



Clitheroe Canoe Club

E-News

April 2008

With Winter now over, Saturday coaching sessions have now resumed, and despite the weather not really warming-up yet, the first two weekend have seen a good turn-out. Welcome back to all our existing members, and welcome to all our new members.

The new season is the start of an exciting time in coaching terms. The new BCU star test syllabi are now in use, and for our younger members there is now Paddlepower, which goes live at the club on Saturday 3rd May.

Winter saw some coaching at the Burrs Activity Centre, on the river Irwell. These sessions were great fun and a great success, and some valuable river skills were learned. We also did trips on the Leven, Crake and Kent, and these were also very entertaining in more ways than one! The warmer months will allow for more relaxing and sedate trips. Keep an eye on the calendar and at the club for more details.

See you on the water,

Louise Casson
Chairman

Continued Coach Development

Over the winter, several of our members have completed their coach training at both BCU Level 2 and Level 3. This means we now have more coaches operating on both flat water and moving water. In addition to this, many of our coaches have completed coach training in both open canoes as well as kayaks, which will allow us to effectively deliver the new BCU star tests, which now include open canoeing.

So, congratulations to all the coaches who have passed assessments over the winter, and good luck to all those who have assessment looming!

Anyone interested in becoming a coach should speak to one of the committee members for further information.

Awards Presentation and BBQ – New Date – 7th June 2008!!

Sadly, our annual prize night had to be cancelled due to poor ticket sales. However, **WE HAVE NOW RESCHEDULED THE EVENT**, and as the weather will be warmer, we have decided to hold the event in a different format.

The day will begin at 2.00pm, and will replace the usual Saturday session. There will be competitions and games throughout the afternoon, with prizes for the winners, followed by a BBQ and our annual awards presentation. All non-paddlers, friends, parents, family etc. are welcome, and there will be something for everyone.

The cost will be the same as our session costs, with tickets priced at:
£4.00 for a single ticket
£10 for a family ticket
Ticket prices will include food and soft drinks.

Tickets are on sale now, either from the club on a Saturday, or by contacting Marie Heyworth on 01254 822440.

For details of our awards, of which some are serious, some are not, go to:
www.clitheroecanooclub.org.uk/awards/2006%20Awards.htm



Forthcoming Trips and Events

Here's a few dates for your calendar:

Saturday 3rd May, 2:00pm – Meeting for junior members and their parents to introduce the Paddlepower scheme.

Sunday 18th May – Swallows and Amazons Trip to Coniston.

Saturday 7th May, 2:00pm – Awards Presentation, BBQ & Fun Day.

Memberships

Membership fees are due now, so if you haven't already done so, you can renew any time by contacting Marie Heyworth. Thanks.

Clitheroe Canoe Club on Facebook

We now have our own group page on Facebook. Go to:
<http://www.facebook.com/group.php?gid=7170738022>

You'll need to be registered on facebook, but this is free and easy to do, and you can then view our group page and post on our message board. Our members also post photos of their own kayaking trips and keep in touch through the message board.

Canoe Polo Sessions

Some of our members play canoe polo in conjunction with Pendle Paddlers. There's a possibility of sessions being held at Clitheroe on a Friday evening, and games are played for fun, and also in competitions. Anyone who would be interested in having a go, should contact Sarah Nock on 01200 427530.

Winter Trips Gallery

Here are some photos from our winter coaching and trips.



River Crake –
Paddlers: Chris Kemp, Paul Brown, Louise Casson & Glenn Casson



River Irwell –
Paddler: Cameron Downing



River Irwell - : Paddlers:
Chloe Casson, George Hammond & Drew Bennett

Some of our members prefer more challenging rivers. Here's a couple of the many action shots from over the winter.



Jonathan Downing kayaking Low Force, River Tees



Glenn Casson on Salmon Leap Falls

That's all for now. Keep checking the notices at the club for forthcoming news, trips and activities.

You can also check out the website at www.clitheroecanoeclub.org.uk

See you on the water,

Louise