



# Tyne Valley Canoe Club Newsletter

Congratulations to Adrian and Melissa on the recent birth of their baby daughter



October, 2006

Issue 4

## Editors Note

### Points of Interest in this Issue:

- The Tyne Tour—a date on everyone's calendar
- Youth freestyles competition in Nottingham over the summer
- The Christmas paddle and BBQ date is set
- Two new competitions are discussed
- New Autumn and Winter dates for weekend paddles

Hi! Welcome to Issue 4. This marks the end of my first year in charge as the Newsletter Editor. and it marks the end of a very busy year for TVCC.

This year we have seen a change in the design of the newsletter and the production of a new TVCC leaflet. We will shortly be able to surf on the wave of the internet. (My apologies, this is taking rather longer than expected!). We have increased membership over the last year, which is a good indicator of the success of the club; and well

done to all those who strive to make it the success that it is. At the risk of missing out people, I would like to thank all those on the committee who contributed to the work that went into securing funds so that we now can enjoy the use of much needed new equipment. And, finally, we are now very close to achieving 'Topclub' status. Achieving this will secure the future of the club and open up new horizons for us in the coming years. What a year it's been!

Over the last few months there has been a lot going on. This issue of the TVCC Newsletter only scratches the surface and gives you a flavour of what's been happening.

Once again, thanks to all who have contributed. Without you, the newsletter would not have been the success it has this year. Enjoy.

*Andy M.*

### Inside this issue:

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## Tyne Tour 2006

Yes, the Tyne Tour is almost upon us. In case you didn't know, or didn't realise, this is one of the largest canoeing events in Britain. The event is held at the Tyne Green in Hexham every year.

Many of you may not know that the Tyne Tour was formerly called the Mike Jones Rally and it was actually held on the River Dee for a number of years before moving to Hexham in 1990. For a brief history of the Tyne Tour you can visit the Tyne Tour website at [www.tynetour.co.uk](http://www.tynetour.co.uk).

The Tyne Tour weekend begins this year on November 3rd and continues until

November 5th. If you have some free time on your hands and wish to help out, for example with safety or campsite etc volunteers are always welcome and you should contact Claire Ridley on the following email: [Claireridley69@aol.com](mailto:Claireridley69@aol.com).

If you are thinking about taking part in this event then you should visit the website. It will give you details of safety, ticket sales, who to contact and there is even a discussion forum. You can email: [info@tynetour.co.uk](mailto:info@tynetour.co.uk) to obtain more information.

Last year a number of Tyne Valley club coaches and members took to the water to join in the fun. This year

will be no exception, so if you fancy a paddle and you can cope with 2\* and 3\* (4\* depending on water conditions) white water then ask or contact the following people: Dale Carson, Andy Haddon or Dave Gray.

Enjoy your paddling this Autumn and be safe in what ever you do.

*Andy M.*

## Pool Session Guidelines

### Session one guidelines

First session starts at 8 pm.

- ☺ Session primarily for families and individuals aiming to develop 1/2/3 star skills.
- ☺ 18 club boats available for use during this session.
- ☺ Two additional personally owned (privateer boats) allowed in session.
- ☺ Two further privateer boats allowed in pool to be used for club coaching.
- ☺ Two club boat to be available per family for shared use.
- ☺ Additional boats for families available if not booked to other

members.

- ☺ Numbers allowed in pool at any session is dependent upon adequate numbers of coaches being present.
- ☺ All participants to stay in boat during session unless capsized or out of pool.
- ☺ No swimming unless following capsized. Swimming is not permitted in the main pool area.
- ☺ No playboating / freestyle exercises to be undertaken during first session.
- ☺ All boats to be beached by 8.45.
- ☺ All participants to assist in

putting all equipment away at end of 8.45 session prior to getting changed.

### Session two guidelines

Second session starts at 8.45 pm.

- ☺ No formal coaching available in session two.
- ☺ All boats to be beached by 9.30.
- ☺ All participants and equipment to have vacated pool area by 9.45.
- ☺ Members who have coached in the first session will be exempt from pool charges for second session.

Just in case you haven't seen them—here are the new guidelines for the pool sessions.

Please let the committee know how well they are working.

Thanks in advance—'the Committee'

## A first descent of Teeside White Water Course

My brother and I, many times, have gone to Teeside White Water Course and watched our parents kayak the barrage. Then, as we got more interested in the sport, and progressed steadily, they finally gave us both the chance to kayak the course ourselves. Paddling my Sub 7, and Zachary in his Masterlite, we began the course just warming up in the first lake. We had been on the lake before but never the actual white water. We practiced turning sharply so if our Dad, Lloyd, or our Mum, Linda, told us to do something quick we'd be on the ball! After that we tried rolling and hand rolling with our parents. The final warm up was capsizing, waiting for 3 seconds and swimming out. Zachary went first, swimming out fine, and then I did. I liked getting the feel of the water in case I did fall out on the course, so it didn't come as a cold shock! We then emptied our kayaks and got out to view the course and how we were to kayak it down to the first eddie by Easy Rider, the first main wave.

My Mum kayaked first to show us both how it was done. I followed with a slight bit of nervousness! Zachary came last, and we began just ferry gliding across the rapids. We then followed Mum down to the next eddie and got out. Dad showed us our next route down to Happy Eater, the main wave that many play in.

Mum, as usual, went first and Zachary, being someone who just does it without thinking, went next! I couldn't really see him because my position wouldn't allow me, but I did see the orange blade of a paddle going through. Dad went on the bank and guided us down one by one. He was shouting at us, "left a bit, now go right!" We made it down safely and turned into the left side's eddie.

After going down Happy Eater, Zachary wanted to go even further and tried Cruncher, the largest stopper of them all. I just followed on the bank, watching Zachary kayaking and Dad shouting instructions. He did quite well in my opinion, and we all made our way back. We had a short break and we went down one more time, without either of our parents in the water. Unfortunately for us, Mum was videoing our descent and it was hard concentrating on our route! This time I took my chance on Cruncher, but as my kayak is shorter, it is harder to control. This meant as I went down the smaller wave, I turned slightly and Cruncher pulled me back in! I tried keeping upright but I tipped!! As I leant to pull off my spray deck, I could feel the powerful water pushing against me. I came out and swam to the bank. There wasn't a proper eddie and I saw Mum reaching to help me out. The floor of the river was very slippery and I couldn't easily roll out onto

the bank. I finally got a grip and hoisted myself out. Before we got on Dad taught us a way to exit the water and I followed his instructions. My kayak, the Sub 7, had floated down past Valentines, quite a catching stopper at low tide, and Dad ran after it. We met back at Easy Rider and Zachary kept on kayaking in Easy Rider, ferry gliding across. After Zachary had had enough, we got out and returned our bibs, that we got as we paid. The day was EXCELLENT!!!

**We enjoyed our kayaking greatly. We've told you our story, now try yourself to kayak Teeside White Water Course.**

## Go For It!!

*Zoe Allin*



The successful duo—Zoe and Zac



On the 1<sup>st</sup> September 2006 I went with two other juniors from Hexham Canoe Club to the BCU at Holme Pierpont to take part in a freestyle competition. We all met at Hexham's Tyne Green to be taken to Nottingham by Bobby and Peter Timperly, who had kindly offered to take us.

We set off after packing everything into the trailer at about 10.30am and three hours later we finally arrived at the Holme Pierpont campsite. We pitched the tents, so we wouldn't have to do it when we returned from paddling the course. With the boats and gear on and in the car, we set off to the course.

The course itself is a good grade 3 and it had a few good play features on it. Before we got on the water we went for a little walk to see what we were about to paddle. It is a man-made course much like the one at Teesside, except it is bigger, more powerful and in a straight line, which means a long walk back with the boats.

After signing in we got on the water and got warmed up. The first feature on the course is a wave/ hole, which is almost completely straight, which makes it great for lining up loops. Although it is between two walls, like the first wave at Teesside, so

once you have come off it there is no paddling up an eddy and getting back on! The 'second wave', which is actually a hole, is good for working on side surfing, cartwheels and loops. I really liked the feature and so did a lot of other people meaning that it had the longest queue! Continuing down the course there are a few little waves, which are fun to surf and have a mess about on, the next main feature is the 'looping pool', which is where all the big competitions are held. Although it is normally adjusted for the slalom paddlers, making it quite flushy and very difficult to pull stuff on. A little way down stream on river left is the 'plughole', and then slightly further down is the 'muncher', which doesn't actually munch at all! It has a pretty big pile and is lots of fun!! Downstream of this are some waves, which are good for wavewheels, and the final feature is the 'bottom stopper', which is fairly nasty and I avoided it. After playing on the course for a couple of hours we decided to get off and rest up for the competition the next day.

After a good nights sleep and a big breakfast of a bacon sandwich and about 6 weetabix, we headed back to the course for the competition.

First of all we had to sign in, then we were split up into groups for coaching. My main aim was to try and land a loop. We started on the flat. The other people in my group were working on cartwheels while I was trying to flat-water loop. After a little flat session, we moved onto the course. I was playing about on the inlet gate and I thought I may as well try a loop. And for the first time I managed it.

For rest of the coaching I was mostly trying to repeat this. This probably wasn't a good idea, since not having paddled the course before I wasn't used to how the water affected the boat. So, when it actually came to the competition, I really mucked up, pulling just one simple move on each of my two runs before being washed off. This poor performance left me towards the bottom of the ranks for the event, and after coming 5<sup>th</sup> at Teesside I ended up 21<sup>st</sup> in the under 15s category overall. Which is probably fair based on how poorly I paddled in both the competitions I entered. I will return next year to try and improve on my performance.

*David White*

These competitions are great fun and I strongly recommend them to any young playboaters. For more info check out <http://youth.ukfreestyle.com/>

## Dave's Top Tips—Paddler Comfort and Being Prepared

At this time of year the river levels are rising and the river running season is upon us. This means experienced paddlers are in anticipation of weekends when they can enjoy good white water on our local rivers and the more intermediate paddlers will be doing a river journey for the first time.

Part of the kayaking experience is not only to become proficient with the paddling skills and techniques but also to develop some independence with your preparation. In other words, don't expect the coach to lead you by the hand and to do everything for you. There are a number of actions and things you can do to ensure you are prepared and comfortable in the kayak.

### Preparation:

Check that your first aid kit is adequate and you have the basic items. Throw contaminated items away and replace. Ensure the bag or container is watertight. This should be a regular action. Check that your kayak repair kit has all the basic items to

carry out a temporary repair. Spare clothing carried is packed into a water proof bag. Packed lunch is adequate for the day in content with some spare food such as chocolate bars for any additional needs that may arise during the journey.

Always carry a hot drink and a cold drink.

Check your throw bag is serviceable and that all line is tangle free.

Is your paddle wear suitable for the day's activity? Will I be warm enough?

Is the paddle suitable for you and free from damage?

Does the helmet fit correctly?

### The Kayak:

Is the kayak you are using suitable for your weight and height? Is it suitable for the level of activity you are to be involved in?

Is the kayak free from damage? Check the hull for holes etc...

Does the spray deck fit the kayak?

Check the foot rests are correctly adjusted for your comfort. This is an independent action that each paddler is

responsible for.

All kit which is being carried is loaded in such a way that in the event of a capsized items will not float free. Usually stored behind the seat and held in place by the air bags. Check the air bags and inflate. Check that the inflation cap is closed and tidy the tube away to prevent it being caught and damaged.

Check and adjust the back rest to suit. This is most important for your comfort. A badly adjusted back rest can be most uncomfortable and be a distraction when you are paddling.

I have not detailed the contents of repair kits and first aid kits etc. as these are mentioned in previous newsletters. Back copies are available from the editor on request.

If in doubt of what to carry or questions concerning kayaks and equipment, have a word with any of the club coaches.

*Best Wishes and Happy Paddling—  
Dave*



# Christmas Paddle and BBQ



**Saturday 2nd December 2006**

**Riverside Park from 1.30 pm.**

*Not to be missed is a presentation by Bob 'The Roll' Baird on white water kayaking trips abroad*

**Refreshments and games from 3.30 pm**

**Tickets £5 to include hire of all equipment and refreshments.**

**Tyne Valley Canoe Club**

**Contact: John Dean**

**Tel.: 01661 832575**

## Good Housekeeping

Isn't it fantastic to be out on the river or sea? Whether it's during the week or at weekends. Whatever the weather and whether you're just practising skills or going on a trip, it's just so good to get away from the everyday chores.

However, the worst part about paddling is having to get out and pack all that gear away. It's not so bad if it's yours, but if you've borrowed kit from the club it can be a bit of a bind packing it all away. A couple of times now when I've been at the lock-up I've noticed some bad housekeeping.

In order to make everybody's

life easier and in order to prolong the life of our [expensive] kit can we all please ensure the following:

- ☺ Spray decks, buoyancy aids and helmets are all hung up on the pegs provided.
- ☺ Paddles are carefully stored away.
- ☺ Kayaks are emptied and drain plugs are put back in.
- ☺ Air bags are not removed from any of the kayaks.

As in all these things, it seems to be the minority who are spoiling it for the rest of us. On a few occasions it has been reported to me that new paddles have been broken and wet kit has just been dumped on the floor. Can I just remind members that it is everybody's

responsibility to carry out good housekeeping duties. Don't just rely on the coaches and a few other good souls to pack things away for you. Oh, and incidentally, coaches can get into bad habits too!

On a final note, I would just like to mention hygiene. On one occasion over the summer I took one of the kayaks over to the new lock-up. There was a rather nasty smell coming from it. Can I remind members that kayaks are for paddling in and not peeing in. Come on folks, smell the coffee!

*Andy Manns*

## 1\* and 2\* Tests

On Sunday 22nd October a number of members turned up to Tyne Riverside to complete their 1\* and /or 2\* assessments. Yet again, the standard of paddling was very good and

I would like to congratulate the following members:

Harriet Wise, Stuart McGuire and Daniel Beatty for achieving their 1\*.

Stuart and Daniel also achieved their 2\*.

Congratulations to all concerned.

**Happy Paddling and  
Best Wishes**

**John Dean**

# Stop Press

## Pool Slalom Obstacle Course

I'm still thinking of a new name but for you oldies it used to be the Crazy Kayak Pool Slalom. The start is a slide into the pool from the high wall, directly in front of you is Gate 1 a forward gate. Gate 2 is done in reverse; Gate 3 is a roll gate. Don't worry if you can't roll as there will be someone in the water to pull you up, but it incurs a 2 seconds penalty. So, get practising now. Gates 4 and 5 are another forward gate, then reverse gate followed by Gate 6 where you have to throw your paddle up over the bar. Once you have retrieved your paddle you have Gates 7 and 8 are more forward and reverse

gates.

Next it is into the waterfall to find and blow the whistle. Gates 10 and 11 are forward gates over the top of the boil geysers. Gate 12 finds you passing your paddle through a suspended hoop next to the water cannon that is working all the time. Gate 13 is a limbo into and out of the Jacuzzi corner area. Next you paddle back out to the middle of the pool and weave in and out of a chicane for Gate 14. The last obstacle is a basketball shot. You have 3 goes to score which will stop the clock. If you miss or fail any of the gates you will

receive 50 seconds penalty, 2 seconds for a gate touch and it is all against the clock.

Interested?...Then watch for the date which will be sometime in February 2007. In the past this event attracted competitors from most of the clubs in the North East. The event will be on a Saturday starting @ 6.00pm.

Club volunteers will be needed to set up the course from 5pm. Don't worry, I will be asking you when a date is set.

*Ray Hudspith*

## Indoor Junior Surf Competition

This was another one to be run at Waterworld and the first ever in this country. We will be working hard to attract TV coverage for this unique event. There will be 3 categories for Under 10, U13 and U16. You will be placed in heats of 6 – 8 with 2 from each heat going through to the final. The heats will last

for 10 minutes with a short break between each heat. You will be judged on the best 3 runs and marked on how well you pick up the wave and ride it to the end without getting beached and the final turn back out. Each competitor will take turns on the wave. Extra points will be awarded for paddle tricks and difficult

manoeuvres in your boat including backward surfing. This event will happen around March 2007 so again watch for the flyers and posters.

*Ray*

## BCU New Appointment for TVCC



First I must apologise for not being around to support the club over the last 3 years or more but I was struggling to find time with my previous job as a teacher. All that has now changed and as of 4<sup>th</sup> Sept this year I have been appointed to the British Canoe Union as PE, School Sport & Club Links Development Officer. (PESSCL) This new role has given me a new breath of air and energy for the sport of canoeing. I have even been back in a boat a few times recently.

I will be taking on the responsibility for Clubmark and TopClub, offering support and guidance to clubs working towards this accreditation. As you are

probably aware Tyne Valley are working towards these awards and therefore, that puts me in a good position to ensure all the hard work that everyone has done in working towards the award is supported with advice and guidance.

Another area that I am responsible for will be Step into Sport which encourages young people to work with a club on a placement and offer 50 hours of support work in an agreed area. This scheme can go towards Duke of Edinburgh or Junior / Community Sports leadership awards or the BCU's own Cadet Leader Award.

I am very keen to support the young people in the club in

any of the areas listed in the Youth Section of the Canoe England website. Check out the link and have a browse. There are many things that may be of interest to you.

<http://www.canoe-england.org.uk/canoeeng/4-youth.aspx>

If anyone sees anything on the website of interest, or has any questions regarding my new role, or anything regarding the BCU / Canoe England, I will try to find out for you.

You can contact me by e-mail: [ray.hudspith@bcu.org.uk](mailto:ray.hudspith@bcu.org.uk) or tel. 07715 993535

*Ray*

## Tyne Valley Canoe Club

### - important contacts

**Dave Gray** (Chairperson)

Phone: 01661 836576

E-mail: Dave@qajak.freemove.co.uk

**Andy Haddon** (Secretary)

Phone: 01661 854626

E-mail: Topbananaman@hotmail.com



**THERE HAS BEEN  
SOME MOVEMENT  
ON THE WEBSITE.  
PLEASE KEEP THE  
FAITH! ALL GOOD  
THINGS COME TO  
THOSE WHO WAIT!**



### Advance Notice1

Dale Carson will be leading intermediate or confident paddlers on the Tyne Tour paddling as friends. This is not a club related trip. See Dale for further details.

### Advance Notice2

There are no pool sessions on the following dates:

Friday 22nd and Friday 29th December.

Pool Sessions will start again Friday 5th Jan '07.

## Scottish Canoe Exhibition

October 28th and 29th are the dates for this years Scottish Canoe Association's Exhibition in Perth at the Bell's Sports Centre on Hay Street.

In short, the highlights include trade stands, presentations, hands-on workshops— interactive 30-40min sessions, FilmFest and competitions. There is

also a Ceilidh on the evening of the 28th and tickets are £8. Now, come on that's got to make it worth the trip!

Doors open at 9am on Saturday 28th and 10am on Sunday 29th. Ticket prices vary from £5 for Adults and £2.50 for children aged 5-16yrs. Family tickets are £12.50. If

you fancy making a weekend of it you can purchase a weekend ticket for £7.

If you want to find out more you should visit [www.canoescotland.com](http://www.canoescotland.com). (If only the BCU's website was as easy to navigate!)

Andy M

## What U looking at?

Have you been down to the Riverside Park lately? If you have you will have noticed the impressive new notice board the club has mounted on the wall of the main building next to the shutter.

The notice board will be a great way to communicate with existing and potential members.

A lot of the information we receive from the British Canoe Union comes in poster form rather than e-mail. So don't forget to have a look at the board now and again to keep up to date with what is going on.

Also you may have something you want

putting up on the notice board - if so just get in touch.

Andy Haddon

## TVCC Events Calendar

### Dates for your diary!

PLEASE REMEMBER THAT OTHER CLUB ACTIVITIES MAY BE ORGANISED AT SHORT NOTICE. [Contact Dave Gray or Andy Haddon to enquire about events on the river.]

**South Tyne—Haydon Bridge to Hexham** (Contact Dale Carson). This is an all day trip for 4\* training and testing. You will need to bring food, refreshments and a change of clothes.

**Barrasford to Hexham** (Contact Dave Gray). This is an all day trip so you will need to bring food, refreshments and a change of clothes.

**River Ure, North Yorkshire** (Contact Dale Carson). This trip involves Grade II and III water and requires a very early start. You will need all the usual kit for a days paddle.

**South Tyne—Haydon Bridge to Hexham** (Contact Dave Gray). This is an all day trip on Grade II water for open canoe and will involve 3\* and 4\* testing and training. Bring the usual kit, food etc.

**Upper North Tyne** (Contact Dave Gray). This is an all day trip on Grade II water for open canoe and will involve 3\* and 4\* testing and training. Bring the usual kit, food etc.

**Upper South Tyne** (Contact Dave Gray). This is an all day trip on Grade II and Grade III water for kayak. You should bring the usual kit, food, hot drink and change of clothes etc.

**River Nith, Dumfries** (Contact Dave Gray). This is an all day trip on Grade III and Grade IV water for kayak. This a full day trip that will involve a very early start.

**Sunday 12th Nov —9am prompt start** at the Tyne Riverside

**Sunday 26th Nov—9am prompt start** at the Tyne Riverside

**Sunday 10th Dec—8am (ish) start** at the Tyne Riverside

**Sunday 17th Dec—9am start** at the Tyne Riverside

**Sunday 14th Jan, 2007—9am(ish) start** at the Tyne Riverside

**Sunday 21st Jan—9am (ish) start** at the Tyne Riverside

**Sunday 28th Jan—8am (ish) start** at the Tyne Riverside



New boats in use at Tyne Riverside