

MKRC News February 2011

Mana Make a Big Splash at the Nationals.....

And it wasn't just from their paddles slicing through the water or our athletes capsizing during their races but by their fantastic performances across all divisions and the great team spirit that developed through out the weekend. The highlight being named the **winners of the Cooper Shield** awarded to the club with the most points accumulated in the senior divisions of open, U23 and masters. This is a fantastic achievement for our club and represents years of work by the committee in developing a club that has participants across all levels of the sport.

There were a number of impressive performances throughout the weekend, not all were winners on the water but in terms of their development they definitely were: Glen Muirhead winning the Masters Men K1 1000m emphatically and an impressive OM K1 200m; Kurtis Imrie winning the U17 K2 200m and 2nd in the U17 K1 200m and 500m ; Heather Kirkham winning everything in the Masters Womens and along with Jude dominating the team boats; Jude for her amazing performance in the 4km event paddling in a K1!!! :); Danielle for winning the Junior K1 1000m and 4 bronze medals and winning the trophy for the junior girls; Marianne for recording TWO PB's over 500m and placing 1st in the OW K4 500m, 2nd



The Mana Team

in the OW K2 500m and 200m; Bridget for making both 'A' finals in the U17 K1 events; Meaghan for making the 'A' final of the U19 K1 500m; Meaghan and Kathryn in the K2 events—they are looking like a real crew, balanced and able to go straight; Michaela for racing the K1 500m and completing it and looking rock stable in the process; Monique for her development in racing in the long K1's and her two bronze medals in the U15 K4; Jonti for giving the K1 a go in the K1 200m and her bronze medal in the U19 K4 200m; Tem Seth and Ryan for the development shown in their K4 by winning a bronze medal in the 500m and 200m. Kayla for the large number of medals she won in the U23 and open events.

A lot of fun was had by all and our new accommodation at Lake Rotoiti proved to be a huge success with everyone staying together as one big group. One of the highlights on Saturday night was the battle of the codes—groups were asked to organize a challenge associated to rugby, hockey, netball, ballet, basketball and a mystery challenge. Points were awarded for successfully achieving the challenge and the winner was the individual with the most points. Some very impressive challenges were devised and the competition was hot (especially the boys doing the ballet!!) The 2011 winner of the intercode challenge was the very consistent Meaghan Wilby. Meaghan managed to take out Kurtis in the final challenge to win this prestigious title for. The other highlight on Saturday night was the awesome meal—huge thanks to Nigel for coordinating this and his many helpers—it was so delicious.

Actually Saturday was a day of highlights with the club K4 Challenge taking place. The challenge involves crews being drawn out of a hat (or plastic container in this case) and placed into one of the clubs K4's in a randomly drawn out seat number. In many ways the most exciting part is seeing who you are paddling

with and what boat you're having to race in. (there are some tippy boats out there!! And then there's Greg and Brian :)

5 crews were selected and they all looked very impressive as they lined up for the sort dash across the regatta course lanes. But then they started to paddle Well greg and Brian did and they fell in!! The remaining crews had a close battle with somehow team Seth (Seth, Marianne, Monique, Curtis) winning ahead of the fancied Plastek crew. (of Tem, Matt, Michaela and Mark) The K4 challenge is a lot of fun and great to see all members of the club from our elite to beginners mixing in together. The video of the race will be on the website soon so check it out.



The U19 boys receiving their medal. These boys have another two years in this age group—lets aim for gold next year boys!!

What was most pleasing about the nationals was seeing the development of our new athletes. Many of them have had a handful of sessions and to make finals and in the case of team boats to be able to race them down the course and maintain some rhythm and coordination, it is really exciting to think what you all could achieve if you decide to put a little more time into training for the next season. One of the highlights, for me was seeing Meaghan and Kathryn in the U19 K2 200m, they looked like a crew that had been together for a long time. These two have come along way since they first started and to think in November Kathryn was falling out of a TK1, way to go girls. There are so many athletes that this equally applies. If you have the motivation and aspiration to go along way in sport then we coaches are very confident that we can get you there.

A full set of results is available on the CRNZ website

www.canoeracing.org.nz



Danielle powering down the course in the "Tyro's" division

If you are reading this and thinking that this sounds like a bit of fun, you're right, it is!!

Whether you are a master, Junior or elite athlete its an awesome feeling powering down the course in a team boat (even with Greg and Brian). So come along to training as we're keen to get a number of crews together over the winter with the aim of winning at next season's regatta's.



The view from our accommodation first thing in the morning - awesome location



GET UP TO SPEED



Two ballet dancers and two hockey players and now the Mana U17 K4 - you girls rock it is not easy racing one of these big boats!

Project Paddle - Youth development

The very popular Sunday sessions are back in action—they are aimed at school children but as parents if you are keen to have a go then come along and “have a go” !! The sessions are a lot of fun with a good mix of training and fun challenges and skill development.

Now that many of the attendees have the core skills we will be focusing on the use of team boats as we see this as a challenge and an enjoyable way of developing your paddling skills.

So come along on Sundays 9am ready to get wet but at the same time maybe set yourselves off on a pathway to sporting success.

Extra Sessions

If you want to spend more time in your kayaks then come along to the many other sessions that the club runs.

See below under training times.

Project Paddle - Senior development

As a senior athlete we do sport because for a variety of reasons, health, fitness, competition, social, aspirations and challenges. At Mana we recognise this and want to give you all the experience you want. Ultimately in terms of racing we all want to compete against people of our own abilities ie close racing. Our coaching sessions are aimed at giving you the skills to compete and in a variety of craft so that you have the opportunity to participate in a number of different events involving paddling.

The Masters division is an area that we are particularly keen to develop as there is an increasing awareness within CRNZ that this group of athletes do like competing and have a lot to put back into the sport. Consequently there are more opportunities being created in terms of racing and resources.

At the club we have a lot of team boats and we want to see them used regularly, our Sunday sessions will be focusing on this.

Training Times

Tuesday 6pm

Thursday 6pm

Saturday 8am

Sunday 8am and 9am (Junior development)

Upcoming Events

Mini Regatta - 10 April - Hamilton

This regatta is aimed at Juniors and Masters and consists of a races over 200, 500, and 1000m in K1's, K2's and K4's. We would like to take a group up to this event as it represents another opportunity to RACE. More on this soon.

NZ Marathon Championships - 16/17 April - Wellington

Races and Race distances for all abilities. Book this weekend now as this will be fun to participate in.



GET UP TO SPEED

A black oval shape containing the website address "www.manakayakracing.co.nz" in white text.

www.manakayakracing.co.nz