



Drumchapel & Clydebank Kayak Club

www.dckc.co.uk



Diary

Friday 03.04.15 to
Sunday 05.04.15
Open Canoe Descent
River Tweed
Graham 07

Tuesday 07.04.15
Pool Session

Wednesday 08.04.15
Pinkston Session

Saturday 11.04.15
Ayrshire Coast Trip
Grade A/B Sea kayak
Bill Gary 01360 551199

Tuesday 14.04.15
Pool Session

Wednesday 15.04.15
Pinkston Session

Tuesday 21.04.15
Pool Session

Wednesday 22.04.15
Pinkston Session

Saturday 25.04.15
Foundation Safety and
Rescue Training
Sandy 07962226280

Saturday 25.04.15 to
Sunday 26.04.15
Tayvallich weekend
Grade A/B Sea Kayak
Mark and Gillian
07786613460

Tuesday 28.04.15
Pool Session

Wednesday 29.04.15
Pinkston Session

What can you do?

April 2015

It's that time when we look forwards to the summer activities and I am glad to say that we have a pretty full programme with something for everyone. There are several weekend sea trips and some single days out with a wide range of club members doing the organising. That's particularly good to see as it's a sign of a healthy club.



The more people that take on responsibility to organise trips and days out then the more varied and interesting that the club programme will be. It also stops the few who organise lots of trips from 'trip fatigue'. If we could carry this over to other aspects of the club organisation then things would indeed be great.

The whole ethos of the club is about us all acting together to provide quality coaching and paddling opportunities. So to paraphrase JFK, "Ask not what your club can do for you but instead ask what you can do for your club" We all have something to offer. There are lots of jobs needing done.

Keep an eye on the website!



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Diary - continued

Sunday 03.05.15
Open Boat Coaching
Sandy 07962226280

Tuesday 05.05.15
Club evening session
Loch Lomond

Saturday 09.05.15
Loch Eck
Grade A Sea Kayak trip
Misha 07787572447

Tuesday 12.05.15
Club Evening Session
Loch Lomond

Wednesday 13.05.15
Pinkston Session

Tuesday 19.05.15
Club Evening Session
Loch Lomond

Wednesday 20.05.15
Pinkston Session

Saturday 23.05.15 to
Sunday 24.05.15
St Andrews Weekend
Grade A/B Sea Kayak
Iain McGhee
07990840300

Tuesday 26.05.15
Club Evening Session
Loch Lomond

Wednesday 27.05.15
Pinkston Session

Sunday 31.05.15
Open Boat coaching
Sandy 07962226280

Tuesday 02.06.15
Club Evening Session
Loch Lomond

Sunday 07.06.15
Open Boat coaching
Sandy 07962226280



Star Test Training/Assessments

Sandy has had a few people asking about star tests. This year we plan to use the outdoor sessions on Tuesday evenings to work towards star tests. If there is sufficient interest we will also organise some weekend training to support these sessions. There will also be assessment days and their details will be published in next month's newsletter. Everybody in the club is capable of attaining one of these awards and having achieved a star test not only gives you the satisfaction of obtaining a recognised award but also allows you to access further training which could lead you to becoming a trip leader or even a coach. The various syllabus details for each of the awards can be found on the following link.

<http://canoescotland.org/courses-training/bcu-star-awards>

If you are interested please email Sandy to let him know of your interest and which star test you would like to pursue.

Sandy.johnston@sky.com

Go on, you know you want to!





Foundation Safety and Rescue Training

Sandy is seeking to become an official provider for this training course and has to present a course during which he will be assessed by an established course provider. He is planning to do this on Saturday 25 April 2015. He needs at least six volunteers to work with on this date. They need to be of 2 star standard although they don't actually have to be holders of the 2 star award. The course is held on flat water and does involve getting wet, however you will learn loads. The syllabus can be found using the following link.

<http://canoescotland.org/courses-training/bcu-safety-training>

Please email Sandy on the link above (previous article) if you are interested. Again this is a valuable formal course which is a prerequisite for further awards or to become a coach. It is described as,

This course is designed for all paddlers irrespective of craft. The objective is to teach simple and safe skills that can be applied appropriately across a variety of paddlesport craft including kayaks and canoes. These skills will then form the basis of all safety and rescue training throughout the BCU Scheme.

The course aims to provide the student with the key safety and rescue skills required to operate safely in a sheltered water environment and to be able to deal with common emergencies.

So no need for swimming in white water....that's a different course!

The club is underwriting the costs involved so it's the ideal opportunity to pick up some knowledge to make you a safer paddler and provide you with the skills to rescue those around you.

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Ceilidh Date – Saturday 03/10/15 in Milngavie

Forth Challenge – Sunday 10/05/15 – 11 mile sea kayak race on the Forth Estuary – further details will be circulated with this newsletter.

Help Sought

Are you available on Sunday 5 July around 07.00?

“A team of 12 from Kent are engaged in a charity challenge to raise funds for their air ambulance. The challenge is to climb the three highest peaks swim the three largest lakes in Scotland, England and Wales, in-between we shall be cycling, then cycling back to our home village of Hamstreet in Kent. A rough route would be - depart from somewhere between Arden and Duck Bay and exit at Balloch Park (if this is practical) swim of one mile-ish.”

If you can assist contact Mark Taylor, 07786712939 or 01233 733556.

Paddling Links

<http://thepaddler.co.uk/kayak.html> - the paddler ezine

<https://www.youtube.com/watch?v=pvi7rllsNRY> – the kayak forward stroke

Deadline for next newsletter - anything for inclusion in the next newsletter to be with Sandy for Tuesday 29.04.15.

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