



## LBCC Newsletter – February 2017

### Target Stamps

Year-on-year Michelle Plummer has been collecting in everybody's target stamps from the Leighton Buzzard Observer. Last year marked the end of the scheme, and we spent the remaining money on a watercooler for the club room.

### Funding for equipment

An application for a substantial grant for paddling equipment is well under way. These things take lots of work to compile, so thank you to everybody involved in the process. We will keep everything crossed while we wait for the positive outcome deserved.

### Damage to boats and equipment

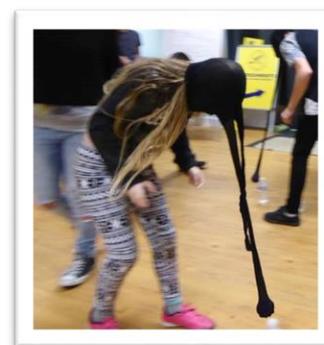
As always, please continue to treat boats with respect. Santa let his elves out for the day to help a club in need. Six boats were repaired which will set us up well for a successful year of Hasler racing.



### Social News

Forty-six people got glammed up for the Christmas party at the Three Locks Golf Club – Don't we scrub up well!

The Junior Christmas party started in the small pool at Tiddenfoot with obstacle course races and raft building followed by fun and food in the club house. The afternoon was full of laughter with some very questionable game attire...





## **Training**

Pool session

An opportunity to practice draw strokes, reverse paddling, emptying boats, swimming with a BA and trying out different boats!



Following yet another successful pool session, Reggie has been nice and organised to secure the pool for us again in October 2017 and January 2018!!!

**There will be a few changes to the structure of the training plan, and training groups, and coaches– please keep an open mind, everything that is done is with the best intentions and to help coaches to help you in your paddling journey.**



Keep logging your miles on the sheet in the club room!



## **Kayak Pro for rent**

Please speak to Reggie if you would like to borrow a telescopic ergo machine for a month for a small fee which goes towards maintaining the machines.

## Race Reports

In every newsletter, we will aim to have a contribution from the Marathon/Sprint Team leaders, or a member of the racing team – which could be any one of you!!

### Winter Series



Our boys Paul Stenning and Nigel Dixon have dominated the field of C2's and won the series title! Good luck in the rest of your DW training.

David Shipway also received a series trophy! It's nice to see so many canoes getting out there enjoying it and performing extremely well!

### Marathon racing

Congratulations to Ben Haynes who has bounced back to Division 1 following his performance at the Frank Luzmore.

This calls for a throwback.



### Hare & Hounds

The race positions over the 13Km course following race 4:   
The start list for race 6 was emailed by Cynthia on 12/02 to lbccmember

1st – Mike Martin  
2nd – Ashley Townend  
3rd – Amanda Morris



## Behind the scenes



£350 was secured through Leighton-Linslade District Sports Council in order to assist with the cost of all coaches gaining an update in their **First Aid** in order to continue coaching.

Fourteen club officials attended a **Safeguarding** course on a cold February Friday evening. Many thanks to the following for attending and helping to safeguard our members. Over the years these courses have changed dramatically coming from a focus of protecting yourself as a coach, towards safeguarding the paddlers in our care, and others around us. A further development from government is the introduction of the 'Prevent Agenda' which focuses on anti-radicalisation.

Find out more:

<https://www.gov.uk/government/publications/protecting-children-from-radicalisation-the-prevent-duty>

FREE E-Learning:

<https://www.elearning.prevent.homeoffice.gov.uk/>

<b>First Aid</b>	<b>Safeguarding</b>
Ann Hoile	Julian Brown
Kari Martin	Phil Tingay
Mike Martin	Reggie Elliott
Laura Hussey	Mark Pickering
Mark Pickering	Mike Martin
Reggie Elliott	Steve Tingay
Phil Tingay	Ann Hoile
Cyd Smith	John Hoile
Amanda Sillitoe	Jaquie Dixon
Molly Sillitoe	Cyd Smith
Tom Pickering	Derek Campbell
Debbie Ellis	Chris Jones
	Paul Stenning

Many coaches have dedicated a lot of time to 'upskilling' and trying to bring together many aspects of paddling into each session to give a bit of something to everyone.

We are a club that would like to continue offering sprint and marathon, and both can support each other well. Coaches have therefore attended a DSM (discipline specific module) for both marathon and sprint. Both sessions highlighted the importance of training cycles, which continues to be a struggle to meet all paddlers needs with races virtually every weekend and many different personal goals to reach. A consistent praise to the club however is the variety of training and opportunities we offer to our members.

We hope you have seen a positive change to training even if only slight. Acting on feedback we received last year, we have had more opportunities for mixed crew sessions, which all paddlers can benefit from. We were lucky with not too much disruption over the winter months due to ice. As always, if you have any feedback, please make it known. We can't, and never will, meet everyone's individual training needs, but we will continually aim to do the best by our members.



## Disclosure & Baring Service

DSB checks (new CRB for all you old folk!) are currently being completed for 17 club officials, 6 of which have been completed. Thank you Julian Brown and Jaquie Dixon for continuing with this process.

## Sustainable clubs

Laura and Reggie attended a workshop run by Team Beds and Luton in Flitwick as an opportunity to enhance what we already do as a club to make it sustainable. The evening was delivered by:

Tom Harwood – Project Officer

Bert Klemmer – Development Assistant

Abi Bond – Marketing Manager

The evening was very insightful with recent research on behaviours and engagement being shared with the group. We can highlight lots of areas we do well in, such as variety of activities which enable a broad range of access to the sport and give every member, at every level, an opportunity to be involved and to enjoy the club. This includes our running sessions, gym sessions, pool sessions, paddling sessions, come and try sessions, family fun days and beginners' courses.

Although we already have a great awareness for different styles of learning, the evening covered motives to participate/train and where to get the most out of athletes. This is something that has not been covered in this level of detail through our British Canoeing Level 1 and 2 coaching awards.

## What is sustainable participation?

- Keeping people:
  - **Active** for longer
  - **Engaged** for longer
  - **Continuing** a club membership
  - **Investing** in participants
  - Participants **investing** in a club/organisation



## Knowing Your Audience



[www.teambedsandluton.co.uk](http://www.teambedsandluton.co.uk)

@teamBeds

The full presentation can be found at:

<http://www.teambedsandluton.co.uk/files/30360/ustainable-clubs-presentation.pdf>

### MEMBERSHIP RENEWAL

The renewal process has begun. You must make sure that you keep an eye out for emails from Amy Tingay. Read, and complete everything carefully! Every year lots of forms come back incomplete which holds up the process.

If you haven't received your membership renewal forms, please email Amy at:

[membership@lbcc.org.uk](mailto:membership@lbcc.org.uk)



## **Coaches Corner**

In every newsletter, we will aim to have a contribution from the coaching group to update you on our latest news, give helpful tips to enhance your training, or show you how you can get involved.

As many of you will have noticed, occasionally the coaches are huddled off to a little room away from Saturday training while Cynthia keeps you occupied with a H&H or Black Bridge Browns. We have been continuing to upskill.

A large group have participated in a strength and conditioning course to help us to continue the good work that Gina Guscott started last year with the warm ups, which many of you have taken to well and are hopefully seeing some benefit from in comparison to the old routine.

On the paddling front, we had a day on a Marathon DSM (Discipline Specific Module). Unfortunately, we ran out of time to do some fun things on a paddle machine, but we'll work with what we've got. Updates such as this are certainly good for my personal development as I just don't engage with coaching enough (once a week at most) so I find it difficult to continually use the good practice that I have taken on board previously. Coaching is a very long journey, which none of us will know everything about.

My biggest weakness is advising on equipment. I have NO idea. I still use a pair of paddles I brought when I was 14, and I like a Tiger and a Plastex Athena. That's all I'm good for I'm afraid! I'm not saying don't ask me, I'm just saying I will more than likely not be able to answer, and pass you on to someone else!

- Laura



# Coming up...

19<sup>th</sup> Feb – Waterside A  
26<sup>th</sup> Feb – Thameside 1  
**4<sup>th</sup> March – Litter picking**  
5<sup>th</sup> March – Waterside B  
**10<sup>th</sup> March – Beetle Drive**  
12<sup>th</sup> March – Thameside 2  
**25<sup>th</sup> March – Maintenance Day**

## Useful contacts:

Chairman – Derek Campbell	chairman@lbcc.org.uk
Membership – Amy Tingay	membership@lbcc.org.uk
Welfare – Jaquie Dixon	welfare@lbcc.org.uk
Treasurer – John Hoile	treasurer@lbcc.org.uk
Race Bills – Beth Goodlad	racebills@lbcc.org.uk
Paddler Rep – Bryan Handsley	paddlerrep@lbcc.org.uk
Beginners – Chris Jones and Fiona Barber	comeandtry@lbcc.org.uk

If you would like to email a coach and don't have their personal email address, you can contact them through this:

coach[Name]@lbcc.org.uk

eg. coachlaura@lbcc.org.uk

If you have trouble with any of these email addresses, or don't get a response, PLEASE LET US KNOW. We can't fix something if we don't know it is broken....