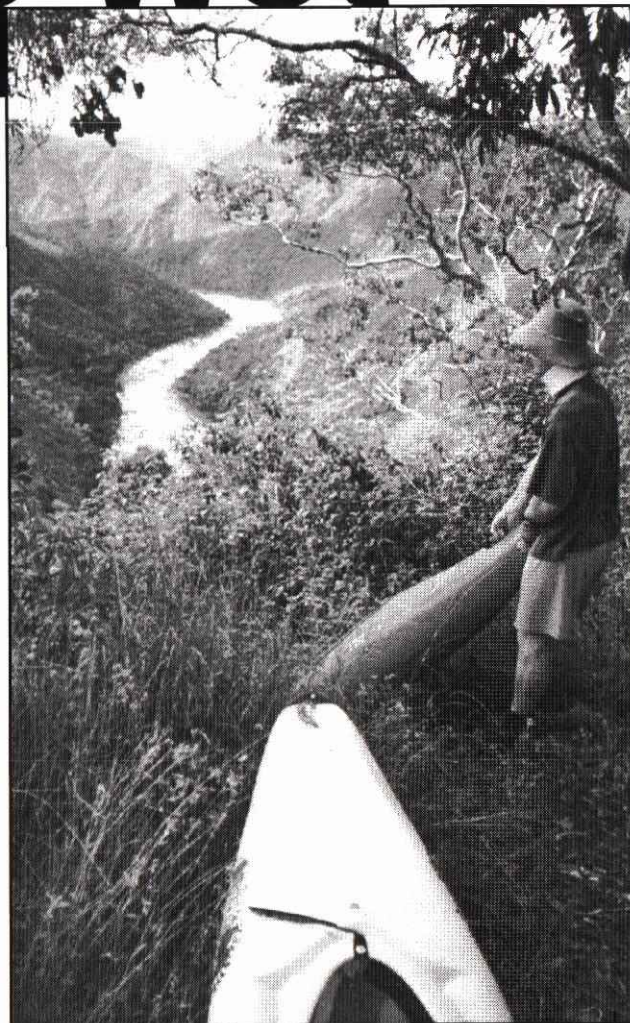
Article courtesy of the Whitehorse Canoe Club newsletter: 'From The Horses Mouth'

The best laid plans ...

The FNQ Kayak Safari had started life as a six-day trip down the mighty Herbert River. Unfortunately the levels a few days prior to our departure were a tad high resulting in our paddling partners from Brisbane and Townsville pulling the pin. The Victorian contingency were not put off so easily. After four years of drought we weren't going to cancel because of too much water! And besides, we'd already bought our airline tickets.

When Pebo, Russell and myself arrived in Townsville on sunny Good Friday morning we discovered Australia's favourite airline had managed to lose all of our kayaks and paddles. Unable to determine whether they were on their way to Perth, Cairns, Darwin or still in Melbourne we retreated to the Qantas Club for free food and beer. Two hours later, and already a little light-headed, we were joined by our driver Nigel from Magnetic Island, closely followed by Sean from Brisbane accompanied by two of our kayaks and the paddles. The last kayak, we were reliably informed, was definitely on its way from Melbourne and would only take three more hours to arrive! Fortified with the free grog we regaled each other with tales of kayaking deeds and fortuitous escapes. Much to the relief of the other club guests the last boat arrived and with dusk rapidly approaching we wobbled off to tie them onto Nigel's 4WD.

With kayaks and paddles secured we set off in an old Toyota Landcruiser optimistic that we would reach the



Beginning the 400m descent down Blencoe spur to the Herbert River.

Photo: David Clarke.

river before nightfall. That was before the battery died! Far North Queensland at Easter is not prime Autobarn territory and we were lucky to find a garage open at 9 pm with batteries for sale.

We arrived at Blencoe Creek camp area, high above the Herbert River, at midnight, to find ourselves camping in the middle of a Pigbusters pig shootin' convention. Even the dobermans had red necks, although this could have been the blood of the last kayakers who'd tried to camp there! We slept on the road for safety.

The Herbert

In the morning we gazed in awe at both Blencoe Falls, a majestic waterfall (the line was far right I think) and the spur we would have to carry heavily laden kayaks down in order to reach the river, 400 m below. The river was

running high and in deference to the fact that we knew of no one who'd paddled the gorge at that level, we had chosen this intermediate access-point to avoid the large waterfalls and rapids further upstream.

After three long, sweaty hours we finally reached the water. The boats were now considerably lighter due to the volume of curly coloured plastic we'd left decorating the rocks along the path. After a quick and cautious refreshing dip (there's crocs up there) and some lunch we were off. Looking up the sides of the valley it was clear that the only practical way out from here was downstream. Rich rainforest and steep cliffs cut us off from the outside world. At last I, the mobile phoneless one, was on an equal technological footing with my telecommunicationally endowed associates.

The blazing sun and warm water made cags superfluous. This was just as well as I'd foolishly followed the advice of Peter 'cotton shirt in winter' Bodeit and not brought one with me. It was a decision which in hindsight could have been more carefully considered! But today the weather gods were smiling. Oh, how we frolicked in the rapids, rolled to cool down and soaked up the wilderness. We even answered Sean's video interviews with good humour. You can't have too much of a good thing and so after nearly ninety minutes of paddling we stopped to set up camp.

Pebo and I shared a tent, Russell had a bivvy and Sean had a tarp and Rid. Out came the cab sav, a two-night ration which we were told to savour and enjoy. It lasted almost ten minutes – the spur had been thirsty work!

Next morning we were all waddling like penguins, a condition diagnosed by Dr Russell as DOMS (Delayed Onset of Muscle Soreness). For Sean and myself this ungainly gait lasted for several days, a condition known as POMS (Prolonged Onset of Muscle Soreness). The day saw the best of the rapids with chewy holes and chutes snaking around large boulders. Most were good grade III with some grade IVish. The sun continued to smile on us.

Tensions were running high when it came to choosing the next campsite. With so many perfect sandy beaches to choose from no one could decide which was more perfect than the next. Eventually an elevated site was chosen with expansive views of the valley, fresh water, and abundant ablution facilities (bushes and leaves). Sean lost no time drawing out boundary lines and deeds of title while Russell roped up his vegie garden. The remaining fumes in the cab sav wine bladder were inhaled and we were just considering how long it would take to ferment Sean's sweet potato when Pebo pulled out his Easter Sunday surprise – a bottle of German honey liquor.

Next day we woke to find the sky had fallen down. The

The boats were now considerably lighter due to the volume of curly coloured plastic we'd left decorating the rocks along the path. After a quick and cautious refreshing dip (there's crocs up here) and some lunch we were off

tops of the valley sides were obscured by low cloud which strongly hinted of rain. Thinking that we had left the rapids behind us we were delighted to find some great playholes. Unfortunately my (totally in control) double-twist retendo cartwheel splat thingymajig manoeuvre was not captured on video. Russell had his sinuses rinsed a few times before we waved goodbye to the last rapid.

The last two hours of flatwater were paddled in driving rain with many feral cows (which we saw) and salties (which we didn't) watching our progress. At Abergowrie we quickly carried the boats up to the road and waited for Nigel to pick us up. Back in Townsville we booked into a dingy backpackers lodge then followed this with a night on the town.

Tully

Anzac Day dawned and we headed to the Irish Pub for a cooked breakfast with the war veterans. The strong black coffee was appreciated by all. Nigel had lent us an old roof rack for our kayaks. Now all we had to find was a car hire company that was: a) open and b) willing to let us put a rusted lump of metal on their car roof. Our story was that we had a mattress (light but large) that we needed to transport to Cairns, hence the need for a roofrack. After a few failed attempts – 'you ain't putting that on my car' – we settled for a twin-cab ute at \$55/day and gave the roofracks back. The boats were stacked at 45(with the gear stowed underneath in the back tray under a (leaky)



The paddlers at the start of the trip.

Photo: David Clarke.

tarps. After stocking up with cheap tapes and rope we headed back up north and into the rain. Tully regularly wins the golden something-or-other award for wettest town in Queensland, and it wasn't difficult to understand why. It rained and rained and rained. Occasionally it eased off a little to be mildly torrential. Curiously, there are more hairdressers than pubs in Tully. I imagine this is because the 'drowned dog' hair-do, courtesy of the endless rain, is not too fashionable with the ladies of the town.

Following a minor misunderstanding we checked into the Mount Tyson Hotel instead of the more salubrious Tully Hotel next door. At \$12 for a single room this was no five-star accommodation. The sign outside summed it up: 'Primary purpose – sale of alcohol'. No pokies, no quiet, ambiently lit tables, no jazz band in the corner – just a large bar, a wash-down floor and unlimited supplies of beer to slake the thirst of the local banana plantation workers. I never realised such places still existed.

The Tully!

Next morning we met Sean's mate Johnny McCrossin, a rafting legend who had worked the Tully for 15 years with R'n'R. Never one for exaggeration, he told us ominously: 'She's running high, boys!'

We headed off to the Tully River to find a wide, brown flow – and I'm not only describing our undergarments after seeing the river. Sean, Russell and Pebo had all run it before at normal levels and their eyes stood out like chapel hat-pegs. Driving up the road we stopped at the viewing points. Cardstone Weir, a 2-m vertical drop, had disappeared to be replaced by two huge holes and a turbulent chute.

A power-station worker drove up and told us here that he had just dropped the sausage! My sentiments entirely, I thought, but what was he really on about? Back at the camp area (Tully get in no. 4 – the top is no. 13) the raft

companies had bailed out altogether and sent the punters back to Cairns – a very, very rare occurrence. They explained that the sausage is an inflatable tube on top of the dam wall which gives an extra 5% storage capacity. If the dam levels rise above it, the flow would tear the fabric so the sausage is dropped. In about one hour the river would rise another metre! Time to retreat to Tully for a quick pint and a haircut.

On the drive back we met Ben Young and his mate Corin with two Dagger Medievals strapped to the roof. They convinced us there'd be 'no worries' paddling from No. 4 down so we did a U-turn and Sean, Russell and I decided to give it a go.

It didn't take long to realise why Ben and Corin didn't look concerned with the river level – they were gun paddlers. With boats cartwheeling up and down the face of huge waves we were made to look like coke bottles bobbing down a drain, as we held on for the ride. But what a ride! This was big, pushy grade IV with some meaty holes best viewed fondly from a distance.

At the road bridge, while Russell, Pebo and I skillfully (cowardly?) avoided the holes, Ben and Corin devoured them, doing cartwheels, backwards surfing, dubrey-whatsits and other whacky named things. I felt like the kid at school who couldn't catch the ball, kick the footy or even tie his shoelaces. We were totally outclassed, but it was great entertainment to watch.

At the finish we met up with Clancy and Drew, R'n'R rafting maters of Johnny's, also in play-boats, who were keen to run the river from even higher up. 'They must be stark raving mad', I thought. Unfortunately, so was Sean. Damn! With the insidious laws of peer pressure at work I got changed into my wet gear, muttering prayers and questioning Sean's parentage.

cont: next issue

Canoe Polo



The Victoria Veteran team – Easter Canoe Polo Championships.

Photo: Courtesy Victorian Canoe Polo Committee.

National Championships

Jenny Hourigan, former Australian Canoe Polo representative, chaired the 2001 National Polo organising committee – here she provides KC with a summary of the Polo Championships. As part of our review of the Canoe Polo Championships we also profile Megan Holmes. In 2000 Megan was the youngest player on the Australian women's team and she competed in the Polo Championships.



The Vets in action – SA v VIC.

Photo: Courtesy Victorian Canoe Polo Committee.

Behind the scenes at the National Championships – a personal account

After the 2000 Canoe Polo Interstates I was elected chairman of the hosting committee for the 2001 interstate event. Many Thursday evenings were spent at vice chairman Ian Beasley's place working on the event, so apart from thanking all the people involved in the committee, I would also like to extend a big thank you to his family for putting up with us! Discussions had already taken place between the Melbourne Sports and Aquatic Centre (MSAC) and Lee O'Shannassy from Canoeing Victoria prior to the committee being established. In fact, hosting the event at MSAC was the biggest drawcard to get me on board. I'm so glad we held it there as it was a superb venue and the staff were extremely professional and helpful.

Canoe Polo



One of the SA teams in a pre-game discussion.

Photo: Courtesy Victorian Canoe Polo Committee.

Easter is Polo time!

By now my family are used to the fact that Easter is not a time that I will spend with them as it is always polo time! Starting at 8 am in the mornings most days (or earlier for those organising it!) games were played continuously through to the evenings. There were 33 teams entered into the categories of Open, Women, Youth, Junior, Veterans and Masters. Three of these teams were from New Zealand and the rest were Victorian, South Australian and New South Wales teams. It was disappointing not to see teams from the smaller polo states of WA, Queensland and Tasmania but the numbers were still very good. I was personally very excited to have an equal number of teams in both the open and women's categories – I think this is the first time it has ever happened!

Of course you can't play polo 24 hours of the day, so we had to take a break on Saturday night to have a social

gathering for our interstate and overseas visitors. Juliet Waters found a great venue for the meal, however when the food finally arrived, one hour late, the catering company was 25 meals short!

Whilst most people understood that the situation was beyond our control, we did not escape the wrath of a few people who had juniors that needed feeding and to be packed off to bed. With many apologies and the promise of a refund, we farewelled the unfed group who went off in search of an alternative meal. As an event organiser, that was definitely a night to forget!

The competition ran very smoothly apart from the dinner debacle, thanks to the expert team of people that headed up the different components involved. Morwenna Griffiths, Tim Hunt, Michael Milewski and Sarah Alexander expertly implemented the ICF polo database at a major Australian competition for the first time with great success (even without enough German to understand the

Canoe Polo



SA v VIC – Women's game.

Photo: Courtesy Victorian Canoe Polo Committee.

Access error messages!). David Dawes did a marathon effort of almost continuously manning the score table as chief table official so I was very pleased to see him win one of the polo boats in the raffle (I swear it wasn't rigged!). Frank Magee, Ross Faichney and Lee O'Shannassy did an excellent job of adapting the current polo equipment for use in a venue that had never been used for canoe polo before. I was glad to see that a net was prudently put up to cover the video scoreboard that we didn't use just in case a stray ball happened to connect with this half-a-million dollar piece of equipment! Kym O'Shannassy and Matt Moore headed up the sponsorship sub-committee and did a fantastic job. In fact, we wouldn't have been able to afford such a good venue as MSAC if it hadn't been for the support of the sponsors. The major support came from a large computer company who kindly donated 4 computer

packages which included printers, plus two digital cameras. Layton Press and Canoes Plus provided valuable services and raffle prizes. Peckit Products and Coolflowers provided a new aspect to showbags and presentations with the addition of birdseed and flowers respectively. Yarra Valley Water supplied some merchandise for us to distribute. Of course there are many others that contributed to the overall success of the competition and I can't possibly mention them all. But I thank each and every one of them for making my job that much easier.

We tried something new this year with the help of Kate Abbey's father. We used one of the sponsor's computers to set up a display of photographs that had been taken throughout the competition on a digital camera. There were some great shots, a few of which have been included here. These photos are currently being copied onto several

Canoe Polo

disks which will be posted to each state so that they can organise for their players to print the photos they want.

While I hardly saw any games, I did manage to witness the spectacular finish to the youth semifinal between SA 1 and VIC1. There was only a second to go on the clock and Megan Holmes from SA had the ball on the halfway line. She put up a very impressive shot that went in on the siren and won her team the game. From my point of view that would have to be the play of the day! Of course those that have been following Megan's success would probably not have been all that surprised. Last year she was the youngest player on the Australian women's team. Her brother, Anton, has also done remarkably well and played on the 2000 Australian men's team.

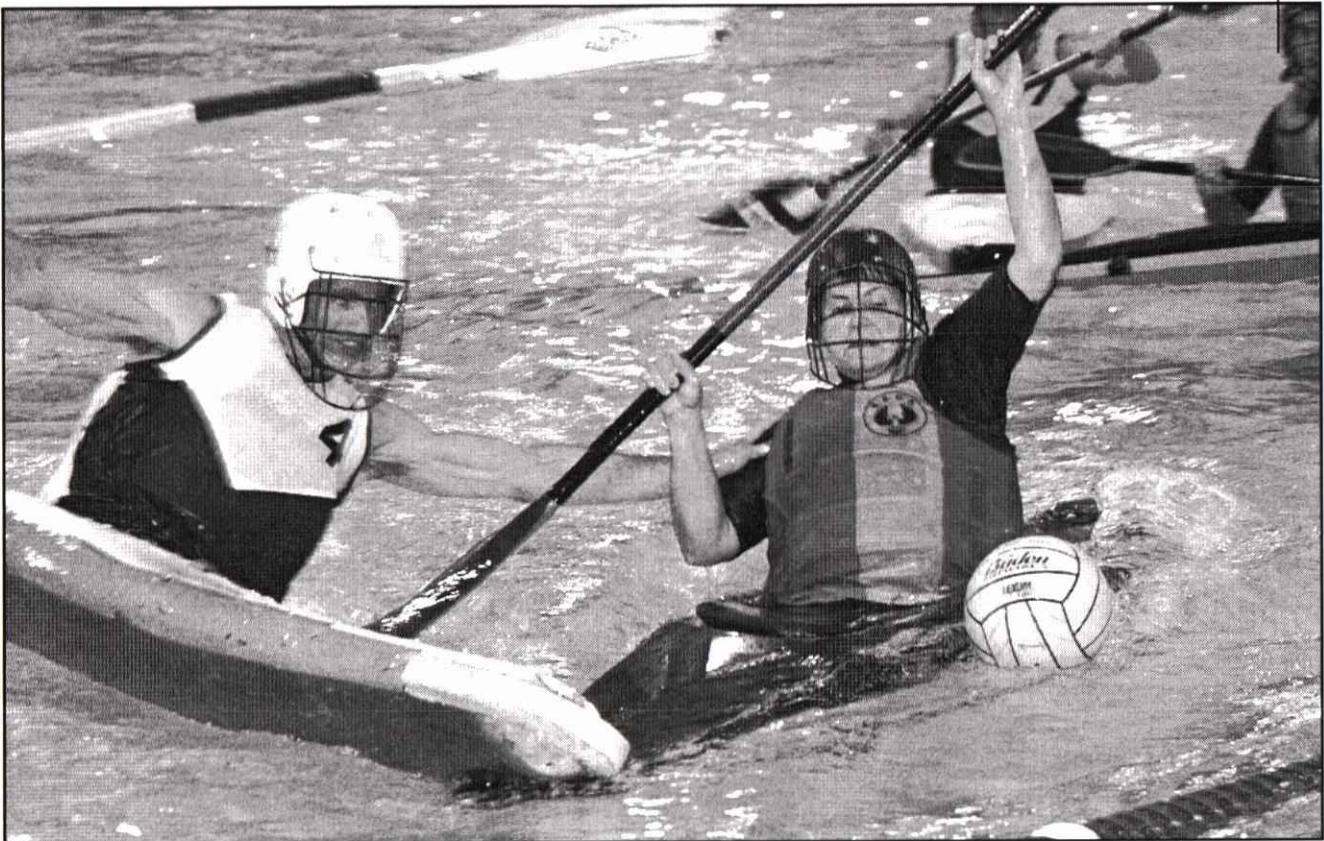
As a final word I'd like to thank all the players who turned up for what we, as a hosting committee, liked to cheekily call the 'best ever' Interstate Championships! I am pleased to report that there were no incidents requiring the judiciary panel to convene as far as I am aware, so players behaved very well. In terms of who won, I regret to say that there were no Victorians! But there were some great finals games, the results of which are shown here.

Australian Championships – results

Open	NSW1	def.	SA1	2 – 1	(3rd = VIC1)
Women	SA	def.	VIC1	3 – 2	(3rd = NSW1)
Youth	SA1	def.	VIC1	8 – 4	(3rd = NSW)
Junior	SA1	def.	NSW1	8 – 7	(3rd = VIC)
Veterans	SA	def.	VIC	3 – 1	(3rd = NSW2)
Masters	NSW	def.	SA	5 – 3	(3rd = VIC)

Ross Faichney – VIC – attempts a tackle against Julie Keast from SA (Veteran match)

Photo: Courtesy Victorian Canoe Polo Committee.



Paddler profile – Megan Holmes

Megan, can you tell us some more about the youth semi final (see previous article)

This particular moment that Jenny refers to was definitely the most awesome moment of the competition for me. I had received a pass at halfway with only 2 seconds left on the clock and did nothing but respond to the calls of my teammates to shoot. We were 5-5 at that time and I don't think anyone even expected the shot to go in, so when it did I went ballistic!! It was a great feeling, and put me in great spirits for my women's finals only a game later. I guess I also felt good because I was the only female on our youth side and to put up a shot like that even impresses the guys!!

You are on the Australian Women's team. What does this mean, do you travel?

Yes, I played in the 2000 Aussie women's team, which involved a year of training in the squad and a further 6 months of training for the team after final selections. To train as a team we had to make trips interstate for camps as team members came from states all over Australia. The big, trip however, consisted of a four-week tour of Europe as an entire squad (both the men's and women's teams plus managers). We flew to France (Paris), and drove on to Belgium, Germany, Austria, Switzerland, Italy and then across to Sao Paulo, Brazil, for 10 days in which we

competed in the World Championships. Now we're back at training as a squad and working towards being selected for the next team to compete in Essen, Germany in 2002.

Being a part of the squad and team has completely rearranged my life plans. I was planning to be at uni this year, but as the team was such a commitment, along with working a casual job, I really couldn't cope with 5 subjects at school and so have spread my Yr 12 subjects over 2 years. I never imagined that I'd have such an opportunity to travel overseas. I've been exposed to so many more incredible experiences than many of my friends. Travelling all over Europe is something many of them will never experience and yet I hope to do it again next year and in another two years after that and so on to compete in the World Champs. I now have friends in countries all over the world, and incredible friends in every other state of Australia. I know people that have never left their home state, which I find quite unbelievable because I travel more than twice a year!

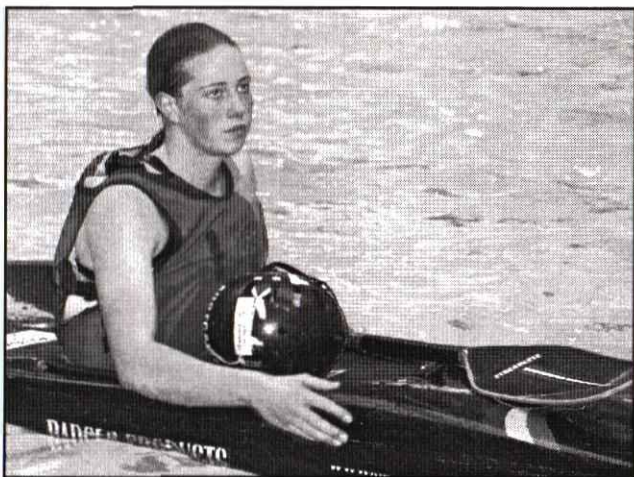
What do you do when you are not paddling ?

When I'm not paddling I'm often either at school or working (I work at Subway, but am hoping by the end of the year I'll take a job instructing kayaking), or spending time with friends.

I've always loved my music so I'm always listening to the radio or my CD's etc. Now and again I'll get out one of my instruments and muck around but I used to be involved in much more of that. I've played flute, violin, piano and was in a choir for 7 years. And I can't deny it, I do spend a lot of time on the phone talking to inter-state and international friends that I've made mainly through polo! My main interests right now really do revolve around polo!

Any you interested in any other sports?

In the last few years I have done kickboxing (just for fun – no real fights!), and love riding, but over the years I've played other sports. I played netball for 7 years as well as sports like soccer, tennis and swimming. I played indoor beach volleyball for fun last summer, but right now I really only play polo.



Megan Holmes.

Photo: Courtesy Victorian Canoe Polo Committee.

Australian Marathon Canoe titles – Geelong

More than 300 paddlers from around Australia competed on the Barwon River, Geelong Victoria for National honours at the 2001 Marathon Canoeing Championships at Easter.

Selection for the national team to represent Australia at the World titles in England was based on the paddler's performances at these championships.

Victorian Michael Leverett continued his recent dominance over fellow competitors winning the men's K1 event over 36 kilometres on Easter Saturday. Leverett and Chad Meek broke away from the leading pack at the last portage whereby Leverett out sprinted the former Australian and World Champion to the finish line. Dan Aulert (QLD) better known as Kayak sprint specialist used his speed at the finish to tip Ben Poole (VIC) out of third place.

In the Women's K1 Chantel Meek retained her Australian title with an awesome display of speed and endurance over the 36 kilometres that left her fellow competitors struggling far behind. Dennise Cooper (QLD) and Letitia Quick (VIC) filled the minor placings but all honours went to Meek who is now on a mission to improve on last year's 3rd Placing at the World Championships.

The doubles event on Sunday was a last ditch attempt by many paddlers to gain Australian selection. Early in the Men's K2 event a group of four boats broke away from the field with no one crew clearly prepared to make a decisive move. All this changed at the last turning buoy 8 km from the finish when Michael Leverett and Tim Naughton (VIC) made a move. Australian representative Cameron McMullan (VIC) and Dan Aulert (QLD) were the first casualties to drop off the pack. Little separated the 3 remaining crews at the finish of the 36 kilometres event but it was Leverett and Naughton who prevailed over Poole (VIC) and Maxwell (SA) by the barest of margins with Meek (VIC) and Burns (NSW) in 3rd place.

Susan Tegg and Letitia Quick (VIC) proved too strong in the Women's K2 36 kilometres event from Dennise Cooper and Jenni Sefton (QLD) with the Meek, Kristie Colomb (VIC) combination in 3rd place.

Australian Marathon Canoeing Chairman Ian Hume said 'The Australian Marathon Championships were a great success attracting elite competitors including juniors and veterans from all states culminating in the selection of strong and experienced national team that would do Australia proud at the world championships in August'.

K1 Paddlers at the Easter marathon championships.

Photo: Courtesy of the Geelong Advertiser.



Dianne Chellew

This issue KC Magazine looks at what it's like to manage an international kayak team. We get a lot of press about what it's like to paddle and race. But what about the organisational side? Dianne Chellew is one of those quiet achievers who helps get our Australian team members onto the water.

Dianne was appointed 2001 Australian marathon canoe team manager at the national marathon championships at Geelong this year. She will accompany this year's Australian canoe marathon team to Stockton-On-Tees in England in September.

Last year Dianne's son Nathaniel was chosen in the U/18 Australian sprint and marathon team, and Dianne was appointed to travel with them to Canada as the manager of the junior marathon team.

Dianne Chellew herself began paddling 6 years ago, inspired when her son took up canoeing. Dianne had previously paddled surf-skis and had been a active surf-club member. Dianne has recently progressed from a TK1 into a K1, proudly reporting that 'this is itself is a pretty big achievement as I will be 50 at the end of the year'. While Dianne says she has never been in the 'elite category' she still races at state and national level, and has won a few races. However she does not often get to race in her own class. She has twice completed the 111-km overnight canoe marathon known as the Hawkesbury Classic.

Dianne is a breast cancer survivor who has had a bilateral mastectomy. She is married with 2 children and works full-time for the Department of Ageing and Disability Services, working in the disabilities section with intellectually handicapped adults who have behavioural problems.

Last year Dianne competed in the Masters World Championships in Canada held in conjunction with the World Championships and won a silver medal. Dianne hopes to compete in the World Masters Games next year in Melbourne.

Preparation

As soon as Dianne's position was announced, she began to seek out quotes for airfares, accommodation, uniforms, insurance, vehicle hire, food expenses and boat freight. By far the hardest of these tasks is organising boat freight. Weighing only 7 kg, the boats are very fragile and difficult to transport. In the past the boats have been tied onto a gear trailer which was then taken overseas in a shipping container. The trailer was then towed from the port of arrival to the competition site.

As the kayaks are transported by boat they need to leave the country some six weeks prior to competition, which means that paddlers are doing their most important training



Dianne Chellew, in the early hours of the morning, in the main Street of Kiama.

Photo: Courtesy Dianne Chellew.

in a different boat to the one that they will race in. Unlike sprint kayaks, marathon kayaks are very personalised for each paddler. There are different makes and models, foot pumps, seats and steering set-ups, so it is vital that paddlers race in their own boats.

Customs

As the boats are being 'imported' into a country a customs 'carnet' needs to be lodged and a bond paid. The bond means that these kayaks are being brought in to race, will not be sold or hired, and that exactly the same kayaks will be brought back out of the country. The bond is quite substantial, and Australian Canoeing puts the money up. The paper work is handled by the team manager and a freight agent. This year the quotes for boat freight have been around \$20,000-\$25,000. This freight cost is not viable as there are only 13 paddlers in the team. She is presently waiting for prices on air freight, however it is

starting to become a worry, as time marches on with no immediate solution presenting itself.

Almost daily Dianne is on the phone, e-mail or fax, trying to hassle people for quotes and trying to get the best deal for the team. There is not a lot of time for fund-raising. This tour will cost each paddler nearly \$7000, and all of them are working or studying as well as training. Dianne's fare and accommodation are paid for by Australian Canoeing, while she takes 3 weeks of her own annual leave from work. Dianne herself is not paid any wages at all for any of the 6 months work involved. Dianne says this tour will cost her family \$15,725. Obviously as the Australian dollar has fallen overseas, international competition has become much less affordable for Australian paddlers.

Once Dianne has all the prices organised she will formulate a budget and submit it to Australian Canoeing and the paddlers. Australian Canoeing will then invoice the paddlers in installments, collect and bank the money. As soon as accounts or deposits are needed she has to fill in cheque requisition forms and apply to have the accounts paid.

This year's team is going to Stockton-On-Tees in England. Airfares and accommodation have to be organised, preliminary entry forms have been sent to British Canoeing, and uniforms have to be ordered. Dianne points out that as team manager you even have to apply to the Australian government for permission to use the Coat of Arms on the uniform!

On tour

The overseas accommodation for the team is in self-catering university units. Once overseas the manager is invaluable to help paddlers prepare and cook, wash clothes, assist with training and help them gain familiarisation with the course and the portage. If required the manager also helps organise the repair of boats and drives the paddlers around. Amongst her other jobs in England, Dianne will also organise the juniors. She will provide the team members with some quality leisure-time activities, keep an eye out for sick or upset paddlers, keep a record of accounts and what is spent, and liaise with parents, officials and other countries. And of course the manager is responsible for anything else that the team members want, or need answered or attended to. Added to this is the dynamics of living for nearly 3 weeks with 14 paddlers and their parents or spouses in a group situation. 'Of course as race day approaches, athletes become more anxious, stress levels go

up, tempers flare...boats always seem to break at this point!'

Why be a team manager?

Dianne: 'Why do people do this? It's simple: if they didn't, Australia's young paddlers would not get an opportunity to compete internationally. Somebody has to do it!' The personal costs: time from her own family and leisure activities, countless phone calls to answer, criticisms to contend with, grumpy husband and children who feel they are being ignored, and a sore neck and back from many hours sitting at the computer writing newsletters and e-mails.

Is it worthwhile?

Dianne again: 'My, oh my, YES!! All of the above is forgotten the moment you see the excitement and delight when one of YOUR paddlers has a great race or wins a medal. I feel I have been part of that.' Unable to perform herself at that elite level, she feels she has helped others to race, to achieve, and hopefully to win. Her worst and best moment: 'After last year's junior men's doubles race in Dartmouth, Canada, I had to console my son, who had been beaten, and encourage him to think, "Oh well, another time"'. The next minute I had to congratulate the Australian boys who beat him. However when one of these young men presented me with his floral bouquet he received with his medal, I was deeply touched. I couldn't bring the flowers home, but I will never forget Christian's gesture. That's what makes it worthwhile.

Australian Marathon team

Men's Singles: Michael Leverett, Chad Meek

Men's Doubles: Ben Poole/Bennet Maxwell

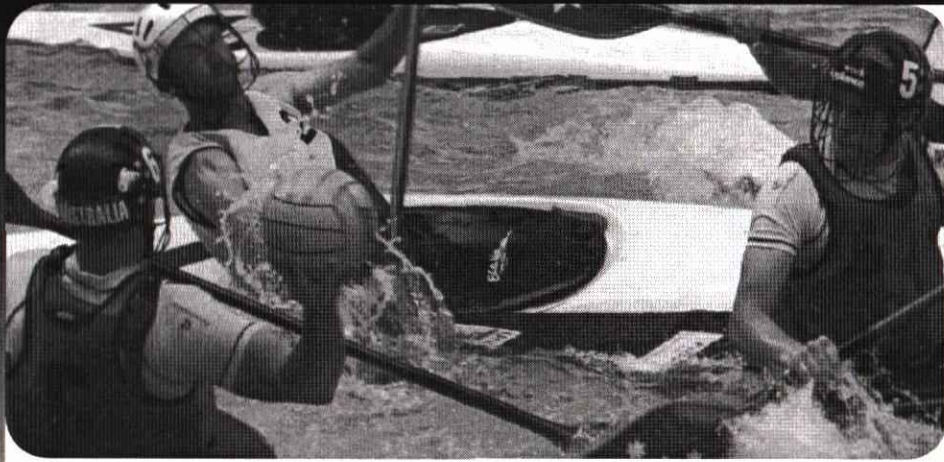
Michael Leverett/Tim Naughton

Women's Singles: Chantel Meek

Women's Doubles: Susan Tegg/Erin O'Keefe*

*Erin is also competing in Junior Singles

Marathon and all canoe results can be found at
Australian Canoeing Online – www.canoe.org.au



Canoe Polo - one of the events at the 2001 Australian University Games.

Photo, courtesy Victorian Canoe Polo Committee.

All Fired Up for University Games

Canoe/Kayak events will be included in the Australian University Games sport program for the first time this year. The 2001 Australian University Games will be held from 23 to 28 September, hosted by the University of Sydney amid its sesquicentenary celebrations.



Canoe/Kayak events that have been included in the twenty-four sport Games program are Down River Race (Individual and Team), Rapid River Race, Slalom Competition (Individual and Team) and Canoe Polo.

The Down River Race event will kick off the week's competition with a one-day event at the Nepean River in Sydney's outer west. The Rapid River Race and Slalom Competition events will be contested at the Penrith Whitewater Stadium, the purpose built venue for the Sydney 2000 Olympic Games, which remains a legacy to the sports community. The Canoe Polo event will conclude the week's competition on the final day of the Games.

**For more information on any aspect of the 2001 Australian University Games, visit the website:
<http://unigames.unisport.com.au>.**

**Alternatively contact the Games office via email: unigames@aug2001.org.usyd.edu.au
or by telephone + 61 2 9351 8900**

Liability and responsibility of instructors

Paul Sheppard adapted the article originally published by Canoe SA. The sources of information in the article are Peter Vandepuer and Judge Peter Gray.

The past few years have seen a number of incidents occur within the sporting and outdoor education/adventure industry where participants have come to harm and legal action was taken against schools, teachers or instructors as a consequence. The purpose of this article is to give instructors and other people involved in teaching or coaching such as club volunteers some idea of the legal consequences of their acts and omissions. It attempts to remind instructors that they are in a legal relationship with their students, and that a failure to exercise the appropriate degree of responsibility may have legal consequences. What is hoped is that instructors, coaches, officials and guides will come to see that the law is heavily based on common sense, with an emphasis on prudent conduct. With this in mind, an instructor can be free to carry out a course without worrying constantly about the stern views of judges, juries or coroners.

Assault

An assault is committed if a person is put in fear of being struck, or otherwise touched in anger, by another person. There is no need for an actual striking or touching. The actual striking or touching is called a 'battery' (which means beating). Either an assault or a battery may lead to an action for damages. If no injury is suffered, damages will be relatively minor. They will increase with the extent of any injury. This would include intentionally capsizing a student either in fun or to ensure they complete a particular exercise (capsize drill). Instructors have no legal right of use of corporal punishment whatever the age or status of the participants.

Are these justifiable causes or examples of bad behaviour? Even some forms of instruction, such as grabbing the participant and pushing him or her into a correct paddling position, may result in injury, or may be misconstrued as a sexual assault, and should be avoided.

A person may consent to be touched; it is essential to be certain that the participant understands what you are about to do, and agrees to it. Hands off is the best advice.

False imprisonment

Restraining a person from leaving a particular place amounts to wrongful imprisonment, and may result in a claim for damages. There is no need for walls, locks and keys; all that is needed is for someone to be made to feel that he or she is not free to go as and when he or she wishes. An instructor has no authority to restrain participants in this way. If

participants wish to leave the water, or give up the course, there is nothing, beyond persuasion, that can be done. Care should be taken that persuasion should not be so vigorous as to convey the impression that leaving is not a possibility.

Negligence

This is by far the most common source of civil liability of teachers, coaches or instructors of all kinds. In essence, the law of negligence is based on common sense. When considering the situation, think about common sense. Think how you would have applied common sense to those facts, and compare the approach of the court. Common sense is not what some of us have and some of us don't; it is what the courts expect all of us to have. It is certainly what the courts expect of people who put themselves forward as experts in their chosen field.

The first thing to be aware of is that anyone can sue you at any time for anything. The important question is 'Will the action be successful?'

A participant in a canoe instruction course would need to establish four basic elements to succeed in a negligence action against an instructor. These are:

- the existence of a duty of care by the instructor to the participant
- a breach of that duty by a failure by the instructor to take reasonable care
- the existence of damage or injury resulting from that breach and causing a definite loss to the participant
- a causal connection (called proximity) between the instructor's actions or lack of actions and the damage or injury

An instructor clearly owes a duty to participants to take reasonable care to avoid conduct which is likely to result in injury. The law does not expect you to wrap participants in cotton wool; common sense applies. Whitewater canoeing is an inherently dangerous activity. Participants in games or sports involving likelihood of bodily injury consent to all the risks ordinarily incidental to the activity concerned. Therefore, where an instructor has acted reasonably in the circumstances and injury is nevertheless sustained, no liability is incurred. The duty is not a duty to insure against injury, but to take reasonable care to prevent it. It requires no more than the taking of reasonable steps to protect participants from the risk of injury which, in all the circumstances, the instructor should reasonably have foreseen.

You don't have to ensure that clients do not get hurt or killed, only that participants face only reasonable risks and are aware of, understand, and accept the risks.

'Reasonable care' and 'reasonably foreseeable': these are the catchwords at the heart of the test used by the courts to determine liability in negligence. What has become known as the 'reasonable man test' is applied by the courts to determine whether there has been a breach of the standard of care required of the defendant by law.

The test is whether the defendant did, or failed to do, something which a reasonable person would have, or would not have, done in the circumstances. What is reasonable varies according to the facts of a particular case and the individual characteristics of both the plaintiff and the defendant. You don't need a law degree to interpret whether an act was reasonable or not. Indeed the decision is often deliberately entrusted to a jury of non-lawyers. Reasonableness is not a complicated legal concept, based on complex legislation or judicial abstraction. Reasonableness is about a common-sense approach to the circumstances at hand.

The risk involved in whitewater canoeing are, as you all know, numerous. However, flatwater canoeing is also potentially hazardous, and even the most experienced of canoeists can come to harm.

The law does not expect absolute perfection from instructors, but it does expect that every instructor, at all times, will observe the standard of care which a reasonable instructor would observe. A reasonable instructor cannot nullify all risks but a reasonable instructor will ensure, by the manner in which his or her course is conducted, that the risk of injury to participants is as low as is reasonable in the circumstances. A reasonable instructor can make mistakes without necessarily being liable in negligence. A miscalculation in a dilemma is not necessarily unreasonable.

Take, as an example, an English decision (*Woodridge v. Sumner* 1963), where a horseman in the course of a competitive event galloped his horse around the corner so fast that his horse swung off the arena and injured the plaintiff, a photographer. It was held that this resulted from pure misjudgment of the horse's speed and that the rider had not been negligent. In other words the rider's mistake was not unreasonable in the circumstances.

In assessing the reasonableness of a course of conduct, a court will do so against the cost, difficulty and inconvenience to which the defendant would be put to



eliminate the risk. To illustrate this principle by a couple of examples: In a famous English case (*Bolton v. Stone* 1951), a cricket ball was hit out of the ground and caused injury to the plaintiff, who was standing on an adjacent road. Balls had occasionally been hit out of the ground before, but no one had been injured. It was held that, in the circumstances, the risk of injury to a bystander was very small and that a reasonable man, in this case a reasonable cricket club administrator, would be justified in not taking steps to eliminate it. Conversely, in an Australian decision (*Brown v. Commonwealth of Australia*, Supreme Court of New South Wales, March 1982, unreported), the Commonwealth was held liable in a situation where the risk of injury was (although some of you may disagree), unlikely. A taxation-interviewing officer was stabbed by an irate taxpayer in an area of the taxation office open to the public. For a small sum, it would have been possible to rearrange the office so that officers going into an interviewing cubicle would not have to enter the public area. This rearrangement would have minimised the risk of an attack. The Commonwealth was held liable for its failure to take this inexpensive precaution.

Clearly, it would minimise the risk to participants if courses had one instructor to each participant, in warm, clear water, with no current, so that the instructor could stand beside the participant, ready to right the participant immediately after each capsiz. Not only would instructing become prohibitively expensive with this method, but participants would learn very little about whitewater paddling, the very reason for their attendance at courses. Such elaborate precautions are not required. On the other hand, there may be situations in which, in order to

discharge his or her duty, the instructor may have to leave his or her boat, go into the river, and guide the boats of the participants through the rapid, making sure that other participants are off the water, or in a safe place, at the same time. Although this involves extra trouble, and perhaps time, it is not so unreasonably inconvenient as to warrant the instructor not taking these measures.

A good rule of thumb is to stick to the established and common practice of conducting a particular activity. Creativity should not be discouraged, but an established practice generally becomes so because it has proved, over many trials, to be successful. Conformity to common practice is generally recognised by the law as evidence that the proper standard of care has been applied. Take the following English case *Write v. Cheshire County Council* as an example: The plaintiff, a twelve-year-old schoolboy, was in a group engaged in the exercise of vaulting 'the buck', when he fell and was injured. At that time, the instructor was supervising the activities of another group of boys. The school authority was held not liable for the plaintiff's injury. There was evidence that it was the approved practice in schools to leave boys who had some experience to carry out the exercise by themselves, so as to give them self-confidence.

The standard of care expected of instructors will vary depending on the age, confidence and abilities of the participants. Children require a high degree of supervision and the standard of care required is the same care as a prudent parent would give. This is exemplified in many court decisions which have considered negligence actions against teachers. If you are going to diverge from an approved method of conducting a particular activity, do so if you must, but take extra thought and care and be wary of the possible consequences.

The following scenarios actually happened and give the opportunity to access decisions that have been made in the industry and the outcomes of those decisions.

Scenario 1

In 1983, a number of students and teachers embarked on a school bushwalking trip. The group were following a main path, but from which a divergence ran at one point. One group of students went by this upper fork, where the path conditions were, in fact, dangerous. The plaintiff was with this group, where a fellow student fell, and later died due to injuries received and a delay in rescue because of the remoteness of the area.

While there were other issues involved, the plaintiff sued on the basis of the nervous shock received, and consequent insomnia. The judge in the case found the

leading teacher had been negligent in a number of areas, including the lack of a lookout being posted at the divergence, choosing to run the trip in an area where rescue and access to medical assistance was very difficult and likely to be delayed, and, despite the staff student ratio being 1:7 (higher than the recommended 1:10), the staff student ratio needed to be higher due to the physical features of the location of the walk.

Scenario 2

In 1987, a student was injured when, along with other students and directed by a teacher, a loaded trailer was moved down a bank, and ran over the student's foot. The court found that there was a breach of duty on the part of the school in allowing the students to move the trailer down a damp, grassy slope, when other options were available in moving the trailer and its gear. A negligence suit resulted.

Scenario 3

In early 1996, a young student drowned during a swimming lesson at a pool. While there were other issues raised, a negligence judgement was made, because one of the teachers supervising the activity was sitting with their feet in the water, as opposed to standing in a position which allowed a clear, unobstructed view of the whole group.

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Continued next issue.

'Water Ways for Pleasure Days'

From the Old Towns Canoe - Catalogue 1922 '

'The Indian and his Canoe

Did you ever think that of all the primitive implements of the Indian none has survived civilisation in a recognisable form except the canoe? The test of time and the ingenuity of the white man have found nothing comparable size superior to his model of a watercraft, be it for pleasure or for service onstream river, lake or ocean bay.

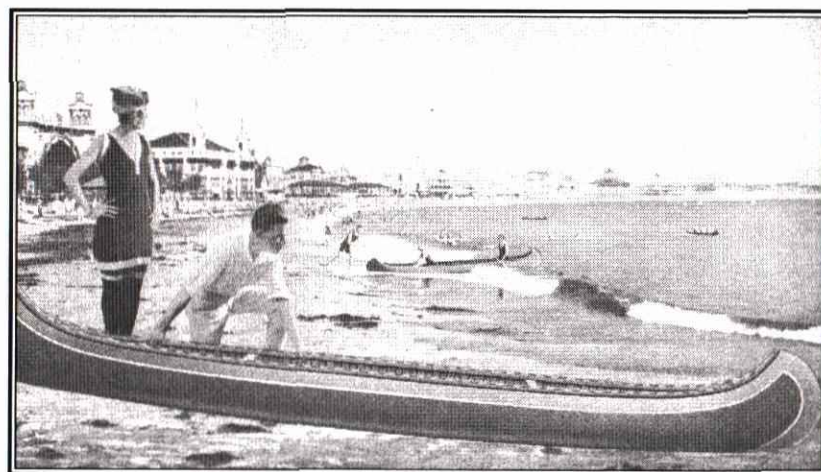
The birch-bark canoe, the Indian's water craft, early won the admiration of the whites because of its lightness (rendering portages less toilsome), its ease of propulsion and, for the aesthetic, its gracefulness on the water. Like almost all primeval implements, however, it was prone to defects ... these Indians still retain their cleverness in canoe building and the number of them in our employ seems to give to our canoes something of the old Indian romance as felt by the Hiawatha in the lines given us by Longfellow.

'I a light canoe will build for me,
That will float up the water,
Like a yellow leaf in Autumn,
Like a yellow water lily'



**'Old Town 'Charles River, Model
Canoe'**

As indicated by the name, this model is designed for use on rivers. Its flat floor gives minimum draft and great steadiness. We do not recommend it for use on salt water or large lakes where heavy winds would be encountered, as it does not displace enough water to hold its course as well as a canoe not so flat.



'Old Town 'H.W. Model' Canoe'
Instead of having a perfectly flat floor the H.W Model tends toward the shape of the well known salt water yawl boat below the water line. This shape gives more draft and hence greater steadiness in windy waters. In heavy winds and ocean swells more draft is required than for river use in order to give stability and ease in handling.

Slalom utilises the latest in Sport science

NSW Institute of Sport (NSWIS) scientists are using an exciting new technology that has put Australian Slalom canoeing at the forefront of the sport worldwide. At the recent Australian team training camp in Penrith, the technology was put to the ultimate test on a number of athletes during a simulated race.

The technology (developed in Germany) tests the force the paddler puts into each stroke at various stages during the stroke. A transmitter is fitted to the paddle shaft, which sends a signal to a computer to graph the force of the stroke. The paddler is also filmed during the testing procedure. Analysis of the graph and the video together allows the coaches to identify any weaknesses in the stroke, which can then be fine-tuned during training.

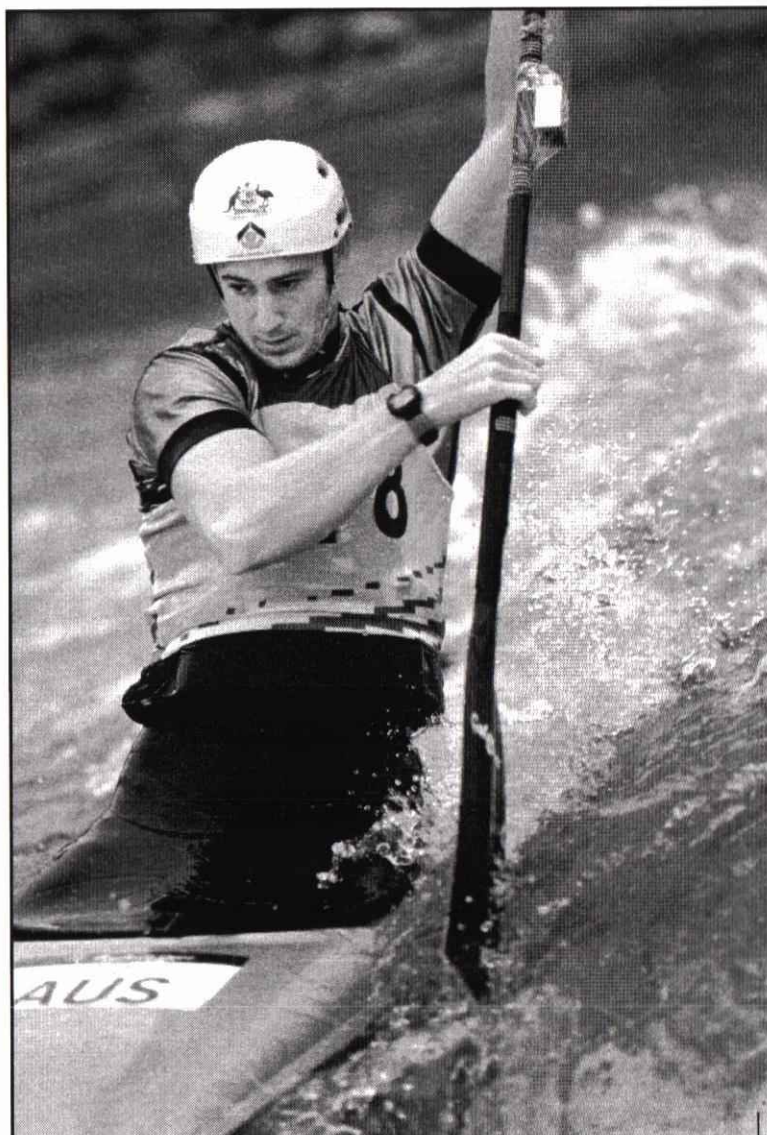
NSWIS Slalom Canoeing Head Coach Mike Druce praised the benefits of the new technology.

'This type of technology is not being applied to slalom anywhere else in the world, and it is showing real benefits for our preparation for the World Championships this year,' Druce said.

The system was originally designed for sprint application however the NSWIS use it for both sprint and slalom although it is most extensively used in sprint rather than in slalom.

NSWIS scholarship holder Louise Natoli will be one of many athletes who will benefit from the measuring procedure. Natoli is currently ranked No1 in the K1 in Australia and is the U/22 national champion. Natoli paddled in Atlanta in the lead up to the World Championships.

The athletes are extremely receptive and appreciative to the testing. Most use it as a teaching tool and others are simply fascinated by the way we are able to utilise this technology.



The system uses existing technology in a way that may not have previously been considered. The force curves are sent to a receiver and then overlayed on to video. Because it measures force in real time and overlayed on video it is easy to see where the force occurs during the stroke.

photo: Courtesy James Rankin Photography.

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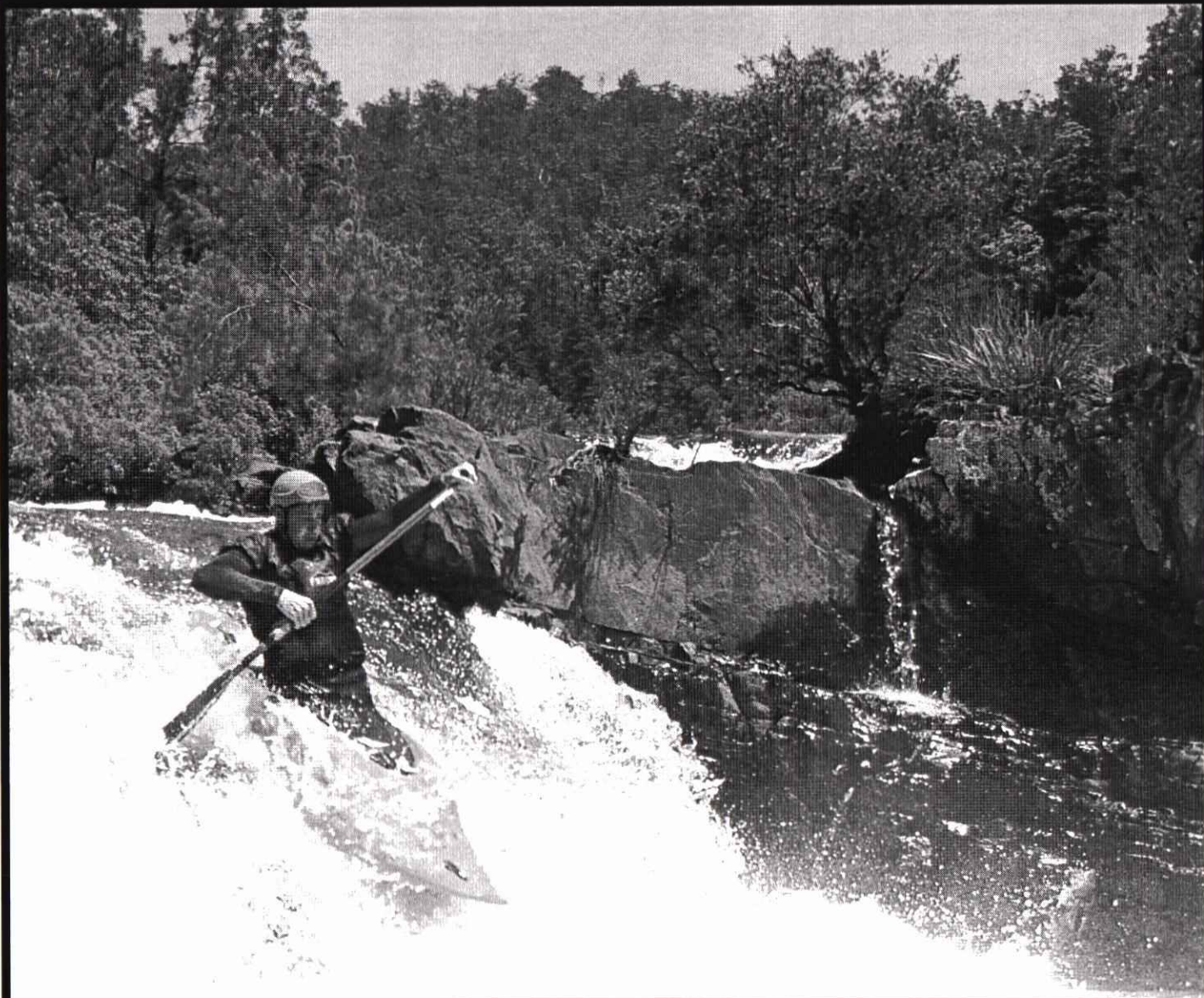
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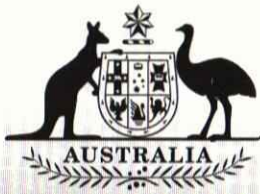
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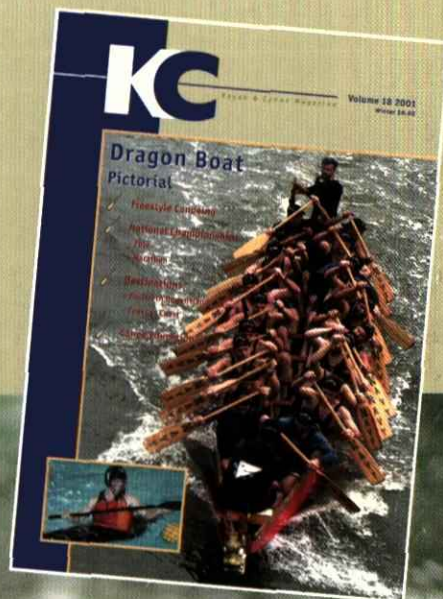
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In 2000 Daniel Collins (pictured) was awarded AC Team of the Year, together with Andrew Trim.

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