

BVCC Newsletter May 2011

Welcome...

... to the May 2011 edition of the BVCC newsletter. From Wednesday 1 June we will return to Aldershot Lido for our Wednesday night club sessions – hooray! So time to dust off all that paddling kit that has been in the garage or cupboard over the winter, and get back out on the water!

Trip reports

Dartmoor trips in February and March

We've had two whitewater trips to Dartmoor this year, one in February and one in March. On both trips we paddled the sections of the Dart, the Walkham and the Tavy. The Walkham and Tavy were new to many of those on the trips but I think it's fair to say that, although we all like the Dart, everyone enjoyed the chance to paddle a different river and see some different scenery. Unfortunately the water levels were fairly low on both trips, but, we did spend some time exploring the adventure playground at the River Dart Country Park!



We don't spend all our time on club trips paddling...

Basingstoke Canal, April

In early April a small group did a day trip on a less-commonly paddled section of the Basingstoke Canal, from Odiham to the Greywall tunnel and back again. We benefited from the early warm weather and enjoyed paddling a different section of the canal.

Coaching and courses

We will be running the usual range of courses at the lido. For the adults, we will be starting a 2 star course on Wednesday 8 June and a 3 star course on Wednesday 1 June. If you are interested in joining one of these courses, please email Graham Snook (courses@bvcc.org.uk). If you are interested in a 1 star course, or a 2 star or 3 star course later in the season, please email Graham who will put your name down on a waiting list. Once there is enough interest (usually 4 people per course) we will then schedule dates.

We will also be running a rolling course again this summer. This will run over 4 Thursday sessions (30 June, 7 July, 14 July and 21 July and 28 July). Please email Graham Snook if you would like to reserve a place.

Also this year we intend to run a “general coaching group” each week. This will cover all abilities and will run without a fixed syllabus – what is covered each week will depend entirely on those in the group and what they would like to cover. It is aimed at, for example, those who are waiting for the next 1 / 2 or 3 star course to start and who would like a bit of help in the meantime, as well as those who would simply like a few tips to brush up on their skills.

Please note that all courses will run subject to there being sufficient interest, but also that there is a maximum number on each course and places will be on a first come first served basis.

We will also be providing a stand-up paddle boarding taster session, courtesy of Active360 (<http://www.active360.co.uk/>), at the lido on Tuesday 21 June. The session will run from 7pm to 8.30pm and will be split into two, the first for children and the second for adults. All equipment will be provided, and there will be a charge of £4 per child and £6 per adult to cover costs. Please email info@bvcc.org.uk if you would like to book a place. We may need to restrict numbers, depending on interest, so places will be on a first come first served basis.

Polo

Polo training takes place on Wednesday evenings at Alton Swimming Pool between 8.30-10.00pm through out the winter, all welcome, please contact us in advance if you wish to attend so that we can make sure we have enough kit. During the summer the polo team will be training at Aldershot Lido (dates are currently being confirmed) – please email polo@bvcc.org.uk if you are interested.

Paddlepower

Paddle Power Series 2010-2011 - Jan 2011 –May 2011

The New Year started with a version of Canoe Polo with no paddles. A fun time was had by all the team over 3 Saturday evenings with BVCC wining the event for a second year running although this year was a closer finish as there was a girls team from Newbury who could throw the ball better and other teams were of the same age. In addition on the last night, there was a game with paddles which made it more interesting.

Sprint – No interest in this event this time around must be the wobble boats, hopefully we can change this next year if we use the new club lightening during the summer.

Dragon Boats – due to other commitments we had only a partial team but the team were very persuasive in recruiting others from other teams. This resulted in a Final of Pangbourne vs “ a BVCC barbarians team” which was very closely contend and we lost by a dragon head maybe it was because of not having Tom in the boat as he got a very large splint in his finger in the semi-final!.

Slalom - Individual and Olympic - This year we held the slalom event on the canal at Mychett. The event was well attended and this year we introduced the Olympic team event where the youngsters had to paddle as a team of 3 around the course which was fun to watch.



Paddlepower slalom. May 2011

The next final event in June will be the **Introduction to Moving Water** on the Nene White Water Course, there will be some coaching and fun activities for them all to do.

The prize giving will be at the sunny family event on the Thames at the **Pangbourne Regatta** – and hopefully we finish in the top 3 behind Pangbourne! I hope that the older club members 16+ will have a go as it is open to and I will remember my kit subject to baby's arrival!

Many Thanks to all of you for taking part over last few months and to all the Parents/Carers for ferrying the youngsters around plus hanging around with your picnics and hot tea's/ coffees.

Summer Season Lido

Over the summer season we will have lots of fun and getting ready for the next Paddle Power Season with a few trips and training sessions for assessments.

Best Wishes

Ed

Tesco & Sainsbury Vouchers

A great thank you to all of those who collected the Tesco and Sainsbury vouchers over the last few months and donated them to the club. The initial totals are Tesco 621 and Sainsbury 768 which are under last year's totals so any more please give them to the committee ASAP, as we now we need to send them off and choose suitable equipment from the catalogues (two Argos type catalogues!).

Many Thanks

Club Committee

Lido – a few reminders

Please remember the following points for the lido sessions:

- Don't forget to sign-in, pay and collect a bib when you arrive at the lido and before you get on the water (unless you are on a course, in which case your coach will let you know if any alternative arrangements apply).
- We recommend that you avoid leaving valuables in the changing rooms, as the club cannot be held responsible for anything that goes missing.
- Please remember that a parent or guardian needs to remain on site for children under 16.
- If you have used a club boat for the session, please ensure that it is emptied of water and sponged out before it is returned to the boat store.

- If you have borrowed other club kit (paddle, buoyancy aid, spraydeck, splash cag), please ensure it is returned to the correct rack at the end of the session.
- There is a bit of a knack to getting everything in place in the boat store, and most boats are very heavy, so to avoid accidents please remember that it should in general only be coaches / committee members in the store.
- After each session we have a short briefing from the committee, usually at about 8.45, about club news, trips and events.

Trip/event calendar

We have now put together the club calendar for the next few months. You can find details of all club events (trips, weekly sessions, paddlepower, polo etc) on the club website (<http://www.bvcc.org.uk/trips-training/>). There is also a list of all planned events on the final page of the newsletter.

If you would like information on any events, please email events@bvcc.org.uk or for Paddlepower events youth@bvcc.org.uk.

Club volunteers

We are always grateful for volunteers to help out the club – whether serving on the Committee, coaching, organising trips or events, supporting events (e.g. transporting kit, setting up etc), helping out at taster sessions (these are a valuable way of attracting new members into the club and ensuring our sport continues to grow in popularity) and so on. On lido nights in particular, extra pairs of hands are always useful – helping with kit, pointing first-timers in the right direction and so on. If you would like to get involved or help out in any way at all, please email chairman@bvcc.org.uk.

Lindsay

Contacts

Details of club contacts are below.

Chair	Lindsay Heeley	chairman@bvcc.org.uk
Vice-Chair	Matt Williams	chairman@bvcc.org.uk
Secretary	Ian Morris	secretary@bvcc.org.uk
Treasurer	Damian (Ed) Edwards	treasurer@bvcc.org.uk
Coaching officer	Bob Hamilton	coaching@bvcc.org.uk
Youth officer	Damian (Ed) Edwards	youth@bvcc.org.uk
Polo	Glenn Carlton	polo@bvcc.org.uk
Youth polo	Alan Blyth	youthpolo@bvcc.org.uk
Courses	Graham Snook	courses@bvcc.org.uk
Events	Mark Lovegrove	events@bvcc.org.uk
Website	Mike Hamilton	webmaster@bvcc.org.uk

Paddlesafe

Be safe

Are you being heard?
Is something worrying you?
Are you keeping it to yourself?
Need someone to listen?



Contact us in confidence

Your Club Welfare Officers:

Damian (Ed) Edwards

Telephone: 07715 749636

e-mail: edwardsdamian@hotmail.com



Matt Williams

Telephone: 07790 915888

e-mail: wmd@hotmail.com



Alan Blyth

Telephone: 07969 350218

e-mail: alan.blyth86@gmail.com



BCU CHILD PROTECTION

24 Hour Child Protection Contact Number Mobile: 0777 570 7364

(For use by professionals and people wishing to report incidents outside of office hours)

e-mail: childprotection@bcu.org.uk

BCU Child Protection, Vulnerable Adults and Harassment Lead Officer –

Mike Devlin Tel: 0845 370 9514

Postal Address: Child Protection, British Canoe Union, 18 Market Place, Bingham, Nottingham, NG13 8AP

For more information on our child protection policy please visit www.bcu.org.uk

NSPCC Child protection Helpline: 0800 0800 5000

Childline 0800 111 (a free 24 hour helpline for children in distress or in danger)

BVCC events calendar

Date	Location	Notes
28-30 May 2011	North Wales	White water trip, all abilities Camping
4-5 June 2011	River Wye, Welsh Borders	Touring trip for all abilities Camping
11 June 2011	Nene - Northampton	Paddlepower Event
18-19 June 2011	Tryweryn Festival	Annual paddling festival at the Tryweryn in North Wales – various events, competitions, entertainment and paddling. Please note that this is not a BVCC event.
21 June 2011	Stand-up paddle boarding taster session, lido	For all abilities, adults and juniors
30 June 2011	Rolling course starts, lido	4 Thursday night sessions, 30 June, 7 July, 14 July, 21 July
30 June 2011	Wavell School session	Some volunteers may be needed to help
7 July 2011	Scouts taster session, lido	Some coaches and other volunteers will be needed to help
9-10 July 2011	Sea kayak symposium at Woodmill Outdoor Activity Centre, Southampton	For anyone interested in sea kayaking! You can find out more here: http://www.woodmill.co.uk/AnnouncementRetrieve.aspx?ID=24841 Please note that this is not a BVCC event.
10 Jul 2011	Pangbourne Regatta	Fun event for all, adults and juniors
14 July 2011	Scouts taster session, lido	Some coaches and other volunteers will be needed to help
23-24 Jul 2011	River Wye, Welsh Borders	Saturday - touring trip for all abilities Sunday – introduction to whitewater at Symonds Yat Camping

27-29 Aug 2011	Dorset coast	All abilities – activities will vary depending on weather/sea conditions and the group but might include Poole Harbour, easy sections of the Dorset coastline or the Beaulieu River Camping
17 or 18 Sep 2011	Lee Valley Park	Day trip to the Olympic course – exact details and ability level depend on opening times, water levels etc.
29-30 Oct 2011	Barle	Introduction to whitewater Bunkhouse
11-13 Nov 2011	English Canoe Symposium	Open canoe festival - various events, coaching sessions, talks etc. Please note that this is not a BVCC event.
19-20 Nov 2011	Dart	White water trip (probably intermediate) Bunkhouse
3-4 Dec 2011	BCU Coach Conference	Near Swindon – annual BCU coaching conference
January 2012	Dartmoor	Whitewater trip (probably intermediate) – exact date to be confirmed Bunkhouse
February 2012	Lake District	Whitewater trip (probably intermediate) – exact date to be confirmed Bunkhouse/youth hostel
March 2012	Dartmoor	Whitewater trip (probably intermediate) – exact date to be confirmed Bunkhouse
In addition we are also considering the following trips, though no dates as yet, but watch this space!		
TBC	Cardiff International Whitewater Centre	Probably early one Sunday morning, which is when the centre runs sessions aimed at clubs and suitable for beginners on whitewater.
TBC	Upper Severn	
TBC	River Mole	

Note: in general for summer trips we camp, but you are welcome to stay at alternative (indoor!) accommodation, and similarly for winter trips when we usually stay in bunkhouses.