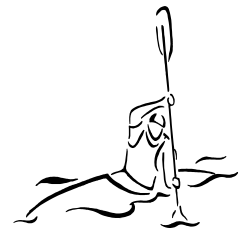


Clitheroe Canoe Club Newsletter



Welcome to the 2004 winter newsletter. It seems ages since our last newsletter and there is a lot to catch up on and as an added bonus you should receive lots of other goodies including: a full AGM report; pools sessions details and form; BCU Xmas card competition and BCU North West AGM coach update poster.

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AGM in brief

The club's annual general meeting was held on Monday 11th October at the clubhouse. A full report on the proceedings of the meeting is included with this newsletter. For convenience the financial bottom line is reported here:

"With the purchase of new boats and other equipment over the last year, it was good to see a high level of membership bringing in over £10,000 to the club. That, with grants of £10,000, left the balance looking relatively healthy at £1,715. Amount outstanding on loan stands at £5,000"

For those of you who really like to plan ahead a date for your diary the date for the next Annual General meeting will be Monday 10th October 2005 at 8pm.

New committee for 2004/5

After their election at the AGM, the first meeting of the new committee held on the Monday 25th October. At this meeting it was decided that the club would attempt to communicate with members more frequently, as a part of the Chairman's 3Comms strategy (see AGM report). One of the ways in which we hope to achieve this is

through the use of email in addition to the traditional newsletter. So if you would like to receive emails and do not believe we have your address email me at info@clitheroecanoeclub.org.

We will not share your email address without your permission and of course you can remove yourself from the list at any time. Simply email the same address with unsubscribe in the title or body.

Working Party

A working party was organised on Sunday 26th September. Despite the unpromising looking weather around fifteen members turned up. The rain held off long enough for worthwhile improvements to be made in and around the clubhouse, disabled access improved, exterior and main room mostly repainted. You will have noticed Jim brought his household food processor along. Andy and Robert seemed a little concerned "the wife" might not like it being used for mixing cement.

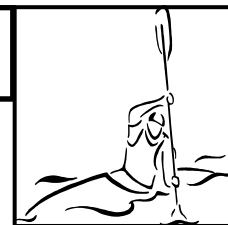
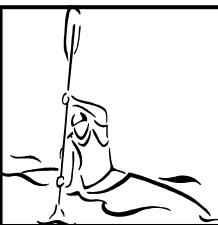


As you can also be see from the photos (courtesy of Marie) an inventory of all boats was made. The kayaks were numbered checked for wear an tear and where necessary repairs made. They were then restacked in the store room in as efficient a manner as Andy could devise. Though sadly for those of you have been down recently you'd never think so now!

Hopefully you will have also noticed we have some new helmets, cagoules and buoyancy aids and that all the 'wet gear' is a lot easier to find. This is because the volunteers sorted it, labelled it, put it on coat hangers and hung it on the racks in size

order! Sounds easy but take it from me it took hours to do. So next time you use club kit, please use hangers, put it back on the correct rack and encourage others to do likewise.

Keeping spirits up and the cold at bay the party was treated to a barbeque, with Gary Walton in the role of Chef, demonstrating his diesel oil cooking technique. Many thanks to all those who gave up their free time to come and help.



SWALLOWS & AMAZONS II

Following the raging success of the first "Swallows and Amazons" not surprisingly we decided to do it again. Part II happened on the Sunday 5th of September 2004. The mixed party of canoeists and kayakers met up at the clubhouse bright and early and in no time at all were decamping in what has become our traditional car park on the east side of the lake.

It was nice to see a lot of new faces attending and we were again blessed with good weather. After launching from the lake-side we quickly arrived at the island and the fun and games began. Including the eagerly anticipated return tug of war match, the first round having been won by Cap'n Jim Nolan's

team after more than a little skulduggery. Let it suffice to say that honour is now even and we look forward to a decider next year.

After the games jumping in the lake from the highest point available was in order and enjoyed by the young



and young at heart. The Chairman was even seen to perform a front summersault the Olympic diving team would have been proud of.

There was then just enough time for a final play and to practice skills such as rolling, before the return

journey. During which one of the open canoeist, had a go at rolling. A little ambitious if you ask me and I'm not so sure the other occupants of the boat were fully aware of their crew mate's intentions.

Well-honed rescue skills were quickly executed and the party were soon ashore. Then the now traditional game of throwing coaches of the landing jetty whiled away another half an hour until the party headed for home. Another great day out.

Many thanks to Robert for organising and Jim Nolan, for towing a trailer full of the opens and carrying the majority of Kayaks as well, We could not have managed without you.

BCU Ribble Tour 2004

The BCU organise an annual event known as the Ribble tour, which runs from Edisford Bridge in Clitheroe to the De Tabley at Ribchester. This years was held on Sunday November 7th and was attended by a number of members. The event was extremely well organised with a bus shuttling drivers from the De Tabley to the start point. There was a great turn out with open and kayak paddlers from all over were in attendance.

The river level was ideal for the

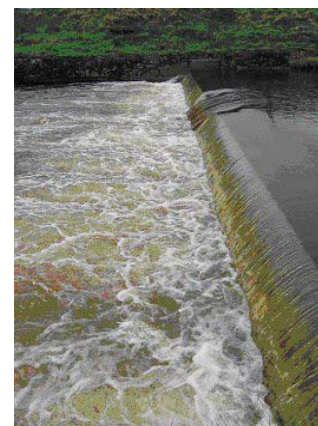
lighter paddlers and to be fair even the big 'uns only occasionally got stranded. There was a portage at Mitton Weir, a party did go over and mostly got through with little problem. The only paddler I saw go over didn't swim, he just got out and stood up - wish I had done it now - well next time.

The main white water section started at the foot-bridge at bridge Dinkley and ran along by Marles

Woods to Sale Wheel. The first part of this was fairly exciting with the volume of water in the river, it was probably Grade 2+.

The tour is quite long at around 9 miles with a few category 2 sections and took three and a half hours with portage around, lunch and good Samaritan repair break.

It is a shame the Ribble tends to get overlooked it is a very picturesque



local river and it offers a nice gentle introduction to white water for us beginners.

WANT TO BE A COACH?

You may remember from the last newsletter that the club is still very much interested in increasing the number of coaches.

If you are a 2 star or 3 star paddler aged 16 or over and would like to think about becoming a coach, then contact **Andy Noblett** on:

Telephone : 01254 248457 or

email: andyn@bluecarrots.com

Andy will be happy to discuss what is involved.

The club is always on the look out for people willing to train and qualify as a coach in order to pass on the skills and enjoyment of our sport to others. Not only is coaching fun to do, but training to become a coach will provide you not only with paddling specific skills, but with generic coaching skills which you can use in other aspects of your life.

The costs of training to become a coach are subsidised, 1/3 by Lancashire Council for Voluntary Youth Services (LCVYS), and 1/3 by the club (for junior coaches under 18 - 2/3 by the club).

Those of you with t' Internet access can apply on-line or down load an application form for LCVYS funding here:

<http://www.lcvys.org.uk/>

Beat the chill Pool Sessions 2005

As the afternoons get darker earlier and the cold weather sets in, we will be moving our Saturday sessions to Ribblesdale swimming pool on Edisford Rd., Clitheroe.

In previous years, pool sessions have always been over subscribed, so this year the organisation of the sessions will be different.

Duration - each session will be 40 minutes in length, allowing 3 sessions to take place in a 2 hour period. However, for this to work well, participants should ensure that they are ready on the poolside 5 minutes before the scheduled start time in order to ensure an efficient change over.

Sessions will be organised as much as possible to accommodate peoples availability and the courses they wish to attend. In order to achieve this, members **must** return a completed pool session form by Monday 13th December. Requirements will be assessed, courses planned and paddlers advised of when their courses will be and how much they will need to pay. Payment should be received before the start of the course. Your place on the course will be confirmed on receipt of your payment.

Courses - will be held over 2, 3 or 4 consecutive weeks. Courses will comprise of :-

- **Basic skills** - for the relative newcomer and inexperienced
- **Youth** - building confidence in the water and practicing skills and techniques
- **Rescues** - practical rescue techniques for people of all sizes, including rope work
- **Recovery strokes** - practical application of recovery strokes in warm water, encouraging commitment to the stroke
- **Soft ball canoe polo** - a fast and exciting team game requiring the practical application of paddling skills
- **Rolling** - learn to roll, or improve your rolling in warm water!
- **Family fun session** - organised team games and competitions for all the family
- **Friends and family** - an opportunity to introduce relatives, and friends who are not club members to the delights of paddling.

Course dates: All courses take place on Saturday evenings.

Date	Session Times		
08/01/05	17:00	17:40	18:20
15/01/05	17:00	17:40	18:20
22/01/05	17:00	17:40	18:20
29/01/05	17:00 Family Fun	18:00 Friends & Family	18:30 Friends & Family
05/02/05	No Session (Presentation Evening)		
12/02/05	17:00	17:40	18:20
19/02/05	17:00 Family Fun	18:00	18:30
26/02/05	No Session		
05/03/05	17:00	17:40	18:20
12/03/05	17:00	17:40	18:20
19/03/05	17:00 Family Fun	18:00 Friends & Family	18:30 Friends & Family
26/03/05	No Session (Easter_		
02/04/05	17:00	17:40	18:20
09/04/05	17:00	17:40	18:20

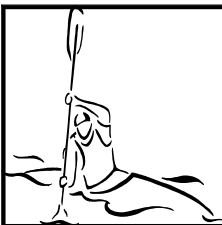
Note : Family fun sessions will be 1 hour and friends and family sessions will be $\frac{1}{2}$ hour long.

Costs : All sessions will be **£4** each regardless of length. Any paddler who is booked on 3 or more sessions will be charged at a reduced rate equivalent to **£10** per 3 sessions (£3.33 per session)

Information : If you require more information feel free to contact: **Jonathan Downing** on 01200 423962,
or
Marie Heyworth on 01254 822440.

How to apply : You should have received pool session forms with this newsletter. Forms are also available from the forms page of the web site:

<http://www.clitheroecanoeclub.org.uk/Forms%20and%20downloads/Forms%20and%20Downloads.htm>



Annual Presentation

Just a quick reminder to keep Saturday February 5th 2005 free for the Annual Presentation Evening.

This year the presentation evening will be held at Billington & Langho Community Centre with entertainment in the form of a Ceilidh, with music performed by **The Old School Band**.

Tickets will be on sale nearer the time, price:

- Family Ticket £20,
- Adult Ticket £6,
- Children £5.

Saturday sessions

As we will all have noticed, since the clocks went back, there is no longer enough daylight to complete the fun session at the normal time.

The club is happy to continue with Saturday sessions but cannot continue in the current form. We will either have to choose to:

- start earlier,
- shorten the coaching and fun sessions or
- run them side-by-side.

If you have a view, or a better idea, then let a committee member know or email:

info@clitheroecanooclub.org.

River Levens Dates 2004/5

Andy Noblett has kindly got hold of the date for access to the river Levens this season.

The cost will be Cost is £2 per bib and the dates are:

- Nov 7th, 14th, 21st;
- Dec 5th, 12th; Jan 9th, 30th;
- Feb 6th, 13th, 27th;
- and March 6th, 20th.

WEB SITE - The web site has been up and running for a almost a year now. We need to keep developing the site and expanding its content. This is very time consuming for one person. Can you help?

Would anyone be prepared to write a report and or take photos on club outings or other relevant paddlesport activities?

<http://www.clitheroecanooclub.org.uk>



Canoe Polo

Just a reminder the canoe polo is still happening every Sunday from 8-9pm at Colne swimming baths.

The cost is **£3.00** payable on the night and all kit is provided. So if you fancy having a try at one of the fastest growing aspect of paddlesport get on down to the end of the M65. Directions can also be found on the events page of the web site:

<http://www.clitheroecanooclub.org.uk/Events/Canoe%20Polo%202004.htm>

First Aid Course

The club hope to be able to run a:

BCU Aquatic First Aid course

on Saturday December 11th.

Juniors (under 16) will be free of charge and the cost to adults is £15 with LCVYS finding if they are doing it for coaching reasons. Otherwise the cost is £45.

For those of you who already have this qualification just a reminder that its only valid for two years.

For further information call Andy Noblett on:

01254 248457

or email:

andyn@bluecarrots.com

