

# Drumchapel & Clydebank Kayak Club

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## Newsletter

### January/February 2011

Yes, winter is on it way with over a foot of snow here in Aberfoyle at the moment, and it will soon be coming up for Christmas again, and another year will have past. Well the good news is we still got a few trips left for this year is out and there might just be a few interesting trips to look forward to next year!

Hopefully we might get some better weather for the remainder of the year and actually get out and do some more paddling, remember it's your club, so let's see you out on the water.

### Newsletter Deadline

Any information such as trip reports or items for sale that is due for the next Newsletter must either be sent to Rab or Phil by the 20<sup>th</sup> of February for the March/April issue.

### Trip List

As many members know Rab will not be running as many trips year as he normally would do, hopefully members will help the Club by planning and running a few trips. So if any body would like to run a trip please pass the information over to either Phil or myself as soon as possible. Rab should have the full years trip list ready by early next year, but be warned it will be empty by comparison to previous years.

### First Aid Course

Colin is at the moment trying to pencil in several dates for some First Aid Courses for Club Members. These will take place early this year so please watch out for further information in the next Club Newsletter or at the pool side for up to date information on these courses.

The following article was submitted just too late for the last Newsletter so here it is now!

## **DCKC Coaching Coordinator – “what can you do for me?”**

At the last AGM in a moment of madness I volunteered to become the club’s “coaching coordinator”. I don’t think we have ever had one of these at Drumchapel and Clydebank, but I had met people from other clubs who had found this a useful thing to have. Hopefully in the rest of this article I can explain how this role could work.

### **What are the Club Coaches for anyway?**

- They are needed to allow us to have a pool booking!
- They are there to help us ensure that the club runs safely!
- They are volunteers, who normally have a canoeing qualification and help introduce people to canoeing and help them to learn more. They may also run trips and events.
- They model the stylish red t-shirts!

### **What’s the coaching coordinator for?**

The coaching coordinator is not meant to be a “super-coach” who can teach everything, but rather a person who can help across a range of things, such as:-

- point you towards people in the club who could coach you in different skills.
- help you if you fancy trying other areas of paddling that you might be interested in.
- help suggest sources of funding to help with coaching and related qualifications.
- help organise club coaching sessions and training courses (such as the pool coaching programme and safety training).
- Provide materials and resources to support the club’s coaches and members.

This doesn’t mean the club coaches couldn’t help with these, so feel free to ask them.

### **What’s the coaching coordinator doing at the moment?**

The main thing I am doing is reading and writing (lucky I got O-grade English)! I have nearly finished a booklet of poolside information on the different coaching and training courses that are available, and also some specific information on canoe and kayak paddling techniques. We are also trying to have a system of “approved teachers” who can help out with the coaching in the club, without having to attend external courses and assessments. Finally I am trying to arrange a Foundation Safety and Rescue Training session – a one day course for anyone who is interested in paddling safely to do (and you don’t need to join the SCA to do it!).

### **Need help from the coaching coordinator?**

If you know what you would like to do then you can get in touch and I’ll see if we can help. If you don’t know what you’d like to do then I can help introduce you to the range of options available.

Graham

## **Some Useful Canoeing Words**

- **STAR AWARDS** – formal tests of personal paddling skills. From 1\* on flat water, to 3\* on moving water or the sea and up to 4\* and 5\* where you demonstrate you can lead others safely on moving water, the sea or surf.
- **COACHING AWARDS** – a formal training and assessment scheme to learn how to effectively coach other paddlers from beginners to advanced.
- **SCA** – Scottish Canoe Association, the governing body for paddlesport in Scotland.

## **Committee Meetings**

The first meeting of the new elected committee was held last week. It was very well attended and lots of important matters discussed, so thanks to everyone there. The next meeting is Monday 7th February 2011 at 7pm, venue Playdrome. Remember any club member is welcome to attend these meetings.

## **Pool Sessions**

Pool sessions start on Tues 11th Jan 2011!

A reminder of fees - £3 Youths (under 18yrs), £4 Adults (16yrs & over), £6 Family.

A reminder of times - 8-9pm Youths & Adult Beginners (please arrive 7.45 to help with boats), 9-10pm Adult Intermediate/Advanced.

## **Club Subs**

Subs are due NOW!, so please pay up ASAP. Give cash or cheque (payable to Drumchapel & Clydebank Kayak Club) to Shona (Treasurer) or any other committee member. A reminder of fees - £15 Youths (under 18yrs) & Adults Unwaged, £27 Adults Waged, £35 Family.

## **Membership Forms**

**ALL MEMBERS** NEED TO COMPLETE A MEMBERSHIP **EVERY YEAR**, partly to keep contact details up to date which will improve communication throughout the club, but also it is legally required re data protection. Forms can be accessed via the website or from Shona at Tuesday pool sessions. It will only take a few minutes to complete.

## **Club Trips**

We are keen to increase the number & variety of club trips, so we are appealing to competent club members (coaching qualification not required) to run a club trip in the future. Colin (Chairman) is putting together a pack to assist club members when organising a trip and a meeting is being held on Friday 7th January at 7pm, venue Carbeth Inn???????? for all coaches & potential trip organisers.

## **Trip fees**

Another reminder, fees for club trips are as follows: Youths (under 16yrs) £1, Adults (16yrs & over) £1 plus £1 per item of club equipment used (to a max. of £4).

## **Club Website**

The website is now being updated on a regular basis and is to be one of the main ways of sharing news & important information/events between members & potential members! Please start using our website, perhaps viewing on a weekly basis is a good idea. Probably the most important areas to look at are the Calendar, News & Message Board (which should be up & running soon! More details of this in the next newsletter). If any member would like to put something onto our website then contact David Vause (Web Master), Shona (Treasurer) or Phil (Secretary).

## **Club Social**

There is Club social on Sun 9th January to welcome the new year! It is being held at Janice's house (social sec) at 4pm. We will be wining & dining, tethering & blethering. It would be great to see as many people as possible. If you would like to go then contact Janice at [janicegow@ntlworld.com](mailto:janicegow@ntlworld.com) BEFORE 1ST JANUARY, Janice will pass on her address to send your £5 deposit.

## **"SUMMER 2011 RIVER TRIP"**

Slovenia, land of crystal clear waters, food and drink and several classic grade 3 (touching grade 4) rivers. Drumchapel and Clydebank Kayak Club are planning to run a club trip there in July 2011, ideally for a week. There are a few travel options including driving out or flying

to Italy and hiring cars. We are also thinking of renting a ski chalet rather than camping as prices are very good and it should be a very affordable trip!

The rivers themselves are just right for a club trip, not too hard but lots of playspots, alpine rapids and more. There are even toilets provided at the get ins and get outs! The scenery is stunning and there are plenty of off river highlights. The final format of the week will depend on who attends but we can include all sorts of paddling, from skills to rescue techniques and more.

Currently Graham and Shona are confirmed and it is open to a wide range of paddling abilities. I would even suggest that if you were a novice just now, then with some dedicated paddling in preparation from now to July it would be fine for you.

The initial planning meeting is at the poolside at 8pm on Tuesday 25th January. To note an interest email or speak to Graham. Or for a flavour of Slovenia visit

<http://worldkayakblogs.com/uhcc/> "

feel free to amend to suit space in newsletter

Graham

Graham Swanson

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## **Trips**

**3\* Sea Assessment:** The 3\* sea assessment took place on Saturday the 30<sup>th</sup> of October and all three club members that took part in it passed. So well done to Phil Hyde, Ian Berg and Shona Robertson in passing their 3 \* Sea assessment.

**River Earn:** This was an excellent river trip with plenty of interest on the water with lots of small rapids on the entire trip. We launched at Comrie and then paddled down to Crieff, a distance of some 10km

**Firth of Clyde:** Was cancelled due to very heavy snow fall.

**Forth and Clyde Canal:** Again this was cancelled due even more snow.

**Loch Lomond:** The trip to the Firth of Forth on the 18<sup>th</sup> of December was changed to Loch Lomond, given that there was more snow forecasted over on the East side of the Country and slightly stronger winds on the West coast. Therefore Loch Lomond looked the best option!

Arriving at Balloch I was surprised to see how little snow was there, compared to Aberfoyle. However 10 minutes later it started to snow; and it was heavy, despite the fact that there was no snow forecasted for this area. Just four intrepid souls broke the ice at Drumkinnon Bay, Donald, Bill Gary, Shona and myself then headed out to Balmaha and the ever increasing snow.

On reaching the bay at Inchcailloch we were all surprise to find it totally ice free. Instead of stopping for lunch on the Island we opted to the luxury of some soup and a hot chocolate at "The Old Oak" pub at Balmaha. On reaching Balmaha the ice extended well out into the Loch and it took a fair amount of hard work to break the ice to get to the nearest part of the jetty at the boat yard in which to land. There were a few startled faces as four frozen snotters walked into the pub literally caked in snow and ice! Once fed and watered we were back on the water/ice and back to Balloch.

We managed a 20km paddle which is not a bad paddle given the weather conditions. So it looks as if this will have been the last Club paddle of the year given the continuing prevailing weather conditions.

**Loch Lomond Night Paddle:** Was cancelled due to the snow and ice and very low temperatures.

## **Paddle's to look forward to.**

**Lake of Menteith:** There was a slight mix up with the dates in the last newsletter, which was my fault. So on Sunday the 23<sup>rd</sup> there will be a short paddle on the Lake of Menteith (If it is Ice free! If not here will be a change of venue.) this trip is suitable for any type of boat. Meeting time is 9.30am at the Stores or 10.30am in the main car park in Aberfoyle.

**Loch Awe:** ON SUN 6TH FEB, MEET 9AM AT CLUB CONTAINER (ON MILLER ST, CLYDEBANK), GRADE A TRIP, MUST CONTACT SHONA ON 07507500996 THE EVE BEFORE TO CONFIRM DETAILS. HOPE TO HAVE A NEW BOAT TO CHRISTIAN!, PLUS LOTS OF ISLANDS & HISTORICAL RUINS TO EXPLORE, MIGHT DO A LITTER PICK TOO AS A RECENT PADDLE BLOG OF THE AREA REPORTED SAD NEWS OF TOO MUCH RUBBISH!

**River Cononish:** Into February and on the 27<sup>th</sup> we have another trip, this time it is on the River Cononish which starts at Crianlarich and the get out is at Loch Dochart a distance of some 5km. This is a short trip but a well worth while trip. This is a Grade 1 river and flows into a Loch. The meeting time is 8.30am at the stores or 10am at Crianlarich.

**Remember, if you have any questions on any aspect of the trips or information given, please ask.**

There may be further trips planned over the period of January and February, but at the moment I do not have any further information on these, so please check at the Poolside for the latest information.

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

# Diary

Date	Location	Meeting time	Grade	Contact
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At Stores

## January

7 Fri	Coaches & Potential Trip Organisers Meeting - Carbeth Inn - 7pm			
9	River Trip	9am	Grade III (IV)	Graham
9	Janice's House - Club Social 4pm –			
11	Pool Sessions Start Back			
23	Lake of Menteith	9.30am	A	Rab
30	River Trip (Nith?)	9am	Grade III (IV)	Graham

## February

6 Sun	Loch Awe	9.00	A	Shona
7 Mon	Committee Meeting	7pm	All	Colin
13th	River Trip	9am	Grade III (IV)	Graham
27	River Cononish	08.30am	Grade 1	Rab
27	River Trip (North Esk?)	9am	Grade IV	Graham

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NOTE: Please look at the grading of the trip, if unsure about the grading system, either ask or check the web site for further details.

***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?***

**Remember to print and pin this list up, or mark the dates and times into your Diary.**

Thanks Rab Burns