

LOWER WHARFE CANOE CLUB

2019 PROGRAMME



www.lowerwharfe.org.uk

Facebook: *Lower Wharfe Canoe Club*

Polo team: *Wharfe Ducks*

Where are you in your paddling journey?

Beginner (Bgr): Perhaps you have just started and looking for some guidance along with experience on the water. Maybe you can come to the pool or river sessions for instruction from our coaches or join us on one of the beginner trips. Not sure if you are a beginner? If you do not own your own kayak or gear, borrows or rents gear; own your own boat and gear, but it is a recreational kayak without a deck. Own your own whitewater kayak, or touring kayak, less than 2 years of ownership and or less than 30 days of use per season. Or have recently passed your 1 Star or Paddlepower passport and from January 2019 onwards your paddle awards “start” or considered 1 Star equivalent, then you are probably best joining in the beginner activities. Have a chat with one of the coaches to find out more.

Intermediate (Int): So, the canoeing bug has bitten and you are hungry for more time on the water? Intermediate activities are a great way to practice your skills and develop more, in a fun and friendly way. Perhaps you can join in Slalom or Polo, try one of the longer river trips such as for Ice-cream in the summer river sessions or grade 2 moving water? You are probably an intermediate if you own their own boats and gear, fully outfitted with buoyancy bags and spray deck. Has additional outerwear, to include a dry cag, and a wet suit with wet suite boots/shoes. Can describe the different types of kayaks and to include some types of white water canoes. You will have passed your 2 Star or Paddlepower discover and from January 2019 your Paddle Award “Discover” or considered a 2 Star/Discover equivalent paddler. Have a chat with one of the coaches if this is you and find your next adventure.

Advanced (Adv): You consider yourself a paddling demi-god and looking for the next adventure to test your skills? Or possibly you’ve found your passion and paddlesport discipline and just looking to further enjoy it amongst likeminded friends? If this is you then you Own your own boats and gear, fully outfitted with buoyancy bags and spray deck. Have additional outerwear, to include a multiple or single piece dry suit, adequate cold water layering system, to include head wear, and hand wear. Paddles frequently on new rivers, and or locations. Has customized their kayak to their personal requirements with foam and neoprene. Has repaired common problems with kayaks. Has stopped asking “can I paddle this?” to their peers and started saying “if I take this line, then I can...”. Can change faster than Superman in a phone box when by the side of the river with a small towel. You will probably have multiple awards in your discipline whether through training with 3 Star or Paddlepower Explore or equivalent skills. From January 2019 onwards you will have completed the paddle awards with “Explore” and moved on to the discioline specific Personal Performance Awards. Or through competition in Polo, Slalom, White Water Racing, Marathon,

etc. If this is you then join in the activities and have fun!!! Perhaps you may even consider becoming a coach yourself?

IMPORTANT

Members are reminded that they represent the Club and are expected to conduct themselves appropriately at all times.

The events must be covered by a suitably qualified instructor or leader authorised by the LWCC committee. When participating in any activity you are expected to comply with instructions of the organising instructors. Members must tell the organising instructor of any relevant medical condition.

The event organiser or instructor reserves the right to refuse entry to a club paddle to anyone who has inappropriate equipment or behaviour or, in the case of unsuitable river conditions, cancel the trip.

Additional paddles may be arranged from time to time; however to meet the club's requirements, these must be notified to both the Chairperson and the Club Secretary and agreement given before the paddle may go ahead. Where reasonably practical, the paddle should be advertised to club members.

When a paddle is arranged outside of these terms, the organiser should advise the attendees or their parents/guardians that they paddle at their own risk.

Lower Wharfe Canoe Club 2019 Programme

This programme outlines proposed events for the coming year; please note these may be varied and/or additional events organised.

Further details on each event will be published nearer the date by email, the website and at the pool or river club nights. If you want more information or if there are other events you would like to see organised, please contact the event organiser or a committee member.

Please do not let the lack of equipment or experiences deter you from attending an event. Club equipment is available (see later for details) and the club's coaches will always assist novices. Please contact the event organiser to check if an event is appropriate for you.

Paul Foreman, Chairperson

January		
Sat 5 th	Xmas paddle & Meal	Ann Mitchell
Sun 6 th	Pool Night at Tadcaster Pool 6.30 - 8.30pm (All) Slalom 2 nd Session	https://webcollect.org.uk/lwcc
Tues 9 th	Circuit Training. Millthorpe School, York 7-8pm, £3.50 Adults, £2 Juniors (All)	Slalom Team - Phil Stephenson contact@lowerwharfe.org.uk
Thurs 10 th	Slalom Training at the blue bridge, River Foss, York 6.30pm (Int/Adv)	Email Martin Brown to check it is on slalom@lowerwharfe.org.uk
Sun 13 th	Pool Night at Tadcaster Pool 6.30 - 8.30pm, (All) Under 8's & Polo 2 nd Session	https://webcollect.org.uk/lwcc
Tue 15 th	Circuit Training. Millthorpe School, York 7-8pm, £3.50 Adults, £2 Juniors (All)	Slalom Team - Phil Stephenson contact@lowerwharfe.org.uk
Thurs 17 th	Slalom Training at the blue bridge, River Foss, York 6.30pm (Int/Adv)	Email Martin Brown to check it is on slalom@lowerwharfe.org.uk
Sun 20 th	Pool Night at Tadcaster Pool 6.30 - 8.30pm (All) Slalom 2 nd session	https://webcollect.org.uk/lwcc
Tues 22 nd	Circuit Training. Millthorpe School, York 7-8pm, £3.50 Adults, £2 Juniors (All)	Slalom Team - Phil Stephenson contact@lowerwharfe.org.uk
Thurs 24 th	Slalom Training at the blue bridge, River Foss, York 6.30pm (Int/Adv)	Email Martin Brown to check it is on slalom@lowerwharfe.org.uk
Sun 27 th	Pool Night at Tadcaster Pool 6.30 - 8.30pm (All) Polo Match training 2 nd session	https://webcollect.org.uk/lwcc
Tues 29 th	Circuit Training. Millthorpe School, York 7-8pm, £3.50 Adults, £2 Juniors (All)	Slalom Team - Phil Stephenson contact@lowerwharfe.org.uk

February		
Sat 2 nd	Polo Match Yearsley Pool 5-9pm	Lower Wharfe Ducks facebook https://www.facebook.com/polo@lowerwharfe.org.uk
Sun 3 rd	Pool Night at Tadcaster Pool 6.30 - 8.30pm book on website. Discover/Explore, Rolling Clinic 3 rd Session	https://webcollect.org.uk/lwcc
Tues 5 th	Circuit Training. Millthorpe School, York 7-8pm, £3.50 Adults, £2 Juniors (All)	Slalom Team - Phil Stephenson contact@lowerwharfe.org.uk
Thurs 7 th	Slalom Training at the blue bridge, River Foss, York 6.30pm.	Email Martin Brown to check it is on slalom@lowerwharfe.org.uk
Sun 10 th	Pool Night at Tadcaster Pool 6.30 - 8.30pm (All) Freestyle 2 nd session, Touring kayak rescue 3 rd session	https://webcollect.org.uk/lwcc
Tues 12 th	Circuit Training. Millthorpe School, York 7-8pm, £3.50 Adults, £2 Juniors (All)	Slalom Team - Phil Stephenson contact@lowerwharfe.org.uk
Thurs 14 th	Slalom Training at the blue bridge, River Foss, York 6.30pm	Email Martin Brown to check it is on slalom@lowerwharfe.org.uk
Weekend tbc	<i>Touring Trip - tbc</i>	Lynne Clayford lynnnetouring@lowerwharfe.org.uk
Sun 17 th	Pool Night at Tadcaster Pool 6.30 - 8.30pm (All) Discover/Explore. Open Boat practice & rescue	https://webcollect.org.uk/lwcc
Tues 19 th	Circuit Training. Millthorpe School, York 7-8pm, £3.50 Adults, £2 Juniors (All)	Slalom Team - Phil Stephenson contact@lowerwharfe.org.uk
Thurs 21 st	Slalom Training at the blue bridge, River Foss, York 6.30pm (All)	Email Martin Brown to check it is on slalom@lowerwharfe.org.uk
Sun 24 th	Pool Night at Tadcaster Pool 6.30 - 8.30pm (All) Polo pre match training	https://webcollect.org.uk/lwcc
Tue 26 th	Circuit Training. Millthorpe School, York 7-8pm, £3.50 Adults, £2 Juniors (All)	Slalom Team - Phil Stephenson contact@lowerwharfe.org.uk

March		
Sat 2 nd	Polo Match Yearsley Pool 5-9pm (Int/Adv)	Lower Wharfe Ducks facebook https://www.facebook.com/polo@lowerwharfe.org.uk
Sunday 3 rd	Pool Night at Tadcaster Pool 6.30 - 8.30pm book on website (All) Discover/Explore & rolling clinic	https://webcollect.org.uk/lwcc
Tbc	First Aid	Mike Laing
Tues 5 th	Circuit Training. Millthorpe School, York 7-8pm, £3.50 Adults, £2 Juniors (All)	Slalom Team - Phil Stephenson contact@lowerwharfe.org.uk
Thurs 7 th	Slalom Training at the blue bridge, River Foss, York 6.30pm (Int/Adv)	Email Martin Brown to check it is on slalom@lowerwharfe.org.uk
Sun 10 th	Pool Night at Tadcaster Pool 6.30 - 8.30pm All Discover/Expore and Freestyle 3 rd session	https://webcollect.org.uk/lwcc
Tue 12 th	Circuit Training. Millthorpe School, York 7-8pm, £3.50 Adults, £2 Juniors (All)	Slalom Team - Phil Stephenson contact@lowerwharfe.org.uk
Thurs 14 th	Slalom Training at the blue bridge, River Foss, York 6.30pm (Int/Adv)	Email Martin Brown to check it is on slalom@lowerwharfe.org.uk
Sun 17 th	White Water Trip tba Intermediates And... Pool Night at Tadcaster Pool 6.30 - 8.30pm book on website (All) Discover/Explore	Jonny Grayson https://webcollect.org.uk/lwcc
Tues 19 th	Circuit Training. Millthorpe School, York 7-8pm, £3.50 Adults, £2 Juniors (All)	Slalom Team - Phil Stephenson contact@lowerwharfe.org.uk
Thurs 21 st	Slalom Training at the blue bridge, River Foss, York 6.30pm (Int/Adv)	Email Martin Brown to check it is on slalom@lowerwharfe.org.uk
Sun 24 th	Pool Night at Tadcaster Pool 6.30 - 8.30pm book on website (All) Discover/Eplore, Touring Kayak rescue 3 rd session.	https://webcollect.org.uk/lwcc
Tues 26 th	Circuit Training. Millthorpe School, York 7-8pm, £3.50 Adults, £2 Juniors (All)	Slalom Team - Phil Stephenson contact@lowerwharfe.org.uk
Thurs 28 th	Slalom Training at the blue bridge, River Foss, York 6.30pm (Int/Adv)	Email Martin Brown to check it is on slalom@lowerwharfe.org.uk
Sun 31 st	Pool Night at Tadcaster Pool 6.30 - 8.30pm (All) Polo	

April		
Thurs 4 th	Slalom Training at the blue bridge, River Foss, York 6.30pm (Int/Adv) And... Bishopthorpe to Millennium Bridge Evening Paddle 6pm (Int/Adv)	Email Martin Brown to check it is on slalom@lowerwharfe.org.uk Pat Igoe contact@lowerwharfe.org.uk
Tbc	FSRT	Mike Laing
Sun 7 th	Pool Night at Tadcaster Pool 6.30 - 8.30pm (All)	https://webcollect.org.uk/lwcc
Thurs 11 th	Slalom Training at the blue bridge, River Foss, York 6.30pm (Int/Adv) And... Bishopthorpe to Millennium Bridge Evening Paddle 6pm (Int/Adv)	Email Martin Brown to check it is on slalom@lowerwharfe.org.uk Pat Igoe contact@lowerwharfe.org.uk
Sunday 14 th	Pool Night at Tadcaster Pool 6.30 - 8.30pm book on website (All)	https://webcollect.org.uk/lwcc
Thurs 18 th	Slalom Training at Howsham Weir 6.30pm (Int/Adv) And... Bishopthorpe to Millennium Bridge Evening Paddle 6pm (Int/Adv)	Email Martin Brown to check it is on slalom@lowerwharfe.org.uk Pat Igoe contact@lowerwharfe.org.uk
Sun 21 st	Pool Night at Tadcaster Pool 6.30 - 8.30pm book on website. (All)	https://webcollect.org.uk/lwcc
Thurs 25 th	Slalom Training at Howsham Weir 6.30pm (Int/Adv) And.... Bishopthorpe to Millennium Bridge Evening Paddle 6pm (Int/Adv)	Email Martin Brown to check it is on slalom@lowerwharfe.org.uk Pat Igoe contact@lowerwharfe.org.uk
Sun 28 th	Pool Night at Tadcaster Pool 6.30 - 8.30pm book on website (All)	https://webcollect.org.uk/lwcc
Tbc	River litter pick, Surfers Against Sewage	Emma Kitchen/Ann Mitchell
Tbc sat or sun	Butty Run	Jim Phillpot

May		
Thurs 2 nd	Slalom Training at Howsham Weir 6.30pm (Int/Adv) And.....Bishopthorpe to Millennium Bridge Evening Paddle 6pm (Int/Adv)	Email Martin Brown to check it is on slalom@lowerwharfe.org.uk Pat Igoe contact@lowerwharfe.org.uk
Tba	River Esk (Whitby) Day Paddle (Bgr/Int/Adv)	Jim Phillpott and Dennis Fothergill
Sun 5 th	Pool Night at Tadcaster Pool 6.30 - 8.30pm book on website (All)	https://webcollect.org.uk/lwcc
4 th & 5 th	Paddle Sport Instructor 2 days	Mike Laing
Thurs 9 th	Coach river training Bishopthorpe 6.30pm (Coaches & Helpers) And....Slalom Training at Howsham Weir 6.30pm (Int/Adv)	Dennis Fothergill contact@lowerwharfe.org.uk Email Martin Brown to check it is on slalom@lowerwharfe.org.uk
Sat 11 th May	SUP demo day by Go Kayaking North West	Emma Kitchen
Sun 12 th	Last Pool Night at Tadcaster Pool 6.30 - 8.30pm book on website (All)	https://webcollect.org.uk/lwcc
Thursday 16 th	Memorial Paddle Bishopthorpe to Millennium Bridge, York. 6.30pm. Meet at Ferry Lane, Bishopthorpe (Int/Adv) And....Slalom Training at Howsham Weir 6.30pm (Int/Adv)	Pat Igoe contact@lowerwharfe.org.uk Email Martin Brown to check it is on slalom@lowerwharfe.org.uk
Weekend 18/19 th	Overnight Boat Trip	Mike Laing
Thu 23 rd	River Sessions begin 6.30pm. Meet at Ferry Lane, Bishopthorpe (Bgr/Int/Adv) And...Slalom Training at Howsham Weir 6.30pm (Int/Adv)	contact@lowerwharfe.org.uk Email Martin Brown to check it is on slalom@lowerwharfe.org.uk
25 th May - 2 nd June	Go Canoeing Week Come and Try it Half Day, 2 nd June	British Canoeing Jonathan Grayson
Weekend tba	Touring	
Thurs 30 th	Adult only trip Bishopthorpe to Millennium Bridge. For those who can paddle 8km/5 miles. 6.30pm. Meet at Ferry Lane, Bishopthorpe (Int/Adv) And....Slalom Training at Howsham Weir 6.30pm (Int/Adv)	Pat Igoe contact@lowerwharfe.org.uk Email Martin Brown to check it is on slalom@lowerwharfe.org.uk
Tbc sat or sun morning	Butty Run	Lewis Pratt

June		
Thu 7th	Club night on the river at Bishopthorpe with coaching. 6.30pm. Meet at Ferry Lane, Bishopthorpe (Bgr/Int/Adv) And... Slalom Training at Howsham Weir 6.30pm (Int/Adv)	contact@lowerwharfe.org.uk Email Martin Brown to check it is on slalom@lowerwharfe.org.uk
Weekend tbc	Paddlesport Leader 2 days	Mike laing
Thurs 13 th	Adult only trip Bishopthorpe to Millennium Bridge. For those who can paddle 8km/5 miles. 6.30pm. Meet at Ferry Lane, Bishopthorpe (Int/Adv) And... Slalom Training at Howsham Weir 6.30pm (Int/Adv)	Pat Igoe contact@lowerwharfe.org.uk Email Martin Brown to check it is on slalom@lowerwharfe.org.uk
Sun 23 rd	Ripon Boroughbridge Paddle (Int/Adv)	Ann Mitchell contact@lowerwharfe.org.uk
Thu 20 th	Club night on the river at Bishopthorpe with coaching. 6.30pm. Meet at Ferry Lane, Bishopthorpe (Bgr/Int/Adv) And... Slalom Training at Howsham Weir 6.30pm (Int/Adv)	contact@lowerwharfe.org.uk Email Martin Brown to check it is on slalom@lowerwharfe.org.uk
Thu 27th	Adult only trip Bishopthorpe to Millennium Bridge. For those who can paddle 8km/5 miles. 6.30pm. Meet at Ferry Lane, Bishopthorpe (Int/Adv) And... Slalom Training at Howsham Weir 6.30pm (Int/Adv)	Pat Igoe contact@lowerwharfe.org.uk Email Martin Brown to check it is on slalom@lowerwharfe.org.uk
Weekend 29/30 th	Conistone Weekend	Mike & Becky Laing
Tbc sat or sun am	Butty Run	Emma Kitchen

July		
Tba	Raft Race & BBQ social with East Yorkshire Canoe Club & Kingston Canoe Club	Emma Kitchen
Thu 4th	Club night on the river at Bishopthorpe with coaching. 6.30pm. Meet at Ferry Lane, Bishopthorpe (Bgr/Int/Adv) And... Slalom Training at Howsham Weir 6.30pm (Int/Adv)	contact@lowerwharfe.org.uk Email Martin Brown to check it is on slalom@lowerwharfe.org.uk
Saturday 6 th tbc	Allerthorpe Triathlon (Bgr/Int/Adv)	Ann Mitchell contact@lowerwharfe.org.uk
Thurs 11 th	Adult only trip Bishopthorpe to Millenium Bridge. For those who can paddle 8km/5 miles. 6.30pm. Meet at Ferry Lane, Bishopthorpe (Int/Adv) And... Slalom Training at Howsham Weir 6.30pm (Int/Adv)	Pat Igoe contact@lowerwharfe.org.uk Email Martin Brown to check it is on slalom@lowerwharfe.org.uk
Weekend 13/14 th tbc	<i>Howsham Weir Club Slalom</i> Div 2/3/4, help needed, especially in the catering tent. (Int/Adv)	Martin Brown slalom@lowerwharfe.org.uk
Thu 18th	Club night on the river at Bishopthorpe with coaching. 6.30pm. Meet at Ferry Lane, Bishopthorpe (Bgr/Int/Adv) And... Slalom Training at Howsham Weir 6.30pm (Int/Adv)	contact@lowerwharfe.org.uk Email Martin Brown to check it is on slalom@lowerwharfe.org.uk
Weekend tbc	Touring Weekend – tba	Lynne Clayford lynnetouring@lowerwharfe.org.uk
Thurs 25 th	Adult only trip Bishopthorpe to Millenium Bridge. For those who can paddle 8km/5 miles & Touring Rescue practice session. 6.30pm. Meet at Ferry Lane, Bishopthorpe (Int/Adv) And... Slalom Training at Howsham Weir 6.30pm (Int/Adv)	Pat Igoe contact@lowerwharfe.org.uk Email Martin Brown to check it is on slalom@lowerwharfe.org.uk
Tbc sat or sun am	Butty Run	David & Ian

August		
Thu 1 st	Club night on the river at Bishopthorpe with coaching. 6.30pm. Meet at Ferry Lane, Bishopthorpe (Bgr/Int/Adv) And.... Slalom Training at Howsham Weir 6.30pm (Int/Adv)	contact@lowerwharfe.org.uk Email Martin Brown to check it is on slalom@lowerwharfe.org.uk
Sun 4 th tbc	Allerthorpe Triathlon (Bgr/Int/Adv)	Dennis Fothergill contact@lowerwharfe.org.uk
Thu 8 th	Adult only trip Bishopthorpe to Millenium Bridge. For those who can paddle 8km/5 miles. 6.30pm. Meet at Ferry Lane, Bishopthorpe (Int/Adv) And... Slalom Training at Howsham Weir 6.30pm (Int/Adv)	Pat Igoe contact@lowerwharfe.org.uk Email Martin Brown to check it is on slalom@lowerwharfe.org.uk
Sun 18 th	Morning paddle Bishopthorpe to Naburn – AKA the “Butti run” (Bgr/Int/Adv)	Ann Mitchell contact@lowerwharfe.org.uk
Thu 15 th	Club night on the river at Bishopthorpe with coaching. 6.30pm. Meet at Ferry Lane, Bishopthorpe (Bgr/Int/Adv) And... Slalom Training at Howsham Weir 6.30pm (Bgr/Int/Adv)	contact@lowerwharfe.org.uk Email Martin Brown to check it is on slalom@lowerwharfe.org.uk
Thu 22 nd	Adult only trip Bishopthorpe to Millenium Bridge. For those who can paddle 8km/5 miles. 6.30pm. Meet at Ferry Lane, Bishopthorpe (Int/Adv) And... Slalom Training at Howsham Weir 6.30pm (Int/Adv)	Pat Igoe contact@lowerwharfe.org.uk Email Martin Brown to check it is on slalom@lowerwharfe.org.uk
Thurs 29 th	Social: Last Coaching Club night on the River at Bishopthorpe followed by a club BBQ. 6.30pm. Meet at Ferry Lane, Bishopthorpe (Bgr/Int/Adv) And... Slalom Training at Howsham Weir 6.30pm (Int/Adv)	contact@lowerwharfe.org.uk Email Martin Brown to check it is on slalom@lowerwharfe.org.uk

September		
Sat 7 th Tbc	Allerthorpe Triathlon (Bgr/Int/Adv)	Jonny Grayson contact@lowerwharfe.org.uk
Sun 8 th	Pool Night at Tadcaster Pool book on website (All)	https://webcollect.org.uk/lwcc
Thurs 5 th	Adult only trip Bishopthorpe to Millenium Bridge. For those who can paddle 8km/5 miles. 6.30pm. Meet at Ferry Lane, Bishopthorpe (Int/Adv)	Pat Igoe contact@lowerwharfe.org.uk
Sun 15 th	Pool Night at Tadcaster Pool & under 8's book on website (All)	https://webcollect.org.uk/lwcc
Thurs 12 th	Slalom Training at the blue bridge, River Foss, York 6.30pm (Int/Adv) And.... Adult only trip Bishopthorpe to Millenium Bridge. For those who can paddle 8km/5 miles. 6.30pm. Meet at Ferry Lane, Bishopthorpe (Int/Adv)	Email Martin Brown to check it is on slalom@lowerwharfe.org.uk Pat Igoe contact@lowerwharfe.org.uk
Sun 22 nd	Pool Night at Tadcaster Pool 6.30 - 8.30pm book on website (All)	https://webcollect.org.uk/lwcc
Thurs 26 th	Slalom Training at the blue bridge, River Foss, York 6.30pm (Int/Adv)	Email Martin Brown to check it is on slalom@lowerwharfe.org.uk
Sun 29 th	Pool Night at Tadcaster Pool 6.30 - 8.30pm book on website (All)	https://webcollect.org.uk/lwcc
Sat tbc combined with paracycling start	Tadcaster Duck Race (Bgr/Int/Adv)	Jonny Grayson contact@lowerwharfe.org.uk

October		
Sun 6 th	Pool Night at Tadcaster Pool 6.30 - 8.30pm book on website (All)	https://webcollect.org.uk/lwcc
Thurs 10 th	Slalom Training at the blue bridge, River Foss, York 6.30pm (Int/Adv)	Email Martin Brown to check it is on slalom@lowerwharfe.org.uk
Sun 13 th	Pool Night at Tadcaster Pool 6.30 - 8.30pm (All)	
Sun 13 th	Aire & Bingley Canal	Jim Phillpott
Weekend <i>tbc</i>	Touring Weekend – TBC (Adv)	Lynne Clayford lynnetouring@lowerwharfe.org.uk
Thurs 17 th	Slalom Training at the blue bridge, River Foss, York 6.30pm (Int/Adv)	Email Martin Brown to check it is on slalom@lowerwharfe.org.uk
Sun 20 th	Pool Night at Tadcaster Pool 6.30 - 8.30pm book on website (All)	https://webcollect.org.uk/lwcc
Thurs 24 th	Slalom Training at the blue bridge, River Foss, York 6.30pm (Int/Adv)	Email Martin Brown to check it is on slalom@lowerwharfe.org.uk
Sun 27 th	Pool Night at Tadcaster Pool 6.30 - 8.30pm book on website (All)	https://webcollect.org.uk/lwcc
Thurs 31 st	Slalom	

November		
Sun 3 rd	Pool Night at Tadcaster Pool 6.30 - 8.30pm book on website (All)	https://webcollect.org.uk/lwcc
Tues 6 th	Circuit Training. Millthorpe School, York 7-8pm, £3.50 Adults, £2 Juniors (All)	Slalom Team - Phil Stephenson contact@lowerwharfe.org.uk
Thurs 8 th	Slalom Training at the blue bridge, River Foss, York 6.30pm (Int/Adv)	Email Martin Brown to check it is on slalom@lowerwharfe.org.uk
Sun 10 th	Pool Night at Tadcaster Pool 6.30 - 8.30pm book on website (All)	https://webcollect.org.uk/lwcc
Mon 11 th	AGM, Awards night and sharing supper - Bishopthorpe Social Club (All)	Martin Sharp chair@lowerwharfe.org.uk
Tues 12 th	Circuit Training. Millthorpe School, York 7-8pm, £3.50 Adults, £2 Juniors (All)	Slalom Team - Phil Stephenson contact@lowerwharfe.org.uk
Thurs 14 th	Slalom Training at the blue bridge, River Foss, York 6.30pm (Int/Adv)	Email Martin Brown to check it is on slalom@lowerwharfe.org.uk
Sun 17 th	Pool Night at Tadcaster Pool 6.30 - 8.30pm book on website (All)	https://webcollect.org.uk/lwcc
Mon 18 th	Planning Meeting for 2019 all ideas welcome - venue tbc (All)	Martin Sharp chair@lowerwharfe.org.uk
Tues 19 th	Circuit Training. Millthorpe School, York 7-8pm, £3.50 Adults, £2 Juniors (All)	Slalom Team - Phil Stephenson contact@lowerwharfe.org.uk
Thurs 21 st	Slalom Training at the blue bridge, River Foss, York 6.30pm (Int/Adv)	Email Martin Brown to check it is on slalom@lowerwharfe.org.uk
Sun 24 th	Pool Night at Tadcaster Pool 6.30 - 8.30pm book on website (All)	https://webcollect.org.uk/lwcc
Tues 26 th	Circuit Training. Millthorpe School, York 7-8pm, £3.50 Adults, £2 Juniors (All)	Slalom Team - Phil Stephenson contact@lowerwharfe.org.uk
Thurs 28 th	Slalom Training at the blue bridge, River Foss, York 6.30pm (Int/Adv)	Email Martin Brown to check it is on slalom@lowerwharfe.org.uk

December		
Sun 1 st	Pool Night at Tadcaster Pool 6.30 - 8.30pm book on website (All)	https://webcollect.org.uk/lwcc
Tues 3 rd	Circuit Training. Millthorpe School, York 7-8pm, £3.50 Adults, £2 Juniors (All)	Slalom Team - Phil Stephenson contact@lowerwharfe.org.uk
Thurs 5 th	Slalom Training at the blue bridge, River Foss, York 6.30pm (Int/Adv)	Email Martin Brown to check it is on slalom@lowerwharfe.org.uk
Sun 8 th	Pool Night at Tadcaster Pool & under 8's session 6.30 - 8.30pm book on website (All)	https://webcollect.org.uk/lwcc
Tues 10 th	Circuit Training. Millthorpe School, York 7-8pm, £3.50 Adults, £2 Juniors (All)	Slalom Team - Phil Stephenson contact@lowerwharfe.org.uk
Thurs 12 th	Slalom Training at the blue bridge, River Foss, York 6.30pm (Int/Adv)	Email Martin Brown to check it is on slalom@lowerwharfe.org.uk
Sat 14 th	Xmas Paddle	Emma Kitchen
Sun 15 th	Pool Night at Tadcaster Pool 6.30 - 8.30pm book on website (All)	https://webcollect.org.uk/lwcc
Tues 17 th	Circuit Training. Millthorpe School, York 7-8pm, £3.50 Adults, £2 Juniors (All)	Slalom Team - Phil Stephenson contact@lowerwharfe.org.uk
Thurs 20 th	Slalom Training at the blue bridge, River Foss, York 6.30pm (Int/Adv)	Email Martin Brown to check it is on slalom@lowerwharfe.org.uk

Pool Nights

Pool sessions will take place on the Sundays from September until May as indicated on the planner above at Tadcaster pool between 6:30 and 8:30 pm. Sessions should be booked in advance by using WebCollect. <https://webcollect.org.uk/LWCC>.

Bookings must be made **before 5pm** on Sunday.

Each session on a Sunday night will have at least one qualified coach & a helper available to help you develop at your own pace. Our main aim is for you to have fun and enjoy your canoeing safely. We are therefore trying to focus each session:

- 6:30 session focused on early paddlers who would like to progress through their initial PaddlePower Passport award (8-16 yr olds) or their 1 Star award for 16+ & Adults.
- 7:10 session will run alternate weeks initially and will aim for a mix of formal coaching for the more advanced Paddlepower Discover awards similar to the 6:30 session with an area set aside for those who wish to be independent, the other week will be Canoe Polo session (see dates below) which will be open to all interested & those doing Paddlepower Discover or 2 star.
- 7:50 session will be a more independent session with individual or small group coaching for specific skills if required.

Please note that **owner's boats will not be allowed in general pool sessions** only in selected advertised sessions where boats are cleaned before and inspected by a pool officer.

River Sessions

Club sessions on the river will take place on the Thursdays indicated on the planner from 18:30 to 21:00 commencing after Easter and continuing through until the end of August. The venue will be Ferry Lane Bishopthorpe.

Slalom Training & Practice

Slalom training takes place on Thursday night. During the winter the group trains at 6:30 pm at the Blue Bridge on the River Foss in York. When the lighter nights arrive, the training sessions move to Howsham Weir. Please contact **Martin Brown** slalom@lowerwharfe.org.uk to check training is on. The full national slalom competition calendar is available on <http://www.canoeslalom.co.uk/>

Canoe Polo

We have a canoe polo team that paddle in the regional league. If you are interested in playing or would like to come along and support us contact Heather Lindsay, details on facebook page <https://www.facebook.com/groups/277460515759900/> Wharfe Ducks or polo@lowerwharfe.org.uk

Canoe Equipment

The club owns a small fleet of kayaks and canoes together with ancillary equipment. This equipment is available for use during club paddles but **MUST** be booked the week before the event – bookings are taken at the pool reception on a Sunday pool night or at Thursday club night.

Equipment Fees (canoe, paddle, spray deck)		
	Members	Non-members
Kayaks and slalom boats		
Evening	£3.00	£6.00
All day	£7.00	£14.00
Weekend	£10.00	£20.00
Open canoe & sea/touring kayaks (per person)		
Evening	£3.00	£6.00
All day	£10.00	£20.00
Weekend	£15.00	£30.00

There is discount available for families. Second boat 25% off, third and further boats 50% discount off listed price.

For all payments please use WebCollect: <https://webcollect.org.uk/LWCC>

BCU Awards and Canoe Safety Test.

Our team of club coaches can offer training & testing for the BCU Star awards up to 3 star and Paddlepower. We can also support 4 star development and arrange assessment. We can also deliver Foundation Safety and Rescue Training and the Canoe Safety Test. If you are interested in training or testing please contact a senior committee member. contact@lowerwharfe.org.uk

Coach Development

The club supports the development and expansion of the coaching team. Financial support can be provided for club members attending coaching or leadership courses. Talk to Mike Laing for more details. coachdev@lowerwharfe.org.uk