



## LBCC Newsletter – March 2017



### **MEMBERSHIP RENEWAL**

Membership forms are due! If the club has not received your renewal you cannot continue to use the facilities on **1<sup>st</sup> April**. This includes the boat shed.

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

membership@lbcc.org.uk

### **Access Policy Statement**

Our lease states our access to the Cedars site is:

**6.00pm – 10.00pm on Weekdays** during term times

**8.00am – 10.00pm on Weekends** and Weekdays during school holidays.

Additional access is possible with prior agreement of the school – please speak to a Committee Member or Coach.

**Both the boatshed and clubroom are alarmed** and the control panel is in inside the boatshed. As both buildings are on the same alarm loop the alarm must be **disarmed in the boatshed before the clubroom door is opened**. The alarm will remain active for the two changing rooms on the right hand side of the corridor (from the clubroom) unless the school has disarmed their side of the building.

Any charge made by the school for accidental activation will be passed to the member who set it off. During club session the alarm should be turned off and left off. The alarm on the boatshed and clubroom should be switched on at all other times.

**All policies are available in the club room in a big blue folder. They must not be removed from the building.**



# **MAINTENANCE DAY**

## **Saturday 25<sup>th</sup> March**

**NORMAL TRAINING AT NORMAL TIME, FOLLOWED  
BY THE BIG SPRING CLEAN AND BOAT AUDIT.**

Many hands make light work... Here are just some of the jobs to get done!

- Shelving
- Landing stage crack
- Replacement timber on landing stage
- All club boats out of the shed to sweep through
- Check strapping – anything to be replaced?
- Check boats for buoyancy, seats, wingnuts, toggles rudders and damage
- Tidy gym cupboard
- Clean club room





## Training

### HUMAN PERFORMANCE MODEL

Influencers of wins and losses



Do you want:

- To get off the start line quicker?
- An injury free season?
- A longer paddling career?
- To get a PB!?
- To make fewer mistake at crucial points in races?

Have you considered how well you are sleeping?

<https://www.fatiguescience.com/blog/5-ways-sleep-impacts-peak-athletic-performance/>



### 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.

LBCC top 3:



**Results 2015-2016**

Pos	Club	Miles
1	Chelmsford Canoe Club	12,442
2	Leighton Buzzard Canoe Club	6,630
3	Nottingham Kayak Club	6,229

The competition was a month shorter this year so these figures aren't comparable.

See the amended 2015-2016 figures for the same period taken from last years spreadsheet.

2015-2016	2016-2017
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5075 MILES	4201 MILES
6 places paddled	18 places paddled
56 participants	51 participants

Pos	Club	Places
8	LBCC	8

15/16	29th Nov Wk5	6th Dec Wk6	13th Dec Wk7	20th Dec Wk8	27th Dec Wk9	3rd Jan Wk10	10th Jan Wk11	17th Jan Wk12	24th Jan Wk13	31st Jan Wk14	7th Feb Wk15	14th Feb Wk16	21st Feb Wk17	28th Feb Wk18
	382	323	362	295	279	367	301	223	468	452	557	386	344	336

  

16/17	1st Dec Wk1	5th Dec Wk2	12th Dec Wk3	19th Dec Wk4	26th Dec Wk5	2nd Jan Wk6	9th Jan Wk7	16th Jan Wk8	23rd Jan Wk9	30th Jan Wk10	6th Feb Wk11	13th Feb Wk12	20th Feb Wk13	27th Feb Wk14
	231	360	317	230	328	337	293	202	300	440	355	312	297	228

Miles Paddled

Position	Club/Centre	Miles
1	Chelmsford CC	9285mi
2	Poole Harbour CC	4446mi
3	Leighton Buzzard CC	4201mi

Places Paddled

Position	Club/Centre	Places
1	Poole Harbour CC	23
2	Leighton Buzzard CC	18
3	Burton Phoenix CC	16

## Race Reports



### **Scotland 15<sup>th</sup>-19<sup>th</sup> Feb**

Lydia Oxtoby travelled to Scotland to participate in the Grandtully & Thistlebrig WWR and GB Training Event. This was a fantastic opportunity for prospective international athletes for the 2017 season to show off their hard work over the winter months. Lydia is hoping to head to the World Cup and World Championships in September!

Best of luck on another successful year on fast moving water!



<http://canoescotland.org/news/grandtully-thistlebrig-wwr-gb-training-event-15-19th-feb>

### **Hare and Hounds 2016/17**

Ok, so my reporting wasn't entirely accurate... but at least it showed who had been reading mine and Cynthia's emails!

#### **13km**

**1st – Chris Jones**

**2nd – Amanda Morris**

**3rd – Bryan Handsley**

**4<sup>th</sup> – Ashley Townend**

#### **10Km**

**1st – David Shipway**

**2nd – Andrew Miller**

Well done to all who took part and turned out on those cold, wintery, snowy mornings!

**Thank you, Cynthia, for continuing to stand in the freezing cold and keep track of our progress! – See Cynthia's email on 15/03/17 for full results**

## Waterside A:



Sam Plummer, Waterside A 2017

## IMPORTANT NOTICE

**Sunday 26<sup>th</sup> March: White Bridge – Town Bridge. AVOID THIS AREA due to fishing match.**



## Behind the scenes

It's all the little things that keep us ticking over!

Many thanks for all the 39 pairs of hands that played their part at the litter pick to collect 57 bags of rubbish along with tyres, road signs and many other things that are much better placed in the bin rather than our training ground!



# Beetle Drive



Thank you to everyone that came to the beetle drive! You helped to raise £85 towards a club tent which will be used just as well as the other tents at events such as:

Come and Try, May Fayre, Canal Festival, Nottingham, Leighton Buzzard Hasler and more!

## Club Shop



**Christine Reilly** (Peter's mum) will be opening the club shop on the following dates so you can have a look at what is available, try things on for size and buy!

Don't forget you can get your initials put on items for around £3 extra!

Saturday 1<sup>st</sup> April

Saturday 29<sup>th</sup> April

Saturday 27<sup>th</sup> May



## Coaches Corner

As an established club that has built a good relationship with British Canoeing, particularly on coach education and development, back in 2015 we were invited to pilot an 'activator' qualification, which is now titled 'Club Activities Assistant'. Ann Hoile and Mark Pickering attended meetings with Tom Armstrong (BC Qualifications Project Officer) to help develop the scheme and give feedback. The willing volunteers for the trial period were Jodie Barrell, Gina Guscott and Nettie Forsyth. Club coaches also assisted with the mentoring side of the scheme. Programmes like these are never as simple as delivering a session. A lot of time was spent planning, reviewing and risk assessing, but it has enabled another great winter of alternative warm ups, gym sessions and Power Walkers.

To find out more about the Club Activities Assistant role, follow this link: <https://www.britishcanoeing.org.uk/guidance-resources/clubs-centres-providers/clubs/club-activity-assistant/>



thank you!

If you would like more information on how you could help your club, please speak to any member of the committee or coaching team.

Something you might consider:

- Help Cynthia on 6K night
- Marshall at Grove Lock with a turn buoy on 6K night
- Cycle the tow path to encourage paddlers and assist coaches







## British Canoeing AGM 2017



### BRITISH CANOEING - 37TH ANNUAL GENERAL MEETING

British Canoeing will be hosting its Annual General Meeting, starting at 2.30pm, on Saturday 25 March at the MacDonal Hotel in Manchester.

It will be preceded by an Extraordinary General Meeting starting at 2pm.

Full details, including the agendas, [can be found on our website.](#)

**All members of British Canoeing are invited to attend.**



### AN OPEN LETTER FROM THE CHAIR OF BRITISH CANOEING

Professor John Coyne CBE, Chair of British Canoeing, has written an open letter to all members outlining the background to the proposals being made by the Board, ahead of the forthcoming Extraordinary General Meeting (EGM), taking place in Manchester on Saturday 25 March 2017.

You can read the full letter and access the relevant documents about the AGM and EGM on our [website by clicking here.](#)



**10<sup>th</sup> March – Beetle Drive**  
12<sup>th</sup> March – Waterside B  
19<sup>th</sup> March – Waterside C  
**25<sup>th</sup> March – Maintenance Day**  
2nd April – Waterside D  
8<sup>th</sup>&9<sup>th</sup> April – Notts Sprints  
14<sup>th</sup>-17<sup>th</sup> April - DW  
23<sup>rd</sup> April – Cambridge Hasler  
30<sup>th</sup> April – Bedford Hasler

## 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....