



Drumchapel & Clydebank Kayak Club

www.dckc.co.uk



Diary

Sat 01.02.14
Sea Kayak 'A' trip
Contact Bernie or Ross

Sun 02.02.14
OC training day*
Contact Graham

Tues 04.02.14
Pool Session, Clydebank

Sat 08.02.14
WW Group Trip
Contact Sandy

Tues 11.02.14
Pool Session, Clydebank

Sat 15.02.14
Open Boat and River
Group Trip
Contact Sandy

Sun 16.02.14
OC training day*
Contact Graham

Tues 18.02.14
Pool Session, Clydebank

Weds 19.02.14
Committee Meeting

Sat 22.02.14
WW Group Trip
Contact Sandy

Tues 25.02.14
Pool Session, Clydebank

***Fully booked**

Contact Numbers

Bernie 07753 924457
Ross 07960 444933
Graham 07968 057934
Sandy 07962 226280

Newsletter

February 2014

Sandy volunteered at the recent Committee Meeting to take on the editorship of the newsletter which we hope to publish on a monthly basis from now on. This will be published as a pdf file in order to make it relatively easy to distribute. Hopefully we can include active links to our website and to other websites to provide an interesting and useful publication.

It is still **your** newsletter and we need **your input** to make it work. Suggestions for articles, trip reports, photographs and other items of interest such as the latest paddling website you have discovered or items of news relating to the paddling world are all welcome and can be forwarded to Sandy at sandy.johnston@sky.com Contributions from any budding reporters are also welcome.

This month we have information on Club trips, Pinkston Paddlesports, the Club Website, an article on personal performance awards and what we hope will be a regular feature, Coaching Corner, where some words of advice and scraps of wisdom can be contributed by one or more of our Club Coaches. There are also tips on kayak rolling practice contributed by Graham Swanson, one of our senior coaches.

Any comments or suggestions for content can be forwarded to Sandy at the above email address. The deadline for the March edition is 21.02.14.



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Trips and Things

Grade A sea kayak trips are suitable for persons with a little experience. Grade B and C trips are progressively harder. For all sea kayak trips:

Please remember to give the respective trip leader at least ONE WEEK'S notice if you intend to borrow club equipment. Also please contact the trip leader the night before to check for any final updates regarding information. (weather, meeting points, etc.)

River trips tend to run no matter the weather so the need to contact the organiser the night before is not so necessary. However Sandy, if he is running the trip, does expect the persons going to give him a few days notice. Generally the Tuesday or Wednesday before the trip will be sufficient.

River trips are currently being divided into two types, the White Water Group trips for more advanced river paddlers and the Open Boat and River Group trips for either kayakers, open boaters or a mixture of both. The OB&RG trips are open to paddlers who are new to rivers either in open boat or kayak. The venue will be selected depending on the persons taking part, water levels and weather. They will generally be on a maximum of grade 2 (3) water.

The WWG trips on the other hand will be on grade 3 – 4 water. Open boats may be used but only by very experienced paddlers in their own boat!

You may wish to consider the following for sea kayaking:

<http://dckc.co.uk/resources/sea-kayak-equipment-lists/>

Advice on any of the trips can be obtained from the trip organiser or from any of the coaches at the pool sessions.

Remember, a pool session is just a place to practice. Kayaking and canoeing is all about getting outside!

Pinkston Paddlesports

The new white water course and paddlesports area at Pinkston is progressing nicely with some recent footage released on facebook showing the short course. When completed the centre, which will be only 20 mins away from us, will consist of three outdoor polo pitches, or a flat water training area all in a freshwater basin. There will also be a choice of two white water sections which will be fed by pump. It looks like it will be a cracking facility right on our doorstep and we are keen to make sure that the club is involved.

<https://www.facebook.com/Pinkstonwatersports?fref=ts>

<https://www.facebook.com/Pinkstonwatersports>

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<https://www.facebook.com/paddlesportsglasgow?fref=ts>

Personal Performance Awards

These are the star tests, 1, 2 & 3 Star. The other awards, 4 and 5 star are classed as Leadership awards. The purpose of these awards is to provide a series of progressive tests which you can use to measure your own development as a paddler in whatever discipline of the sport you are interested in. The 1 and 2 star tests are generic in that they can be taken in a variety of boats and you are encouraged to do so as a greater experience of different boats makes for a better paddler. The 3 star is specific to the discipline in which you are tested. Opportunities exist in the club for you to do any of these awards and if the coaches can't provide it then we will import coaches from outside the club who can. Just let us know what you want to do!

Club Committee Line-up Still Not Complete Shocker!

At our Annual Meeting in October we didn't manage to fill all the committee positions and are currently without a vice-chairman or secretary.

The **vice-chairman** has no formal role other than deputising for the chairman at committee meetings (5 a year), if the chairman cannot attend. Although not a formal requirement it would be good if the vice-chairman would consider becoming the chairman at some point in the future. This could be a new person or added to an existing committee members role.

The **club secretary** receives incoming emails/letter and forwards them on to other committee members to deal with or deals with them themselves if needed. They also prepare the agenda for committee meetings and keep the minutes for the meetings.

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They also need to work alongside the membership secretary and treasurer to keep the membership list up to date.

If you think you might like to get involved then why not speak to Gregor or Jo who can help explain what may be involved.

A bit about the club website....

Just a quick note to let everyone know a bit about how the club website works...

When you join the club within a couple of weeks you should get a username and password. This will let you login to the site and see some of the members only documents as well as changing your password to something more useful.

The key pages/sections are:

The “news” page which can include things such as updates, trip reports, external events, and grants we have received and more. This can also be searched and extracts are on the right hand side of most pages.

The screenshot shows the website interface for Drumchapel and Clydebank Kayak Club. The top navigation bar includes links for HOME, ABOUT, NEW MEMBERS, NEWS, CALENDAR, FORUM, CLUB MEMBER PAGES, RESOURCES, TERMS, and CONTACT US. The main content area is split into three columns. The left column is titled 'FORUM' and displays a list of recent topics with columns for 'Topic', 'Voices', 'Posts', and 'Freshness'. The middle column is titled 'UPCOMING EVENTS' and shows a calendar view with dates and event details. The right column is titled 'RECENT TRIPS' and lists recent club activities. Arrows from the text on the right point to the 'FORUM', 'UPCOMING EVENTS', and 'RECENT TRIPS' sections.

The “calendar” page has all the clubs planned trips and events. There is a dedicated calendar but also an extract with the next 6 events in the middle of most pages. If you have logged in you can comment on events. You can even add the calendar to your own google calendar or other electronic calendar.

The clubs “forum” has more space for chat or for last minute “peer” paddling trips which are not part of the clubs program of events. Although someone may be down as the “coordinator” these are peer trips and they are opening a trip up others who have the skills etc to come along. In the middle section there are recent forum topics and replies so you can see what is happening.

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Other pages include contact numbers (in the member's only section), committee and coaches photos and info and lots more.

Coaching Corner - Coach Development

Hopefully you may have spoken or been coached by some of the clubs coaches. They are Sandy Johnston, Rab Burns, Graham Swanson, Ross McKillop, Bernie Tolland, Tristan Armstrong, Shona Robertson, Davie Gow, Andrew Minshall, Ron Downie and Donald Smith. If this is something that has interested you or you fancied having a go at then why not contact Graham, as we are putting together a program of coach training for this year. The first stage of qualifying as a coach is becoming a “**Level 1 coach**” and the training takes place over 4 days, which can be at weekends or through the week. To find out more email grahamswanson@gmail.com

or speak to Graham or Sandy at the pool. We currently have 5 people who have said they are interested in becoming L1 coaches and there is room for more!

Trip Reports

We are very happy to have more stories, updates or trip reports on the club website. If you have we write up maybe even with a few images then please forward it to Tony or Graham who should be able to add it the website news feed. Please note most contact details are now available at

<http://dckc.co.uk/members-pages/contact-details/>

which you can see once logged into the website.

Alternatively you can forward your report to Sandy who can publish it in the newsletter. There has been loads of water in the rivers recently and club member have been out and about taking full advantage of the conditions as you can see from the videos put together by David Gow which have featured on the website. Tony also puts up links to any trips where he has taken photos and he takes loads including the odd 'selfie'. We are currently looking at various ways of making these videos and photos more accessible. If you have any ideas or suggestions please let us know.

Kayak Rolling Practice Tips

If you can already roll but not reliably on the sea or river then why not try some of the following practices...

1	With a partner in the water. Ask him/her to go to the back of the boat in shallowish water (maybe between their waist and chest). Ask them to tip you in. You should be trying to resist every time with low braces. They shouldn't be able put you in every time but should get you every so often. You can then roll up. This is a realistic way that you might fall in, and also develops low brace technique.
2	On your own in the water (with a potential rescuer). Go upside down and start swapping setup underwater from right hand side to left hand side. Once you feel you have to, roll up. This will focus you on how to move the blade under water and also how long you can stay underwater before you need to roll.
3	Wear a buoyancy aid and practice your rolling as normal.
4	Make sure you have some room around you. Fall in with the paddle either setup or not setup for a roll. Whilst upside down pass the paddle from one side of your boat to the other, but pass it over the hull of the boat (i.e. through the air, normally with one hand sticking up the air on each side of your boat). Once passed to the other side get the paddle back in both hands and roll up. This is actually a realistic way to understand what can happen if you end up with only one hand on the paddle.
5	With a reliable roll you should try the next drill. Image you are rolling for real. There is often a delay between rolling and your next paddle stroke. In this drill, roll up and put in your next stroke quickly. You can choose any stroke but consider possibly one a low brace, a forward stroke, or a small reverse stroke).
6	An awareness of the link between sculling for support and rolling (especially the screw roll) is not a bad thing. Start sculling and once in a pattern keep forcing the boat over, past 90 degrees. Keep on sculling. As you develop your sculling you should be able to get to just about upside down. Once you are confident you can start from upside down and just scull back upright.

Loch Lomond

On Saturday the 1st of February Rab will be running a trip on Loch Lomond. Departing from Balmaha and visiting various Islands as we paddle over to Luss and Lunch. The group will then head back to Balmaha via a different route. The distance we plan to paddle will be around 10 miles.

Meeting time at the Outdoor Stores will be 0930. Please note if you require equipment from the store please contact Bernie at least one week beforehand. Alternative meeting at Balmaha is at 1030. Rab Burns 01877 382141 Bernie 07753 924457.

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Flat water Symposium

West Coast Paddlers are organising a get-together for sea paddlers on 29 and 30 March 2014. They have sourced some grant funding to support a couple of days of coaching for sea paddlers in a flat water environment at a very reasonable cost. Full details and booking forms can be found as follows:



<http://www.westcoastpaddlers.org.uk/WCP/index.php/symposium/>

Sea Kayak Pool Rescue Evening

On Tuesday the 25th of February there will be an evening session of Sea Kayak rescues. As well as being shown various basic rescues, if there is time, we will try some more advanced rescues. As you may be aware of the large size of a Sea Kayak in the pool, it will mean that a maximum of only 4 Sea Kayaks will be in the pool.

Once the warmer weather appears, Rab will plan a session of rescues out on the sea. If anybody has any questions they would like to ask please contact Rab Burns on

Rab: - 01877 382141 - rabburns63@googlemail.com

Sea Trip List

Rab will hopefully have a Sea Trip list out in the next few weeks or so. If anybody would like to see a particular trip on the list, please let him know as soon as possible. (No promises, but he'll see what he can do.)

Next Newsletter

The deadline for submission of articles, news, trip reports, etc is Friday 21.02.14. All copy to Sandy Johnston on sandy.johnston@sky.com

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