

Drumchapel & Clydebank Kayak Club

Newsletter

January /February 2010

Committee dates

The Club at the moment holds six committee meetings every year, and although they are called Committee Meetings, any member can attend or bring up points that they wish to raise. At the Moment the Committee Meetings are held in the Play Drome, and start at 7.30pm. Remember this is your Club and it is your input that will help to make it better, so we hope to see you at one of the meetings.

February 8th Monday

April 12th Monday

June 14th Monday

August 23rd Monday

October 11th Monday (AGM)

December 13thMonday

Next Newsletter Deadline

The deadline for the next Newsletter is the 21st of February if you want to do a short article, or even mention some items you may have for sale.

Pool Sessions

Over The last few years we have run skill sessions in the pool. These sessions were aimed at everyone, from beginner to advanced paddler to practice their skills and observe variations on stroke applications. However there was never much of an uptake in those skills sessions. One of the main points that members mentioned in last years survey was the lack of formal coaching, as a result of this we will to do these skill sessions again, and cover all the various

strokes covered by the BCU up to and including the current 2* Award and beyond. They will start in January and run through to the End of April. **As you may be aware there is only a limited amount of instructors at the poolside each night, it is therefore up to you, the individual member to seek advice on how to develop your skills.** Ask the instructors at the poolside for help, that is what they are there for.

Check the Trip Diary for what subject is being covered that night.

Regardless of how advanced your paddling skills are; you still need to be coached! Just look at any Olympic athlete or any other sporting person, they always have a coach to help them perform better.

Theory Sessions

One of the key areas that were highlighted in the recent Club survey was the need for extra theory sessions covering various aspects of paddling. To this end Colin has went out of his way to develop a range of subjects that members indicated that would be beneficial to the Club. However there has been a very limited uptake in these sessions, if the numbers do not improve these sessions will stop in March.

The subject are covered include Access Code to Tidal Planning and practical subject such as First Aid. There will also be various slide shows as well. Please look in the diary section of the Newsletter to find out what is on and when it is on. Each session will start at 7pm and last until 9pm. These sessions will be ongoing, **SUBJECT TO DEMAND**, so if you wish to see anything covered in particular please let Colin, Donald, Rab or Ron know.

Trips

River Larig & River Balvag: This trip took place on the 31st of October, and nine members turned out for an excellent trip combining gentle River and Loch paddling. Before we started the paddle we had to drag the Open Canoes several hundred meters to the put in point on the River Laraig. Once on the water we made good progress down Loch Doine and Loch Voil and eventually reached the start of the River Balvag at Balquhidder. From here on we had the company of a Buzzard who followed us down most of the way to Loch Lubnaig.

One of the interesting things on this trip was the water level, which was high; we managed to cut several corners by paddling over several fields to rejoin the river further down. We even managed to get 5 Open Canoes into some ones back garden and have a shot of their swing all from the comfort of the Canoes! We finished the paddle at the North end of Loch Lubnaig. Barry managed a magical trick by squeezing six people all into his car for the shuttle back to the start. There might have been more space in another car had **Shona** not forgotten her keys and left them in Bill's car!!!!!!

River Teith: On the 28th of the month there was a planned trip down the River Teith, however I ended up fitting a kitchen, and I'm not sure if anyone ran that trip!

The Mince Pie Paddle: This was cancelled due to bad weather that was forecasted.

Paddles to look forward to.

Hopefully this year weather can only be better than last several years for sea paddling. The river side of the club has seen a big improvement in the amount of trips that are going on within the club; so hopefully the coming year will be a good year for club paddling.

The first planned paddle for the New Year is a trip on the Firth of Forth area. Leaving from Crammond Island to Musselburgh; we will have the tide with us all the way. Anyone interested in this paddle should meet at the stores for 8.30 am for the above paddle. A plan "B" paddle will take place on the Lake of Menteith if the wind is forecasted between a Force 4-6 on that day.

The next planned paddle is on the 16th, on the upper part of the River Clyde from the A702 Road Bridge just north of Abington to a get out point just to the west of Bigger giving a paddle of 13km. This is a Grade 1 paddle and is suitable for Open Canoes and River Kayaks. Meeting time at the store is 9am.

On Thursday the 14th Colin is doing a talk on Hypothermia and what we can do to prevent its onset. The Time for this is 7pm at the Play Drome.

On the 30th of January we have quite a busy day doing Open Canoeing. The first part of the day will be taken up with doing Open Canoe Skills session aimed at paddlers who wish to do their 1 and 2* Awards, or just improve their paddling. Meeting time at the stores is 11am for the Open Canoe skills session. The second part of the day is a short night paddle with any type of Canoe or Kayak. Meeting time is at the stores for 3.30pm or at Balmaha for 5pm for the night paddle. We are planning to be of the water for around 8pm.

Into February and we have a paddle on the River Ayr on Saturday the 13th, this is a Grade 1-2 paddle and is suitable for both Open Canoes or Kayaks. The access point is at Stair Village and the get out is at Auchincruive College giving a distance of some 15km. The meeting time for the River Ayr trip is 8.30am.

Basic Navigation is the next subject that Colin is covering at the Play Drome on Thursday the 18th. This should be of value to all those who are thinking of taking part the various Star Awards over the summer months.

The next paddle is on the Upper part of Loch Fyne, starting from Inveraray and paddling down to Minard, with some beautiful scenery on the way. The meeting time at the stores is 8.30am for this paddle. Should the winds be forecasted at force 4-6 there will be a short paddle on Loch Lomond; the meeting time will be the same.

On Sunday the 28th there is a short Night Paddle on Loch Ard meeting time at the store is 6.30pm. This will only go ahead if the wind speed is a maximum of Force 2 and a relatively clear sky, which will give us an absolutely fantastic paddle.

On Saturday the 6th of March there will be a Grade "A" paddle in the Firth of Clyde starting at the small village of Dunure and going North past the stunning Heads of Ayr and up to Troon a distance of just over 20km. Meeting time at the store for this trip is 8.30am.

There will be other trips planned, but at the moment I do not have any further information on these, so please check at the Pool side for the latest information.

As a reminder the Club is planning a paddle to Barra which is to take place over the 8th to the 15th of May. The days may change a day or so either way once the new ferry times become available in March. This will defiantly be a grade B/C trip. If you are interested please see Rab for more info.

So hopefully the above information is enough to "WET" your appetite for a paddle and we will hopefully see you out on the water

Touring List 2010: This years touring list should be out in the next few weeks, so have a look in your e-mail inbox regularly.

For Sale:

Lockable Thule roof bars to fit car with roof rails. £50 (Ron 07743342330)

Trip Diary

Date	Location	Grade	Contact
January			
5 Tuesday	First Pool Session		
9 Sat	Sea trip -Firth of Forth Area	A	Rab 01877 382141
12 Tuesday	Skills – Sweep Strokes		
14 Thursday	Hypothermia	All	Colin
16 Sat	Upper River Clyde	Grade1	Rab
19 Tuesday	Skills – Stern Rudder		
26 Tuesday	Skills – Reverse Paddling & Stopping		
30 Sat	Loch Lomond - Open Canoe Skills 1* + 2*All		Rab
30 Sat	Night Paddle – Loch Lomond	All	Rab
February			
2 Tuesday	Skills – Edging/Leaning		
8 Monday	Committee meeting	All	
9 Tuesday	Skills – Rescues- Kayak		
13 Sat	River Ayr	Grade 1-2	Rab
16 Tuesday	Skills – Rescues - Canoes		
18 Thursday	Basic Navigation 1	All	Colin
20	Sea Trip - Loch Fyne Area	A	Rab
23 Tuesday	Skills – Forward Paddle		
28 Sunday	Night Paddle – Loch Ard	All	Rab
March			
2 Tuesday	Skills – Sweep Strokes/Stern Rudders		
6 Sat	Heads of Ayr	A	Rab

Please remember to phone up the night before a sea trip to check up for the trip status. (Between 7pm-9pm)
If you require equipment or a lift, could you please contact the trip organiser at least a week prior to the trip?

Long Term Paddler Development Workshop:

This workshop was held last November and an action plan was made by those attending and Steve MacKinnon, the SCA Coach who organised the event. Here is the Action Plan which is aimed at improving the club over the next few years.

LTPD Workshop Action plan Drumchapel and Clydebank Canoe Club

	Club development need	Tasked to
1	Look into funding for new coach training and equipment	Stewart
2	Set up a short notice trip notification system	David
3	Run some short outdoor kids trips, ie loch Lomond sessions	Colin
4	Have some social nights	Janice
5	Split pool session into kids session, then adults session then fun polo finish	Ron
6	Increase the activity level of non coaches within the club	Ian
7	Introduce small scale club scratch competitions	Ron