



# Drumchapel & Clydebank Kayak Club

[www.dckc.co.uk](http://www.dckc.co.uk)



## Diary

Sunday 01.03.15  
Skills session Loch  
Lomond

Tuesday 03.03.15  
Pool Session  
Clydebank

Saturday 07.03.15  
Loch Lomond A trip  
Janice 07837402485

Sunday 08.03.15  
White water trip  
Sandy 07962226280

Tuesday 10.03.15  
Pool Session  
Clydebank

Wednesday 11.03.15  
Pinkston Session with  
sea kayak coaching

Saturday 14.03.15  
Open Canoe Skills  
Training  
Sandy 07962226280

Sunday 15.03.15  
River Trip  
Sandy 07962226280

Tuesday 17.03.15  
Pool Session  
Clydebank

Wednesday 18.03.15  
Pinkston Session

Sunday 22.03.15  
River Trip  
Sandy 07962226280

Tuesday 24.03.15  
Pool Session  
Clydebank

## Welcome to Spring!

**March 2015**

It seems a bit early to talk about spring because as I write this the sleet is battering off the window and the temperature outside is just hovering above freezing. However, spring is on its way and along with that there are more opportunities to get out and paddle.



It's not been the best of winters for river paddling but we have got out at least once or twice a month and its good to see the skill levels of the folk who have made it out all improving.

The sea paddlers have been out on Loch Lomond and on the Clyde Estuary doing their thing and again have been pretty active with Tony even taking part in a rescue exercise with the Coastguard.

We have a new coach in the Club. Glen Roberts is a level 2 Coach who is currently working towards the Moderate Water Endorsement for Open Canoe. Welcome Glen, on behalf of the Club and I am sure that the club members will make use of your knowledge and coaching abilities in the year ahead.

Anyway, check out the programme, there's plenty to do so lets all get out there and paddle!



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### Diary - continued

Wednesday 25.03.15  
Pinkston session with  
open boat coaching

Sunday 29.03.15  
Skills session  
Loch Lomond  
Sea, open boat and  
kayak coaching  
Graham 07968 057934

Tuesday 31.03.15  
Pool Session  
Clydebank

Friday 03.04.15 to  
Sunday 05.04.15  
Easter Expedition  
River Tweed in Open  
Boats  
Graham 07968057934

Tuesday 07.04.15  
Pool Session  
Clydebank

Wednesday 08.04.15  
Pinkston session

Tuesday 14.04.15  
Pool Session  
Clydebank

### Club Clothing

Sandy is in the process of organising new coach t-shirts for the club coaches in order to make them more recognisable at club nights. If you are looking for a club t-shirt, polo shirt or fleece email Sandy to let him know on

### Child Protection Courses

Sport Scotland in conjunction with local Sports councils are running courses in safeguarding and protecting children on the following dates:

Tuesday 10 March 2015 - Kirkintilloch

Monday 25 May 2015 - Alexandria

Further details can be found on the [Sport Scotland Website](#)

### Coaching Opportunity

Our Regional Coaching organiser Willie McLeod, contacted us to let us know about the following opportunity for level 1 coaches to progress their coaching.

*I've had two people pull out of the UKCC L2 on the 23rd and 24th May and 6th and 7th of June at Castle Semple Centre, Lochwinnoch. Unfortunately this has dropped me down to 5 participants. Anyone out there ready to do their Level 2 and would like a space call 01505 842 882 Ext 20*

This sounds like a good opportunity for our level 1 coaches to progress and I believe that we have grant funding in place to underwrite course costs.

### Pinkston

Just a reminder about the Wednesday night sessions on the second, third, fourth and sometime fifth Wednesday nights of the month. The artificial white water course and the flat water basin are ours for an hour and a half.

We will be looking to expand the opportunities for club members using this facility whether in sea boats, open boats or kayaks.

Come along and check it out!

### 4 Star Sea Kayak Assessment Opportunity

For those of you who have completed the 4 star training in sea kayak.

On 9/10 May 2015 there is a 4 Star Assessment being run by the SCA. This is heavily subsidised and will cost £50 per head (although there will be other costs on top of that for transport or accommodation depending on where it is being held).

This is an excellent opportunity to get yourself assessed at a knockdown price. Places are open to SCA members who are also members of SCA affiliated clubs, like ours!

Book online at <http://canoescotland.org/self-service>



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## Grant's Grand Canyon Experience

In September 2014 I had the privilege of joining 7 friends for a self-guided 18-day trip down the 280 miles of the Grand Canyon of the Colorado.



This was a truly exceptional experience, not just for the white water thrills of dozens of huge rapids, but also for the genuinely awe-inspiring scenery enjoyed during the many peaceful flat sections,



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the incredible variety of the geology, the wildlife, desert flowers and hikes up beautiful side canyons. Sleeping out under the stars most nights with the vast rock walls constricting the sky gave plenty of opportunity for silent meditation.

We used 3 18-foot inflatable rafts in support of 3 kayaks. As a novice kayaker I didn't attempt to paddle any of the rapids or the madly boiling, swirling water which typically followed them. However I was more than happy to pilot a raft down without any major incident, given that it was 8 years since I'd wielded oars in anger.

I think this is a trip any adventurous white-water addict should consider doing at some time, and it's not as difficult to arrange as you might think. The guided trips will take anyone with Grade 3 ability and a reliable roll. For a self-supported trip you'd probably want to be comfortable on Grade 4 water, though given how different these rapids are from anything in Britain, a gung-ho attitude to big waves and holes and a decent roll are maybe the most important attributes.

If anyone is interested in doing this amazing journey I'd be very happy to provide more information. Be warned, though, readapting to everyday life is not so easy!

Grant Urquhart

### Sea Kayak Oban Demo Days - External Advert

Largs Marina - Sunday 15 March 11am- 14.00

Sea Kayak Oban can bring a huge range of demo sea kayaks across to LARGS Marina for the Demo Day including Valley, Northshore, Tahe, Arrow kayaks and P&H .

There will be the opportunity to demo or buy Werner paddles and Adventure Technology paddles and also to size or buy Kokatat drysuits.

Plus of course we can always bring over stock boats inc all Northshore, a lot of Valley and all size Kokatat drysuits.

Also Sea kayaks with sailing rigs available to demo.

Email us with your requirements (a particular model or simply your height and weight) and we will be around from 11am to 14.00 at least.

info@seakayakoban.com or call 01631 565 310 NB the shop is open Thursday, Friday and Saturday for February & March but we are answering emails everyday.

Please note Cathy is adding more to our online shop all the time and what's on there is actually stock in stock (for most other shops this is not the case)

<http://shop.shopseakayakoban.com/>

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### Students Wanted

Glen Roberts and Sandy Johnston are both looking for club members who would be interested in being coached in the finer points of open boating. The club has several open boats and the paddles to go with them. They are available for you to use. Why not learn how to use them?

Glen and Sandy have both completed the the Moderate Water Endorsement training course in Open Boat and plan to present for the assessment of this coaching award in the Autumn. They can coach club members up to 3 star level both on flat water and also moving water up to grade 2. Please take advantage of this opportunity by contacting Sandy on [sandy.johnston@sky.com](mailto:sandy.johnston@sky.com) if you are interested or see either Sandy or Glen at the pool sessions.

### Loch Lomond Skill Session Trip Report

The weather forecast had everything, sun, wind, rain, snow, cold to start and warming a little, but being a Graham trip and to our regular haunt at Balloch it wasn't cancelled! So we met up, 5 sea kayakers with a wide range of skills and experience under the enthusiastic instruction of Graham. Jo as the (relative) novice Canadian solo canoeist had the benefit of instruction from Glen and Garry, as well as a helping breeze which is a challenge for any solo open canoe paddler.

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In the sea kayak group we spent most of the day practicing with one theme which Graham repeated a few times in his chats.... "SEA KAYAKS ARE DESIGNED TO GO STRAIGHT". With the day being about turning sea kayaks the main message was to edge the kayak so it actually wants to turn and then use the paddle to make the turns more effective as no matter how strong and skillful the paddler is, it is edging the boat that makes a turn actually happen. Concepts such as scales of edging were introduced (e.g. 1 = some edge, 2 = seam line in the water, 3 = spraydeck touching the water) and everyone managed all these techniques without falling in. The smell of the burger van in Drumkinnon Bay led to an early stop for lunch, hiding from the rain in the cars

After lunch the open boating team had a session on making progress in the wind, with options such as rafting, towing, and nudging all tested until it was concluded that the wind can be a pain! The sea kayaker kept on with turning the boat and even had a go at making sideways progress.

An earlier than published finish at 3pm and everyone left happy and contented. The next 2 Skills session are published in the calendar, more coaches and more people to be coached very welcome!



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## River Tweed Trip Easter 2015

The classic open canoe trip from Peebles to Berwick although if weather and water conditions permit we can start lower down. This trip is for both open boaters and kayakers who are happy to give it a go in an open canoe. With three days of paddling on grade I to II water (no big rapids), riverside camping and pub lunches en route there are 66 miles to the sea and it is a cracking trip! If interested please contact before 27/03/2015 to allow for planning.

There will be plenty of chances to get a little bit of canoeing practice in beforehand but... if you can kayak you can definitely canoe (a double)! Food will mainly be self-catering (with cafe and pub stops).



### SEA KAYAKING CLUB SPECIAL - External Advert

The Genuig Inn is delighted to offer special weekend rates in 2015 for Clubs to demo Tiderace Sea Kayaks in the beautiful Sound of Arisaig:

The Inn is offering you and your club members bunkhouse accommodation for £25 per person B&B, based on up to eight persons together, for two or more nights for any available weekend in March,

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April, May, June, September, October or November (not Bank Holidays)

This special offer includes access to a full range of fabulous Tiderace Sea Kayaks to demo along this amazing stretch of coast, including qualified coaches/guides, at £30 per day per person, based on groups of eight persons

Your Group will get 25% discount off the total demo/coaching charge and bunkhouse B&B for each sea-kayak purchased (new, second hand or ex-demo). So, if your group of eight paddlers buys four Sea Kayaks, you get your B&B and Coaching for free!

Contact: Steve Macfarlane

Mobile: 0795 735 6099

Email: [tideracescotland@glenueig.com](mailto:tideracescotland@glenueig.com)

Details of the Glenueig Inn: [www.glenueig.com](http://www.glenueig.com)

More about Tiderace Sea Kayaks: [www.tideracesekayaks.co.uk](http://www.tideracesekayaks.co.uk)

## Lottery Trip and Coach Development Funds

Last year we were fortunate to be awarded some grant funding to develop the clubs trip leaders and coaching team. If you are interested in getting involved please contact Graham as we need to spend this grant by mid-June!

We have funds for anyone interested in becoming a Level 1 coach (introducing beginners) and the course is over 4 days (often 2 weekend). You don't need to be a canoeing god, simply interested in helping others.

We also have funds for 4 star trip leader training or assessment. Not so much about coaching but about being able to be a group member, assistant leader or trip leader on your chosen environment e.g. sea, river or open canoe.

If you have been thinking about training or assessment then contact Graham. Last year 12 sea kayakers and 4 river paddlers did their 4 star training and everyone really enjoyed it and found the courses really useful.

**Deadline for next newsletter - anything for inclusion in the next newsletter to be with Sandy for Tuesday 24.03.15.**

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