



**GET UP TO SPEED**

## **November News**

Hi all,

Its fantastic to see the numbers that are turning up to the training sessions, especially in the weekends. Re4ally noticing the great feel of comradely amongst you all when out on the water, this is fantastic and it makes for an enjoyable environment to be part of.

Along with all the fun there is a lot of hard work being achieved in the sessions and we're starting to see the benefits of that in the volume of work that you are able to handle now, but also the improvement you are making in your technical abilities. As we keep reminding you kayaking is a "late development sport" meaning that it takes time to fully become proficient at it – so hang in their especially if you feel you're not going as fast as others and keep working at it and you will eventually achieve you potential.

It certainly is a busy time of year with exams for the younger members and work commitments and of course Xmas functions for the working members. For the younger members remember to keep a good balance to what you're doing and that your exams are a priority at this time, there is no pressure to think you have to come to the sessions, get stuck into your study and once your exams are finished come on out onto the water and enjoy the summer fun.

### **Awards**

It was great to see Kurtis Imrie and Tess Allen being acknowledged as finalists at the recent College Sports Awards. Kurtis has had a fantastic year competing at various international events around the world, including the Junior World Championships. And it's great to Tess being acknowledged for the consistency that she has shown in the sport this season. Keep up the great work you guys.

### **Blue Lakes 2 – 7/8<sup>th</sup> December**

Below is a list of athletes that have indicated that they are coming to Blue Lakes. If I have missed anyone out or inadvertently added someone onto the list that isn't going please let me know asap.

For us at MKRC we see these regatta's as learning opportunities and this is for all levels of abilities. We're building towards the Nationals which is where we want you all to be at your best – we see these first two regatta's as great opportunities to race heaps to learn and grow in confidence in your ability.

For the beginners it is about experiencing and familiarising yourself with the environment of a sprint regatta. It's not so much about competing against others but more about gaining confidence in what you can do. For the intermediate paddler is about learning how to race – both in single boats and team boats. This includes pre race preparation, warm-ups, starts and of course racing with good technique, but also having a blast.

For the more experienced racers its learning about yourself through executing a race plan and getting more experience on 'how' to race. The word 'intensity' is huge for you. So to achieve all this we believe that the more races you do the better. As coaches we are committed to supporting you and totally understand your level of development and how you will be feeling. If you don't want to race but would like to come up and just paddle around then that's fine as well.

### **Athletes Confirmed as Competing**

<b>U14 Girls</b>	<b>U16 Girls</b>	<b>U18 Girls</b>	<b>Masters Woman</b>	
Neve Sisions	Sam Hayward	Letita Saunders	Geraldine	
Sarah Warren	Tess Allen	Jonti Cullen	Sandy Robins(TBC)	
Brooklyn Saunders	McKenzie Jones	Hannah Altman		
Danielle Watson	Hannah Holford			

Amber Woolcock(Tyro)	Keeley Saunders			
Caitlin Clark (TBC)	Gemma Woolcock			
Mia (TBC)	Matisse (TBC)			
	Emily Clark (TBC)			

U14 Boys	U16 Boys	U18 Boys	U23 Boys	Masters
	Ethan	Kurtis Imrie	Ryan Imrie	Brian Grace
	Blair			Greg Adlam
				Glen Saunders
			<b>Men</b>	Mark Watson
			Jeorn (TBC)	

All information to do with the regatta can be found on the Canoe Racing NZ website:

<http://www.canoeracing.org.nz/home-1/events>

### Entries

MKRC will enter you into events. We've got some great crews evolving at the moment so should be a lot of fun at the regatta – let's go fast!!!

### Accommodation

We will be staying at Gregs cousins batch on the shores of Lake Rotoiti, address *235 Whangamoia Drive, Okere Falls, Bay Of Plenty* –google it and see what an awesome location we will be staying in. You will all need to bring your own bedding and pillows. For those that haven't been there before it does present a few challenges in finding it but hey we're just a phone call away. Mark 021 105 3311 or Greg 021 546269 ☺

### Transport

If you're stuck for transport to get to the regatta, we will be able to organise a ride for you. Please let me know asap.

### Expenses

The following is a breakdown of the costs associated to competing at the regatta.

Expenses:

Entry Fee: \$60 Junior - \$75 Senior

Boat Trailer Fee: \$15

BBQ: \$10

Accommodation: \$10

If you are a Junior (U23) your total expenses are: \$95

If you are a Senior or Master your total expenses are: \$110

**So if you not sure or are thinking I'd like to have a go then DO IT - it is a lot of fun ☺**

### Rubber Ducky Series

The Rubber Ducky series is going really well with some close racing being evident. If you want to have a blast get on down to Evans Bay at 6pm. Check out our Website for results and more information.

## **Training Camp**

Our 3<sup>rd</sup> training camp is taking place on Saturday 30<sup>th</sup> November and Sunday 1 Dec morning. This time we are basing it at Greg's place which is on the shores of Pauatahanui Inlet. We have a fantastic programme planned including video analysis, psychology talk, team boat focus and racing. We will also be having some fun tennis and table tennis tournament s.

On the Saturday evening we'd like to invite the parents and family along for a BBQ and join in the tennis activities. .

Check out the website and register now. And Check out the poster attached to this email.

Have a great week everyone

Paddles up

Mark