



π

NUMBER 2

DATED 13 JUNE 2008

Hi all

Welcome to the second newsletter of the Peak Paddlers and as you see we have a very smart logo courtesy of Michael Goddard, thank you Michael. We hope you like it. It will soon be available to buy on our great new light blue or dark blue T shirts which Alison is kindly arranging so see her with your money please. The webpage will soon be happening, poor Michael is rather busy doing logos!! But find us soon at www.peakpaddlers.co.uk

Membership

As you are all aware the annual subs are due so cough up **please** (big please) as we need your money to survive!!!

Outdoor Sessions

The outdoor paddling is going well with us learning loads thanks to all the help from the coaches. Wayne Graham has now taken on the job of arranging the extra ten weeks outside after the current programme finishes, so lets encourage him by turning up to sessions. We aim to be outside until 25 Sep inc and will work towards getting more proficient and perhaps up to two star if you want to. An outline of the awards is here for your info.

BCU Pathways.

The BCU have a series of Paddlesport Performance Awards which are designed to help people see a progression in their skill level. The most basic award is a Paddlesport Start Award which is generally what you would do on a first session or a taster day, so we club paddlers are already beyond this level!

The next is **one star**, which is a basic skill level award and can be assessed in any type of boat (i.e. canoe, kayak, sit-on-top, sea kayak etc). We are also at this level!

Next **two star** which is an improvement award and develops the fundamental skills on flat water. This is assessed in both canoe and kayak. This is achievable for most of our regular paddlers by the end of the summer, if we keep practising and put some time in both crafts.

The **three star** award is an intermediate award, and at this level people choose the craft they wish to be assessed in. It is also on more advanced water, so for kayaking (inland), it would be on grade 2 water. For canoeing it would also include grade 2 water, as well as some open water (e.g. big lake / reservoir). For sea kayaking it would be assessed in moderate tidal water, with winds no more than force 4. These awards are looking for a higher skill and performance level, and an application and an understanding of the strokes in moving / open water.

The **four star** award is a more advanced award, and is also a leader award. It is not a coaching award. Once passed, a person can lead up to four others on rivers / sea etc in moderate conditions. Before doing this course, you would need to have attended a BCU Safety and Rescue course, and also have a minimum of an 8 hour first aid course.

Coaching awards have different pre-requisites:

For a Level 1 Coach Training Course, you need to have your 2 star award, as well as the Foundation in Safety and Rescue Course. The training course is four days long and around £250. After the training course, you will then need to get some

hours as an assistant coach (at the club would be fine), and then go for an assessment (approx two days).

Obviously to get people qualified it is a fairly big commitment from us all so let's go slowly and make sure we still enjoy going paddling and take the tests as and when we feel ready.

Equipment

We are very fortunate that Whitehall will lend us kit for the foreseeable future. However, we are looking at getting grants for new boats etc and will buy these for the club when these funds are available.

Weekends Away

Due to pressure of work Lee Mitchell has had to resign from the **position of Events Organizer** which arranges our weekends away so we desperately need a replacement for him. Any volunteers please to Mo at mo.stewart@sky.com

A couple of weekends away are planned as follows:

16/17 Aug in N.Wales.

20/21 Sep at a venue TBD.

If you are interested please tell Debs so she can plan.

Also the British White Water Rafting team are organizing a fun rafting day at Holme Pierrepont Nottingham on 20 Jul for teams of 5 rafters, £250.00 per team. If you fancy entering details can be found on www.britishraftteam.cu.uk

Carnival/Open Day - 12/13 Jul

In order to publicise the club we are going to enter a float in Buxton Carnival. We hope to put 2 old canoes on the float full of kids so bring your kids (in club T shirts of course!).

Johnathon has booked a lorry and we have a club banner to display. **All help is needed** so please contact Johnathon or Suzanne at suzanne@deaa.net

We are going to follow the success of the Carnival next day with a 'Come and Try paddling' Day at Buxworth Basin. Starting at 12 noon until 5pm we hope to have a BBQ and give people taster sessions. Blow away your hangover and give us a hand. **All hands to the pumps on both these events please.**

Publicity

Did you know that our very own Debs has recently won the silver medal in the European Championships!

Well done Debs!!!!!!!

We think that this is a great opportunity to gain publicity for the club so we need a volunteer to help with PR for the club Any budding journos out there please contact Mo at mo.stewart@sky.com

Committee

We need a Child Protection Officer on the Committee please! The job is not onerous any volunteers to Mo.

Finally!

Thank you for all your help everyone it is so difficult setting up a club from scratch and we must all play our part. We have done so well in such a short time and enjoy great paddling. We have built a great team and it can only get better so.....

HAPPY PADDLING!!!!