



PENRITH VALLEY CANOEING

# WHITE WATER WEEKLY

Term 4 underway, Club membership grows and state champs are next weekend!



Dan Watkins

## UPCOMING EVENTS

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2nd - 4th of November  
Penrith Development Camp  
and State Championships on  
the 3rd of November.

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Open sessions are starting  
this week at 6:45 on Thursday  
mornings.

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Monthly PVC races will be  
being planned, stay tuned for  
more info.

## Purple

With 6 brand new members we are excited to start the purple sessions. These sessions focus on getting the paddlers comfortable being in their boats upside down as well as building skills towards navigating courses on flat water. We are excited to see where they take their paddling careers.

## Blue

The Blue group is our under 12 advanced group. Aims include getting a confident roll, making new friends and getting control of the boat in increasingly tough flatwater courses.

## Green

Members of the green group are building skills rapidly by entering the moving water program run by the stadium. There they learn to ferry glide, break into and out of eddies and paddle down grade 3 white water. Importantly Athletes are making their rolls bomb proof and getting ready to do slalom courses on the white water.

## Yellow

Working on white water confidence as well as translating flatwater skills is the main focus of the yellow group. Students are given course that challenge them without threatening their white water nerve. Enursing their roll is their first resort and they are comfortable in every spot on the course are the outcomes of the yellow course.

## Orange

Our largest group is the orange group with 10 members. The group focuses on challenging courses and paddles 3 white water sessions a week. Aims include making National Development Squad selection and Junior Team as well as improving white water skills and enjoying the challenges. Courses with double ups and manouevers that require using stoppers to control the boat are regularly set.

## Red

The highest grade of coaching that the club offers is focused on athletes making U23 and Senior team percentage. These athletes are making the most of white water sessions working closely with their coach to find improvements that will give them the extra edge in the selection races.

## Coaching Course

With a mountain of interest, a courses course will be run very soon. Warick Draper is running a course very soon. I will send more information to interested people as soon as it becomes available.

## Skill of the week

The Dry Deck roll:

This is a skill that is very popular in freestyle however looks particularly cool in a slalom boat, especially if done as paddlers are going down main wave while doing it. The first step is to achieve a consistent flat water roll on both sides. Once you are confident rolling your boat up, instead of doing a normal roll twist your body around pushing on the forward blade while lifting the tail of your boat over your head. If your hair and deck have remained dry, you have achieved the skill.

## Weekly Pic

Please send in your best pictures of the week so that they can be shared with the club!



## Senior team athletes

The majority of the senior team athletes have returned to the national training site. Athletes are getting back into the swing of full training after finishing off semesters of university, taking short breaks to be with family they haven't seen for several months. Some selected athletes have flown to Tokyo for the Olympic test event, trialing the white water stadium that will be used in the Tokyo 2020 Olympics.

## Olympic selection

The Olympic selection criteria has been met by Jessica Fox who is now our only female athlete to attend the Tokyo 2020 Olympics representing us in K1 and C1. In mens Kayak we have earned an Olympic quota spot and selection for this position will be held at Aus Open and Oceania races in Australia and New Zealand. The Mens C1 Olympic quota spot has not been earned by Australia yet and the only place for us to gain this quota spot is at the continental championships, Oceania. Once earned the selection for the Mens C1 is the same as for Mens Kayak.



**Monday**

**5:15pm**  
**5:15pm**

**Tuesday**

**5:15pm**

**Wednesday**

**6:45am**  
**6:45am**

**4:15pm**  
**4:15pm**  
**4:15pm**  
**5:15pm**  
Club session

**Thursday**

**Gym**

**Friday**

**4:15pm**  
**5:15pm**  
**5:15pm**

**Saturday**

**Rec ww**  
**Rec ww**  
**Rec ww**

**Sunday**

**Rec/Dev ww**  
**Rec/Dev ww**  
**Rec/Dev ww**