



SPRING NEWSLETTER

MARCH 2017

## WELCOME FROM YOUR NEW CHAIRMAN

*BY: MARTIN SHARP*

Dear Fellow Members,

Happy Spring! :) Yes the days are getting longer, the sun is out (on occasion) and plans for paddling are being made. Please make sure that you keep an eye on Facebook & emails for upcoming events. There is a full calendar of activities in all the disciplines we partake in to join in with.

It has been great to see so many of you using the pool facilities over the last couple of months and I hope you are getting the most out of it. The recent change to life guarding has freed up coaches and it is great to see so many being used to active help improve paddle sport. We are grateful to the help being provided by Tadcaster Pool lifeguards to allow this to happen. So far we have kept them dry and given the amount of paperwork they have to do, along with the fact they have to sound the alarm and empty the pool when they enter, I hope they stay dry for many sessions to come.

Looking forward to getting wet with you all.

Martin

## SLALOM UPDATE.

*BY: MARTIN BROWN*

Things never seem to slow down with the slalom section. Having just finished winter training the first races are now upon us with the Div 1 guys and girls having already raced at Shepperton and as I write this getting ready to race at Llandsul this weekend. The first div 2 race at Matlock is in 2 weeks time so good luck to those racing.

We've had a busy winters training with regular Blue Bridge sessions, Tees Barrage sessions and regional training session for those on the Northern Academy with Phil in various locations including HPP and tongue twisting places in Wales. With several trips to Lee Valley with the Super regional Squad we've been putting in the miles on the road as well. As an active club within the Yorkshire slalom group we've had access to training events run at Lee Valley and Tees Barrage along with less challenging water.

A Big congratulations to one of our more experienced paddlers Eddie Monday, he returned from down south away with the The Saff's and Stone cup.

With an exciting summer ahead with some European Racing for some of our



Website: [www.lowerwharfe.org.uk](http://www.lowerwharfe.org.uk)

Book the pool & trips on Webcollect: <https://webcollect.org.uk/lwcc>

members it's looking like an exciting and busy summer.

Congratulations to Luke Kevane, Eve Ovington and Cody Brown on being selected to represent England in the Pan Celtic Cup. The Pan Celtic Cup is a series of races held in England, Scotland and Wales against the home nations. Well done to Emily for getting promoted to Div2 at the back end of last year, I know she looking forward to racing at Div 2's this year after a hard winter of training.

If you're interested in trying slalom get in touch. Contact Martin Brown: [slalom@lowerwharfe.org.uk](mailto:slalom@lowerwharfe.org.uk)

## POLO

BY: HEATHER LINDSAY



It's been great to see some new faces at training over the winter. We finished our final tournament of the season on Saturday 25th with 2 great goals & lots of good teamwork. We've been in a challenging



Division 2 league this year and have made 2 wins & a draw along with lots of fun. We would like to invite anyone interested to come & join us. Training recommences towards the winter! see you all then :)

Please contact Heather for more information. [polo@lowerwharfe.org.uk](mailto:polo@lowerwharfe.org.uk) or one of the coaches for more information.

Ducks canoe polo Facebook: [www.facebook.com/groups/277460515759900/?fref=ts](https://www.facebook.com/groups/277460515759900/?fref=ts)

Website: [www.lowerwharfe.org.uk](http://www.lowerwharfe.org.uk)  
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## TOURING- AMBLESIDE

By: *Ann Mitchell*

A dull weekend weatherwise, but not from a social & paddling perspective. It was great to be able to

launch straight from the Youth Hostel in Ambleside onto Lake Windermere.



A new Boat House for the Club?

Going in different directions & exploring all the bays & river off shoots, plus being noseey at all the amazing houses lining the Lake made for a great couple of days paddling. It was our first trip for 2017 so socially there was a lot of catching up to do

over the good food & drink provided by the YHA. Many thanks to Roy for organising



Setting off on Sunday

this trip. See the programme below for our other touring trips we have planned, due to YHA booking conditions we now have to book & pay a few months ahead to ensure that we get the right accommodation.

## WHITEWATER

BY: JOE CHAMPION

We have been lucky enough to go to Sleningford Watermill with Jonny. The river definitely tested



our skills with weirs and rapids. We able to practice skills such as ferry

gliding and breaking in/out. The river was very cold and that was not made any easier by Jonny telling us we had to



do a cold water roll! We are looking forward to getting back out on the river.

## RIVER SESSIONS

Coming soon..... We will be starting with Millenium Bridge trips for experienced adult



paddlers (who can manage 8km on flat water) on 20<sup>th</sup> April. Our general coaching for all levels will

start on 18th May & run alternative weeks until our annual BBQ on 24<sup>th</sup> August. (18 May, 1,15,29 June, 13,27 July, 10,24 August). Due to weather & river conditions these are run on a turn up basis on a Thursday night at the Marina in Bishopthorpe.

We are always looking for helpers at the container & extra coaches on a Thursday, if you are interested please contact one of the committee or coaches or [contact@lowerwharfe.org.uk](mailto:contact@lowerwharfe.org.uk)

## POOL SESSIONS (SUNDAYS)

We have changed the format of our pool sessions since Christmas to make the 1<sup>st</sup> session focussed on getting our youngsters doing their [Paddlepower](https://www.britishcanoeing.org.uk/courses/paddle-power/) (<https://www.britishcanoeing.org.uk/courses/paddle-power/>) qualifications, this is a national scheme which aims to develop paddling skills in a logical order & provide regular levels to aim for.

The Second session as a mixed coaching & free format session & the last session as a free session with coaching available if required. The feedback has been very positive & we are continually looking to improve these sessions.

The Under 8's sessions continue to be popular to the extent that we have added extra sessions. It is good to see our next generation of paddlers getting a chance to practice in a safe environment.

We have run a touring rescue session with one more due in April 9<sup>th</sup>. We are also running a slalom session on 2<sup>nd</sup> April to inspire newcomers to join their river training when the weather gets better.

Many thanks go to Sarah our Club Secretary for organising our pool session rotas, we are still looking for a permanent volunteer. If you are interested please contact Sarah as below.

We would like to congratulate Martin Sharp on achieving his Level 1 coaching course recently & wish him luck on his Level 2. This now means that Martin can lead Sunday night pool sessions.

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# CIRCUIT / FITNESS TRAINING

This finishes at Easter & is open to all members & while it sounds difficult - it really isn't.

Everyone works at their own pace in 20-30



second bursts over a range of exercises designed for a full body

workout. This has been very well attended this year with about 16-20 people each week. We have a Satellite club arrangement with Askham Bryan which has allowed us free use of their gym. Look out in October for it re-starting.

## MEMBERSHIP

Renewals are now due, please make sure you have paid by 1<sup>st</sup> April, everyone should have received renewal emails. If not please check your spam box or alternatively Logon to Webcollect home page & go to 'membership' at the bottom & choose renew. We would like to highlight our codes of conduct & ensure that everyone abides by them at all club events – you can find them on the membership page of the [website](#)

Thanks to everyone for filling in the extra details, this is a one off task, but we do ask that they are kept up to date, this is so that we have a record of emergency contacts etc to keep at the pool & river in case they are ever needed.

## FUNDRAISING

We have been asked to help at the extra Tadcaster Duck Race on 29<sup>th</sup> April, please come

along either in a canoe or just to help on the bank. Details are on the webcollect event. This raises much needed funds for the Tadcaster Community Pool.

The spring & summer is our fundraising season. We provide safety cover for 3 Triathlons at Allerthorpe, this raises over £1000 in total for the club & so we encourage all members to help. Watch out for further details on webcollect.

We also raise about £900 at our slalom at Howsham on 8/9 July by catering & running the event throughout the weekend. We also encourage all paddling members to have a go (with a bit of training), so please put these dates in your diary.

We use all the money we raise to further the club, this year we have recently bought 3 new boats for the river & pool including a C1 playboat. We have subsidized First Aid courses for coaches. We are currently arranging Safeguarding courses for all helpers and subsidising coaching courses for regular helpers. We also need to make sure that all of our safety kit renewed regularly.

## HELP NEEDED

**Can you add all of our events to Facebook and keep them up to date for us?** We are all volunteers so any help you can provide in any way is always welcome. Please contact Sarah at the email below for more details.



Club Facebook: [www.facebook.com/lowerwharfe](http://www.facebook.com/lowerwharfe) Wharfe Ducks canoe polo Facebook: [www.facebook.com/groups/277460515759900/?fref=ts](http://www.facebook.com/groups/277460515759900/?fref=ts)

**If you have any comments or would like more information please contact:**  
[contact@lowerwharfe.org.uk](mailto:contact@lowerwharfe.org.uk)

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# FORTHCOMING EVENTS

| April                  |   |   |
|------------------------|---|---|
| Sat 1 <sup>st</sup>    | Sea Kayaking Day trip   | Lynne - see Webcollect  |
| Sun 2 <sup>nd</sup>    | Pool Night at Tadcaster Pool 6.30 - 8.30pm book on website. £4 members/ £5 non members<br><br>Slalom Night 6:30pm & 7:10pm (half pool)                    | Martin Brown<br>Martin Sharp<br>Martin Sanderson  |
| Tues 4 <sup>th</sup>   | Circuit Training. Askham Bryan College<br>7-8pm, Sports Hall <b>**FREE**</b>  | Slalom Team - Phil Stephenson   |
| Thurs 6 <sup>th</sup>  | Slalom Training at the blue bridge, River Foss, York 6.30pm   | Email Martin Brown to check it is on <a href="mailto:slalom@lowerwharfe.org.uk">slalom@lowerwharfe.org.uk</a> |
| Sun 9 <sup>th</sup>    | Pool Night & under 8's session at Tadcaster Pool 6.30 - 8.30pm book on website.... £4 members/ £5 non members<br><br>Touring Rescue Training Session      | Dennis Fothergill<br><br>Ann Mitchell   |
| Tues 11 <sup>th</sup>  | Circuit Training. Askham Bryan College<br>7-8pm, Sports Hall <b>**FREE**</b>  | Slalom Team - Phil Stephenson   |
| 14-17 <sup>th</sup>    | <b>**Easter**</b>   |   |
| Thurs 20 <sup>th</sup> | Adult only trip Bishopthorpe to Millenium Bridge. For those who can paddle 8km/5 miles. 6.30pm. Meet at Ferry Lane, Bishopthorpe for prompt start@6:40pm. | Pat Igoe  |

|                        |   |   |
|------------------------|---|---|
| Thurs 20 <sup>th</sup> | Slalom Training at Howsham Weir 6.30pm  | Email Martin Brown to check it is on <a href="mailto:slalom@lowerwharfe.org.uk">slalom@lowerwharfe.org.uk</a> |
| Sun 23 <sup>rd</sup>   | Pool Night at Tadcaster Pool 6.30 - 8.30pm book on website.... £4 members/ £5 non members.  | Coach tba.  |
| Thurs 27 <sup>th</sup> | Adult only trip Bishopthorpe to Millenium Bridge. For those who can paddle 8km/5 miles. 6.30pm. Meet at Ferry Lane, Bishopthorpe for prompt start@6:40pm. | Pat Igoe  |
| Thurs 27 <sup>th</sup> | Slalom Training at Howsham Weir 6.30pm  | Email Martin Brown to check it is on <a href="mailto:slalom@lowerwharfe.org.uk">slalom@lowerwharfe.org.uk</a> |
| Sat 29 <sup>th</sup>   | Tadcaster Duck Race   | Jonny Grayson - see Webcollect  |
| Sun 30 <sup>th</sup>   | River Ouse Day Paddle   | Roy Clayford - see Webcollect   |
| Sun 30 <sup>th</sup>   | Pool Night at Tadcaster Pool 6.30 - 8.30pm book on website.... £4 members/ £5 non members   | Coach tba.  |
| <b>May</b>             |   |   |
| Thurs 4 <sup>th</sup>  | Adult only trip Bishopthorpe to Millenium Bridge. For those who can paddle 8km/5 miles. 6.30pm. Meet at Ferry Lane, Bishopthorpe for prompt start@6:40pm. | Pat Igoe  |
| Sun 7 <sup>th</sup>    | Pool Night at Tadcaster Pool 6.30 - 8.30pm book on website.... £4 members/ £5 non members   | Coach tba.  |

|                                 |  |   |
|---------------------------------|--|---|
| Thurs 11th                      | <b>Memorial Paddle Bishopthorpe to Millennium Bridge, York.</b><br>6.30pm. Meet at Ferry Lane, Bishopthorpe. For those who can paddle 8km/5 miles. | Dennis Fothergill   |
| Thurs 11th                      | Slalom Training at Howsham Weir 6.30pm   | Email Martin Brown to check it is on <a href="mailto:slalom@lowerwharfe.org.uk">slalom@lowerwharfe.org.uk</a> |
| Sun 14th                        | Last Pool Night at Tadcaster Pool 6.30 - 8.30pm book on website & under 8's session £4 members/ £5 non members                                     | Dennis Fothergill   |
| Thursday 18th                   | Club night on the river at Bishopthorpe with coaching, 6.30pm. Meet at Ferry Lane, Bishopthorpe  | Tbc   |
| Thurs 18th                      | Slalom Training at Howsham Weir 6.30pm   | Email Martin Brown to check it is on <a href="mailto:slalom@lowerwharfe.org.uk">slalom@lowerwharfe.org.uk</a> |
| Sat 20th                        | <b>Ripon to Boroughbridge paddle</b>   | Dennis Fothergill   |
| Thu 26th                        | Adult only trip Bishopthorpe to Millenium Bridge. For those who can paddle 8km/5 miles. 6.30pm. Meet at Ferry Lane, Bishopthorpe                   | Pat Igoe  |
| Thurs 26th                      | Slalom Training at Howsham Weir 6.30pm   | Email Martin Brown to check it is on <a href="mailto:slalom@lowerwharfe.org.uk">slalom@lowerwharfe.org.uk</a> |
| Weekend 26 <sup>th</sup> - 30th | <b>Touring Long Weekend: Tenby - FULL</b>  | Roy Clayford  |

| June                              |  |   |
|-----------------------------------|--|---|
| Thu 1st                           | Club night on the river at Bishopthorpe.<br>With coaching. 6.30pm. Meet at Ferry Lane, Bishopthorpe                              | tbc   |
| Thurs 1st                         | Slalom Training at Howsham Weir 6.30pm   | Email Martin Brown to check it is on <a href="mailto:slalom@lowerwharfe.org.uk">slalom@lowerwharfe.org.uk</a> |
| Sun 4th                           | Allerthorpe Triathlon - Help required  | Dennis Fothergill   |
| Thu 8th                           | Adult only trip Bishopthorpe to Millenium Bridge. For those who can paddle 8km/5 miles. 6.30pm. Meet at Ferry Lane, Bishopthorpe | Pat Igoe  |
| Thurs 8th                         | Slalom Training at Howsham Weir 6.30pm   | Email Martin Brown to check it is on <a href="mailto:slalom@lowerwharfe.org.uk">slalom@lowerwharfe.org.uk</a> |
| Thurs 15 <sup>th</sup>            | Club night on the river at Bishopthorpe with coaching. 6.30pm. Meet at Ferry Lane, Bishopthorpe                                  | tbc   |
| Thurs 15 <sup>th</sup>            | Slalom Training at Howsham Weir 6.30pm   | Email Martin Brown to check it is on <a href="mailto:slalom@lowerwharfe.org.uk">slalom@lowerwharfe.org.uk</a> |
| Thu 22nd                          | Adult only trip Bishopthorpe to Millenium Bridge. For those who can paddle 8km/5 miles. 6.30pm. Meet at Ferry Lane, Bishopthorpe | Pat Igoe  |
| Weekend 24 <sup>th</sup> and 25th | Club Camping weekend with canoeing and walking   | TBC   |



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|------------------------|---|---|
| Thu 29th               | Club night on the river at Bishopthorpe with coaching. 6.30pm. Meet at Ferry Lane, Bishopthorpe | Tbc   |
| Thurs 29 <sup>th</sup> | Slalom Training at Howsham Weir 6.30pm  | Email Martin Brown to check it is on <a href="mailto:slalom@lowerwharfe.org.uk">slalom@lowerwharfe.org.uk</a> |

| July                                       |  |   |
|--|--|---|
| Thu 6th                                    | Adult only trip Bishopthorpe to Millenium Bridge. For those who can paddle 8km/5 miles. 6.30pm. Meet at Ferry Lane, Bishopthorpe | Pat Igoe  |
| Thurs 6 <sup>th</sup>                      | Slalom Training at Howsham Weir 6.30pm   | Email Martin Brown to check it is on <a href="mailto:slalom@lowerwharfe.org.uk">slalom@lowerwharfe.org.uk</a> |
| Sat 8 <sup>th</sup><br>Sun 9 <sup>th</sup> | <b>Howsham Weir Club Slalom</b> Div 2/3/4, help needed, especially in the catering tent.   | Chris Kevane<br>Martin Brown  |
| Thu 13th                                   | Club night on the river at Bishopthorpe with coaching. 6.30pm. Meet at Ferry Lane, Bishopthorpe                                  | tbc   |
| Thurs 13 <sup>th</sup>                     | Slalom Training at Howsham Weir 6.30pm   | Email Martin Brown to check it is on <a href="mailto:slalom@lowerwharfe.org.uk">slalom@lowerwharfe.org.uk</a> |
| Sat 15th                                   | Whitby Day Paddle  | Dennis Fothergill   |
| Thurs 20 <sup>th</sup>                     | Adult only trip Bishopthorpe to Millenium Bridge. For those who can paddle 8km/5 miles & Touring Rescue practice session.        | Pat Iago  |

|  |   |  |
|--|---|--|
|  | 6.30pm. Meet at Ferry Lane,<br>Bishopthorpe   | Ann Mitchell   |
| Thurs 20 <sup>th</sup>                         | Slalom Training at Howsham Weir 6.30pm  | Email Martin Brown to check it is<br>on <a href="mailto:slalom@lowerwharfe.org.uk">slalom@lowerwharfe.org.uk</a> |
| Weekend 22 <sup>nd</sup> &<br>23 <sup>rd</sup> | Touring Weekend - Berwick   | Mike - see webcollect  |
| Thu 27 <sup>th</sup>                           | Club night on the river at Bishopthorpe<br>with coaching. 6.30pm. Meet at Ferry<br>Lane, Bishopthorpe | Tbc  |
| Thurs 27 <sup>th</sup>                         | Slalom Training at Howsham Weir 6.30pm  | Email Martin Brown to check it is<br>on <a href="mailto:slalom@lowerwharfe.org.uk">slalom@lowerwharfe.org.uk</a> |