



Port of Plymouth Canoeing Association Wet News 01 December 2015



Website:- <http://www.pcca-canoe-club.org.uk/>

Intro

Just to open, before we get into the meat of the new letter... I, Nick Campbell, am now in the chair as Publicity Officer, not an author or journalist, but have been asked to push out our club News Letter as part of my expanding role. Please support me with making this an interesting read, with stories of topical events that club members have been involved in and important club information. If there is something you want to write about or feel passionate about then please send me an email newsletter@pcca-canoe-club.org.uk and we can look at including it in future iterations.

Committee Update – Andy Nicholls Club Leader

It is with great pleasure I can announce that between the AGM ending and our new committees first meeting (with a fair amount of pestering by me) we now have a full committee. I would like to thank Tracy Jones for re-joining as our new Chairperson which released Jenny to move across to fill the treasurer spot and also Wendy James for stepping into the Intro Coordinator roll. The Committee now looks like this :-

- Chair – Tracy Jones
- Vice Chair – Mike Scott
- Club Leader – Andy Nicholls
- Assistant Leader – Ben Mitchell
- Secretary – Bob Grose
- Welfare Officer – Sheona Grant
- Intro coordinator – Wendy James
- Membership Sec – Paul Hewson
- Treasurer – Jenny Nicholls
- Equipment – Pete Anderson
- Publicity Officer – Nick Campbell
- Youth Dev Officer – Damean Miller

Full contact details can be found on the club website under Contact Us tab and will be placed on future News Letters.

Next Committee Meeting will be held:- **Tuesday 8th December 2015, any points you wish to raise contact Bob Grose secretary@pcca-canoe-club.org.uk

AGM Awards – Andy Nicholls Club Leader

For those who haven't yet had chance to read the attached AGM minutes, and who weren't at the AGM. Each year it's the Club Leaders responsibility to assign the club awards to members. As with previous years, I intended to try not to award to committee members but with the amount of time and effort that some give, it is only fair to award credit where it's due. Additional information about each individual award will be found on the history tab of the website, at a later date but for now these are the winners for this year:-

- Enthusiastic Paddler – Morag Thompson Findlay
- Achievement – Andy Kittle
- Services to the Club – Brian Taylor
- The Endeavour Cup – Jointly to Sophie Anderson, Aimee Ellis, Lauren Miller
- Leadership – Pete Anderson
- Inspiration – Paul Goodall
- Outstanding Contribution – Damean Miller

Pool Sessions – Andy Nicholls Club Leader

The club runs pool sessions each winter, the only time slot we could get this year at Plympton Pool was 4-5 on Saturday afternoons, same as last winter. Sessions give you chance to work on your own water skills in a safe warmer environment, with a one to one helper. Don't just take my word please see Adrian's article! Each session costs £11 (£22 for long boats due to space restrictions set by the pool) and can only be booked via the website.

The next date is **12th December 2015**. In the New Year dates are **9th January, 2nd February and 5th March 2016**. Only 2 sessions are available online for booking, at any one time.



“LETS FILL THIS POOL WITH BOATS OF ALL SHAPES AND SIZES!!!!”

**(10 small boats maximum per session,
long boats equal to 2 small boats)**

Improving Kayaking Skills – Adrian Kennedy

I am a new convert to the world of kayaking and have been paddling my kayak during the summer months up the Tamer and around Plymouth Sound with a few friends and during the winter surfing at Bigbury. I found that I love the sport and decided that if I can improve on the basic skills that I would probably enjoy the sport even more, especially if I could stay upright more often or even learn to roll.

With this in mind and where I live the most obvious choice for me had to be PPCA and when I checked out the website I could see that all the things that would “Float my Boat” would be obtainable from the club.

From the very moment I joined I realised I had made the right choice as everyone I have met have been friendly, encouraging and are passionate about the sport. Since joining I have been on 2 beginner trips one on the lower dart and the other on the Tamer, both of which I thoroughly enjoyed, especially safe in the knowledge of being carefully instructed and advised on how to tackle any obstacles on the way by volunteer instructors who have giving up their free time so we novices can enjoy ourselves on the river safely.



The PPCA also organise pool sessions to allow novices such as myself to learn the basics in the safety of the pool with the very low cost of £11.00. I have been on 2 pool sessions so far with the aim to build up my confidence with



edging, bracing and ultimately to be able to roll in the event I capsize, so instead of exiting my kayak, swimming to the bank and emptying the kayak I will be able to roll back up and carry on or even better still not roll over at all. Once again this is only possible with the aid of the PPCA members volunteering their free time to instruct us. We do not get pushed into doing anything we are not confident to do, but encouraged to achieve our goals. I may not be an expert yet but after 2 sessions I have already gained confidence on the water and know what I need to do to improve, but due to the low cost, friendly and instructive tuition from the PPCA members I am sure it won't be long before I'm able to go out on the river or

surfing on a beach with the skills I need to really enjoy myself.

White Water Novice to Beginner – Adam Coulson

Part One..

I have often wondered why some paddlers bang on so much about paddling on fresh water as against the salty stuff. Karen and I have been members of the club for about 4 years and really enjoyed numerous trips both short and long, in company and on our own over that time. There have been highs and lows – getting tipped in and caught in a rip at the mouth of the Erme was definitely a low. Too many highs to list really – I'd need to write a book but after reading this I'm sure you'll agree that is best left to more experienced and distinguished club members. I like to think that we have improved during that time, although you may wish to question that in the light of some events this year which Joy has photographic evidence of, resulting in discussions about "skill sets". Of course as well as experience I have really enjoyed the 3 star sessions on Tuesday nights over the summer months, and appreciate the fine teaching and training available from the coaches who lead those. I am told that many of the skills taught at those sessions are mainly of benefit on the rivers. What on earth could inspire folks to get up early on cold Sunday mornings in the winter and drive about Devon in search of flowing rivers? I decided this autumn that it was time to find out.

Thus it was with some trepidation that I found myself in the B&Q car park with boat aloft early on a Sunday morning in October. I was certainly not alone as there were little groups of paddlers, cyclists and runners stood around or preparing their equipment, all chatting about the common experiences of their chosen sport. I had boat and equipment from sea paddling and this was transferred onto and into Colin's car shared with Robin also, for a drive to a lay-by just off the A38 near Buckfastleigh. No runners or cyclists here. One thing about paddling on rivers is that the logistics are very complicated. You need wet gear, dry gear, lunch, boat and body in the right vehicle. At least there is plenty of advice available on this – I just don't want to look a complete idiot – actually not sure I need worry about that! Thus dry gear was stowed in somebody else's boot and we were off to– well at least I think that's what it's called. My apologies that I really don't have the names of all the features learnt as yet, and have been unable to find a reference for this stretch of the river on the interweb thing. I am happy to be corrected.

Very soon there was a group of paddlers stood next to the river all kitted out and ready to go. At least I wasn't the only novice as this was Robin's first trip also. Clive was leading and took us aside for a "Clive style" briefing – usually involving some diagrams drawn in the sand, a few short sticks and some pebbles. Who needs a blackboard? Apparently there wasn't much water in the river. Looked plenty to me flowing over the weir – certainly enough to get launched, downstream of the weir I'm glad to say. We started to make our way down the river following Clive's expert instruction to the letter – well actually quite a lot of mis-spellings on my part at least. Clive pointed out the various features as we went – looking for "V"s, watching out for rocks and strainers and spotting the next eddy. Our teacher was very patient and gave encouraging feedback as we made our way zigzagging down the river. I have discovered that on rivers you do get in and out of your boat quite a lot as the next feature is inspected in order to plan the best route over. This is quite nice as you don't get as stiff as when spending a few hours in a sea kayak (an increasing problem at my stage of life). The lack of water did mean quite a lot of rock sitting. In places this was more like sliding down wet rocks than floating down the river and the paddle was used as much as a punt than a paddle. However we didn't walk around anything and the scenery on this sunny autumn morning was just glorious. Lunch was eaten next to Broken Weir and I even managed a bit of a play in the stopper – ah, getting the hang of this terminology. One of Clive's more important bits of advice is, no matter what, to keep smiling. No problem with that – this is fun!



Thus it was a week later that I found myself back at B&Q and returning to the Lower Dart for a second go. Although a "Beginner's" paddle there often seems to be a very wide range of experience and ability on these trips and the large group was split into two and again poor Clive was charged with my care. It is great having a group of experienced paddlers to talk with and learn from other's experience (or misfortune), having shared a car with Mike on the way up. It had rained during the week and this time there was more water and fewer rocks – well less to hit at least. Well that's what I thought but at this stage I would like to apologise to everybody in the group into whom I bumped - and yes, I think that was everybody, including Jenny's head (she was capsized at the time – I just made sure of it!) A good thing that plastic is pretty resilient. Oh, and so is Jenny's head! I am much cheered to learn since that those coming down the river and turning into an eddy have the right of way, but appreciate that it is sometimes possible to miss.

And so this time there was lots of water to play in and we worked on crossing eddy lines in a tidy fashion to safely tuck behind obstacles as we made our way down the river. This time I had managed to borrow a club paddle as I had been advised to use something rather shorter than my 215cm of sea paddle. That certainly makes progress a lot easier with a lot less banging of fibreglass on rock. Again there was plenty of time to play and Clive got me to choose a route through some of the less challenging features. I love the surfing – an amazing feeling just sat on a wave and not moving when you get the position and balance just right – OK it's a work in progress! A much briefer lunch today



because the temptation to play on the weir was just too great, including a bit of sideways surfing with a downstream brace – I'm sure somebody can tell me what the technical term is. Speaking of braces I have found that practicing these on still water is really useful but that you get loads more support when the water is moving under the paddle. Be it high or low, it all makes a lot more sense now.

Speaking of bracing I got to the exit point today, still the right way up. Lots of wobbling and some "luck" according to Clive – I thought it was skill. Oh, and I'm still smiling. In fact according to Karen, I'm still smiling several hours later (if not asleep).

To be continuedPart Two next month!

Winter Club Challenge – Andy Nicholls Club Leader



It's that time of year again for the Winter Club Challenge 2015 - 2016.

This year we have signed up to the challenge. With the amount of paddling we as a club do we stand a good chance to win a prize. Information from British Canoeing:-

This year we have even more opportunities to win a prize from £50 up to £250 for your Club/Group. Choose to enter just one or both of the Challenges to be in with a chance of winning one of the great prizes.

Two great Challenges:

- *Most Miles Paddled Challenge*
- *Most Places Paddled Challenge*

Prizes for:

- *Overall most Miles Paddled*
- *Overall most Places Paddled*
- *Most improved Miles Paddled from 2014/2015 Challenge*
- *Most improved Places Paddled from 2014/2015 Challenge*
- *Best newcomer to the Miles Paddled Challenge*
- *Best newcomer to the Places Paddled Challenge*
- *Prize Draw*

The Winter Club Challenge will run from 1st Nov 2015 to 29th Feb 2016 inclusive

As we didn't enter last year we can only hope for best new comers or overall miles or places. We have to collate the miles and upload together. Please can all coaches who run trips let me have their session sheets with all the names on it and details of where and how far you paddled approximately?. If you go on a peer paddle please let me know about this too as it all counts. So be it a river trip or a rec paddle we can all work together to build up miles and places. There will be a link send me details via the website and also our current miles and places.

Thanks Andy.

Diary Dates:-

Day	Date	Type of Session	Location	Coach
December				
Tuesday 19:00	08-12-15	Committee Meeting	PUB	
Saturday 10:00	12-12-15	Recreational Paddle		John Mitchell 01752 219246
Saturday 16:00 - 17:00	12-12-15	Swimming Pool Session	Plympton Swimming Pool	Lead Coach TBC
Sunday 09:00	13-12-15	Intermediate River Trip		Doug Sitch 07966 740025.
Saturday 16:00- 17:00	16-12-15	Swimming Pool Session	Plympton Swimming Pool	Lead Coach TBC
Saturday 10:00	19-12-15	Christmas Paddle		Terry Callcott

Sunday 09:00	20-12-15	Intermediate River Trip - Final details to appear on the website forum.		Doug Sitch 07966 740025.
Saturday 10:00	26-12-15	Recreational Paddle		Terry Calcott 07828 652775.
Sunday 09:00	27-12-15	No river trip Christmas	n/a	n/a
January				
Saturday 10:00	02-01-16	Sea kayak trip - The club sea kayaks can be booked with the Club Equipment Officer, to ???	Mount Batten Final details to appear on the website forum.	TBC
Sunday 9:00	03-01-16	Intermediate river trip - Final details to appear on the website forum.	TBA	Ken Hamblin 01752 365404.
Saturday 10:00	09-01-16	Recreational paddle	Mount Batten Final details to appear on the website forum.	Joy Ashford 01752 344425.
Saturday 16:00 - 17:00	09-01-16	Swimming Pool Session	Plympton Swimming Pool	Lead Coach TBC
Sunday 09:00	10-01-16	Beginners river trip - Final details to appear on the website forum.	TBA	Clive Ashford 01752 344425.
Saturday 10:00	16-01-16	Recreational paddle	Mount Batten Final details to appear on the website forum.	Terry Calcott 07828 652775.
Sunday 9:00	17-01-16	Intermediate river trip - Final details to appear on the website forum.	TBA	John/Julie Elworthy 01752 823381.
Saturday 10:00	23-01-16	Recreational paddle	Mount Batten Final details to appear on the website forum.	Ian Brimacombe 07720 957304
Sunday 9:00	24-01-16	Intermediate river trip Final details to appear on the website forum.	TBA	Doug Sitch 07966 740025.
Saturday 10:00	30-01-16	Recreational paddle	Mount Batten Final details to appear on the website forum.	Joy Ashford 01752 344425
Sunday 9:00	31-01-16	Beginners River Trip Final details to appear on the website forum.	TBA	Ken Hamblin 01752 365404.
February				
Saturday 10:00	06-02-16	Sea kayak trip - The club sea kayaks can be booked with the Club Equipment Officer, to ???	Mount Batten Final details to appear on the website forum.	Terry Calcott 07828 652775

Saturday 16:00 - 17:00	06-02-16	Swimming Pool Session	Plympton Swimming Pool	Lead Coach TBC
Sunday 9:00	07-02-16	Intermediate River Trip Final details to appear on the website forum.	TBA	Ken Hamblin 01752 365404.
Saturday 10:00	13-02-16	Recreational Paddle	Mount Batten Final details to appear on the website forum.	Joy Ashford 01752 344425
Sunday 9:00	14-02-16	Beginners River Trip Final details to appear on the website forum.	TBA	Clive Ashford 01752 344425
Saturday 10:00	20-02-16	Recreational Paddle	Mount Batten Final details to appear on the website forum.	Ian Brimacombe 07720 957304
Sunday 9:00	21-02-16	Beginners River Trip Final details to appear on the website forum.	TBA	John/Julie Elworthy 01752 823381
Saturday 11:00	27-02-16	Recreational Paddle, Please note 11:00 Start	Mount Batten Final details to appear on the website forum.	John Mitchell 01752 219246
Sunday 9:00	28-02-16	Intermediate River Trip Final details to appear on the website forum.	TBA	Doug Sitch 07966 740025.
March				
Saturday 10:00	05-03-16	Sea kayak trip - The club sea kayaks can be booked with the Club Equipment Officer, <u>???</u>	Mount Batten Final details to appear on the website forum.	Ian Brimacombe 07720 957304
Saturday 16:00 - 17:00	05-03-16	Swimming Pool Session	Plympton Swimming Pool	Lead Coach TBC
Sunday 9:00	06-03-16	Intermediate River Trip Final details to appear on the website forum. (End of river dart WW season)	TBA	Ken Hamblin 01752 365404.
Saturday 10:00	12-03-16	Recreational Paddle	Mount Batten Final details to appear on the website forum.	Terry Calcott 07828 652775
Sunday 9:00	13-03-16	Intermediate River Trip Final details to appear on the website forum.	TBA	John/Julie Elworthy 01752 823381
Saturday 11:00	19-03-16	Recreational Paddle, Please note 11:00 Start	Mount Batten Final details to appear on the website forum.	John Mitchell 01752 219246
Saturday 10:00	26-03-16	Easter Paddle- Fancy Dress	Mount Batten Final details to appear on the website forum.	Terry Calcott 07828 652775
Sunday	27-03-16	Clocks Change Start of Summer Program		