



Port of Plymouth Canoeing Association Wet News 03 February 2016



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

Intro

What a few weeks of weather we have been having as it turned cold mid- January producing our first frost and bits of snow.... Then Storm Gertrude hit later in the month causing disruption with damaging winds... but the club has still been out and active all the way through with a full month's worth of trips. Just make sure you stay safe out there.

As we come up to an early Easter at the end of next month, not long after we will be into are lighter evenings again and the SUMMER season. Therefore you will notice that we have pushed out the SUMMER calendar dates. Always check on the website for the latest iterations as there might be the need for changes.

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

Your Committee is :-

- 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.

****Next Committee Meeting will be held:- Tuesday 9th February 2016**, any points you wish to raise contact Bob Grose secretary@pcca-canoe-club.org.uk

Winter Club Challenge Update – Andy Nicholls

As of the end of January we have just broken the **1400 mile** goal. If we can get as many members out on the water before the end of February when the competition ends we stand a good chance of getting the club some prize money.



FINAL Pool Sessions – Andy Nicholls

Just a reminder the last pool session for this winter is **Saturday 5th March**, it's your last chance to learn those wet skills in a warmer environment.

To book please visit our website and either follow the link at the top of the homepage or see the Join Section.



Do you shop online? – Andy Nicholls

Help Fund Our Club!



The Club has an Easy Fundraising account. Simply go to our website, you will see on almost every page, the above image. Simply click on it and it will take you to the sign up screen for our cause. You can download a reminder tool and then it will automatically pick up when you visit a website where we can collect donations. You do your shopping and Easy Fundraising will give us some money, it won't cost you a penny.

Coaching – Ben Mitchell

Club trips are only able to run with the help and time given by all our qualified coach's. So on behalf of the committee I would like to thank all our current coach's. Coaching can be very rewarding and the committee is very keen to encourage anyone who wishes to become a BCU qualified Coach and give something back to the club. Anyone who thinks they may be interested in becoming a coach please contact a member of the committee as we can offer advice on funding with an allocated club budget and external support, as we understand it can be a costly process.

Alternatively, if you are interested in helping the club but don't feel you want to become a coach you could be a helper on sessions. Please speak to a member of the committee so we can get you on our helpers register.

We currently have 27 coaches within the club, but always need more to keep the novices coming up through the ranks, to help the club thriving and provide more actives at all levels/ disciplines for our club members.

White Water Novice to Beginner – Adam Coulson

Part Three...

Just in case any readers were wondering what happened next I thought that I'd subject you to yet another chapter of learner white water adventure. Some weeks have gone by due to the coached sessions being targeted at the more experienced and also due to the odd Sunday of work rather than rest. Again I find myself arriving at the DIY store car park early on Sunday morning – not sure who it was that waxed lyrically “as easy as a Sunday morning”. However it's easier when the weather's mild and there's water in the river. Not sure that's what he had in mind in terms of healing! I am very pleased to find new novices in the group – I've been promoted! Indeed I am very chuffed when chatting with newbie Shona (or should that be Seona?) on the way up to Buckfast to learn that it was reading the first episode that spurred her into action for today. She has bought a second-hand boat – long, thin and yellow, just like a banana (but a very quick and slippery one). We all get changed, put gear in the right places and pile into as few cars as possible with a ridiculous number of boats on top (there must be a Guinness World Record for this) for the short trip (by road) up to Holne Weir.

It's been raining. Thus it all looks a bit different on the river. The water levels being higher means that the drops are lower and broken weir is a lot harder to play in today. I don't altogether understand how paddler's gauge water levels in the rivers. The Dartcam shows the water level at The River Dart Country Park. In addition there is a handy link on the PPCA Home Page to gauges on the Dart, Erme and Tavy. Some rivers seem to empty their contents faster than others and it all depends on how full Dartmoor is to start with. In the meantime I am happy to leave it to the experienced coaches to judge the suitability of the river for the paddler. Certainly the Eel run at Buckfast Weir is a lot nicer when there's water running down it – more whoosh and less grating boat on concrete!



Conditions are suitable for swimming today and Shona reports that the water's “lovely”. She's not the only swimmer but all come up smiling – I believe that it is Paul's (the club's esteemed membership secretary) first river trip also. I mentioned that Shona's boat is long and slim (and very fast), but boat design varies a lot by personal preference and budget. A lot of the white water warriors favour boats with a large amount of volume in the stern. Others prefer a more traditional low rear deck. Then there is the matter of edges – some boats have a rounded profile, whereas others are quite flat underneath with hard edges. I notice that boat's weight varies a lot – most apparent when they're hauled up the bank at Buckfastleigh – although there's no knowing if that is gross or net! However for the novice it seems sensible to either borrow a boat or purchase something cheap, along with a paddle that you're prepared to part with. PPCA have an excellent scheme whereby members can borrow a boat and paddle for the winter season to get them started for a small fee. The excellent coaching comes free.

I have yet to work out whether to carry lunch or not. My little Piranha Acrobat is quite small with little room for storage. Thus it is tempting to forego lunch and instead spend the time playing on the river in preference to munching on a soggy bank in the rain. Also, any luggage comes at the expense of flotation as I have to deflate the bags a little more. A hot drink does go down well 'though. Speaking of rain, it fell continuously today, but this really makes no difference at all on the rivers. There seems to be little wind also – a big difference to sea paddling this



winter. I am writing this the week after the eighth recreational paddle that the club organises on a Saturday morning has been cancelled due to stormy weather. We are itching to get new sea kayaks out on the salty. Going back to the river, the only inconvenience is solid rain when changing in to dry (?) clothes at the end. On the up side, there is no salt to rinse off your gear when getting home, although hot showers on the river bank would be convenient.

Many thanks go to Joy for instigating an extra beginner's trip the following Sunday and to Clive for following it through – all for some chocolate and flowers! There must be romance in the air 'cos Karen decides that she's coming too – another novice on the lower Dart. She borrows my other boat – I think very trusting of me – as being WW suitable. She has sold her Expression 11 for a sea kayak, but that's another story. I am impressed by the grace and style with which Karen negotiates the rushing waters (she's making dinner) and her strong swimming stroke! A slow trip today as lot's of playing and learning. Joy has some impressive video footage of the day's events and I learn that an assisted rescue works just fine on the river with some hard paddling – thank you Ben! However the river got me later and I had a bit of practice at getting self, boat and paddle out onto the bank – thanks to Mike for supervising. Maybe I should do another swimming pool session that the club organises in Plympton pool on some Saturday afternoons, to practice rolling in warm water – details on the website.

For the rest of the day Karen talks about nothing else and fails to stop grinning. Was I really that bad? Maybe I should get her to write the next chapter (if there is one). ..

Links from the interweb: Emergency Sea Kayak Repairs – Bob Grose

You know how it is -- you're looking for one thing and you find a whole lot of other things (often a lot more interesting than what you were searching for, and a fantastic time-wasting opportunity). In this case I was looking online for some training material and I came across three short videos about emergency repairs on the move. The focus is on sea kayaks but it works for other boats too.

The videos come from Howard Jeffs, a level-five coach based in Nottingham who has a wealth of different kinds of on-water and off-water experience, including being a technical adviser for outdoor centres, boat design, and advanced coaching and expedition leadership. He's also put together repair-kit packages, so beware, the videos contain some not-so-subtle advertising for bits and pieces he produces. They are good ideas, though, for adding to your own kit (goody, more kit). Some of his ideas are familiar, others less so -- for me, anyway. I wonder how many he's tested in rough water or used in anger. I'm certainly going to try some of them -- I want one of those little blow torches, and think of all the fun you could have with industrial-strength cling-film!



Lucky its calm out there!!

Here are the links:

"Two strong expedition repairs" <https://vimeo.com/104604952>

"Three fast emergency repairs" <https://vimeo.com/104518512> (a bit of overlap with the first one)

"Lost hatch emergency repairs" <https://vimeo.com/104604950>

Isles of Scilly Camp 2016 - Joy Ashford

2016 is now upon us and it's time to think about sunny summers. I can now confirm that the club trip to the Scillies is booked for the first week (Fri 22nd July to Fri 29th July). The second week (Fri 29th July to Fri 5th Aug) is still only *provisionally* booked as we have not got enough people interested in going to be able to have the whole site to ourselves; those booked for the second week are still able to go through, but we will only be booking a few of the tents and will have to share the site with other people.

I am hoping that there are still more people interested in joining us on the Scillies. You can come for any one or both of these weeks. For those wishing to Sea Kayak, the first week will have up to whole day coach led trips. The second week may only have shorter coach led trips to the other islands enabling time to explore the other islands (depending on coaching staff availability).

You don't have to be a sea kayaker to enjoy the Scillies. It is a great place to relax and unwind; enjoy the beaches, some lovely walks, cream teas and the famous Tresco gardens to name just a few things. This camp is also open to family and friends. The camp site consists of: two marquees, ten sleeping tents, wash tents and flushing toilets. There are also showers available at the adjacent farm. All sleeping tents are provided with floorboards and mattresses. One marquee has cooking facilities the other has trestle tables and benches.

Below are a few photos from one of our previous camps.

Fig. 3 - Kitchen Marquee



Fig. 1 - Interesting coastline.

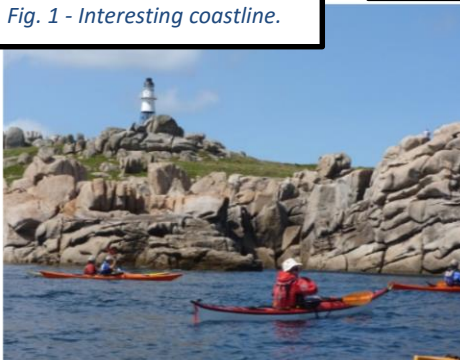


Fig. 2 - View from one of the tents on our camp site.



Fig. 6 - Launching from Pelistry



Fig.4 - Blue sky and sea, with gently shelving beaches.



Fig. 5 - The dinning Marquee.



REMINDER

Fund Raiser - Joy Ashford.

As part of our fundraising venture, we are holding a live music night at the Mount Batten Centre on **Saturday 13th February 2016**. We are hoping that many of our club members will come along and support us.

Rick The Stick, will be playing live music (no backing tracks); the greatest hits from the 60's, 70's, 80; and 90's.

Time; **8pm - 11.30pm**.

Cost **£10** which includes a pasty supper.

Tickets will be available from any of the ladies taking part in the event and from Paul Brady and Clive Ashford.

Diary Dates:- As @ 7 Feb 2016

NB. – Make sure you check online for the most up-to-date version of the calendar and for details within the forums of any trips being run.

| Day | Date | Type of Session | Location | Coach |
|------------------------------|----------|--|---|----------------------------------|
| February | | | | |
| 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 <u>11:00</u> | 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 | FINAL Swimming Pool Session | Plympton Swimming Pool | Lead Coach TBC |

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|----------|---------------------|----------|--|--|----------------------------------|
| 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 | <u>11:00</u> | 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 | | |

| April | | | | | |
|----------|--------|--|---|---------------|--------------|
| Saturday | 02-Apr | sea kayak | Clive Ashford | | |
| Friday | 08-Apr | open family | Ian Ruse | | |
| Saturday | 09-Apr | rec paddle | Joy Ashford | | |
| Tuesday | 12-Apr | 2 star kayak 2 Star Canoe 3 Star Kayak Rec Paddle | Andy Kittle Ian Ruse Clive Ashford Terry Calcott | Damean Miller | Adam Mumford |
| Friday | 15-Apr | open family | Ian Ruse | | |
| Saturday | 16-Apr | rec paddle | Ian Brimacombe | | |
| Tuesday | 19-Apr | 2 star kayak 2 Star Canoe 3 Star Kayak Rec Paddle | Andy Kittle Ian Ruse Clive Ashford Terry Calcott | Damean Miller | Adam Mumford |
| Friday | 22-Apr | open family | Ian Ruse | | |
| Saturday | 23-Apr | rec paddle | Clive Ashford | | |
| | | T1 Starter Session | Andy Nicholls | | |
| | | SOT1 Safety Course | Andy Nicholls | | |
| Tuesday | 26-Apr | 2 star kayak 2 Star Canoe 3 Star Kayak Rec Paddle | Andy Kittle Ian Ruse Clive Ashford Terry Calcott | Damean Miller | Adam Mumford |
| Friday | 29-Apr | open family | Ian Ruse | | |
| Saturday | 30-Apr | rec paddle | Terry Calcott | | |
| May | | | | | |
| Tuesday | 03-May | 2 star kayak 2 Star Canoe 3 Star Kayak Rec Paddle | Andy Kittle Ian Ruse Clive Ashford Terry Calcott | Damean Miller | Adam Mumford |
| Friday | 06-May | open family | Andy Nicholls | | |

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|----------|--------|--|---|---------------|--------------|
| Saturday | 07-May | sea kayak | Joy Ashford | | |
| | | OSC 1 One Star | Brian Taylor | | |
| Monday | 09-May | Paddle Power | Andy Nicholls | Adam Mumford | |
| | | Sportivate 1 | Sami Pluckrose | | |
| Tuesday | 10-May | 2 star kayak 2 Star Canoe 3 Star Kayak Rec Paddle | John Mitchell Andy Nicholls Jenny Nicholls Joy Ashford | Pete Anderson | Adam Mumford |
| Friday | 13-May | open family | Jenny Nicholls | | |
| Saturday | 14-May | rec paddle | Doug Sitch | | |
| Monday | 16-May | Paddle Power | Andy Nicholls | Adam Mumford | |
| | | Sportivate 1 | Sami Pluckrose | | |
| Tuesday | 17-May | 2 star kayak 2 Star Canoe 3 Star Kayak Rec Paddle | John Mitchell Andy Nicholls Jenny Nicholls Joy Ashford | Alan Ede | Adam Mumford |
| Friday | 20-May | open family | Ian Ruse | | |
| Saturday | 21-May | rec paddle | Joy Ashford | | |
| Monday | 23-May | Paddle Power | Andy Nicholls | Adam Mumford | |
| | | Sportivate 1 | Sami Pluckrose | | |
| Tuesday | 24-May | 2 star kayak 2 Star Canoe 3 Star Kayak Rec Paddle | John Mitchell Andy Nicholls Jenny Nicholls Joy Ashford | Pete Anderson | Adam Mumford |
| Friday | 27-May | open family | Ian Ruse | | |
| Saturday | 28-May | rec paddle | Terry Calcott | | |
| | | T2 Starter Session | Andy Kittle | | |
| | | SOT2 Safety Course | Andy Kittle | | |
| Monday | 30-May | Paddle Power | Andy Nicholls | Adam Mumford | |
| | | Sportivate 1 | Sami Pluckrose | | |
| Tuesday | 31-May | 2 star kayak 2 Star Canoe 3 Star Kayak Rec Paddle | John Mitchell Andy Nicholls Jenny Nicholls Joy Ashford | Alan Ede | Adam Mumford |