

Paddle VIC Sprint

Paddle Victoria Sprint Paddler Update
March 2019



March, the end of the sprint 2018/2019 season!

The Paddle Victoria sprinters have really represented the sport well. We have had our two major competitions for the month; Australian Sprint Championships and the Victorian Schools Championships.

Stay tuned for some sneaky offseason tips and our special feature for this month.

To follow check out some very inspiring bios from two of our top junior paddlers.

Recap of the National Sprint Championships!

The 2019 National Sprint Championships were held early March in Perth and they were a great success! Victoria was represented by some of our strongest athletes. Briely Wright was competing her hardest and doing it for the under 18s, Georgie Tonkin was toughing it out in the Open/ Under 23 Women category and AJ Reynolds was smashing it out in the Women's Paracanoe class. All out athletes raced exceptionally well!



Briely's Major race achievements were winning the Women's K1 5000m and racing in the final of the Women's K1 1000 m.

Georgie Tonkin also raced her heart out and did extremely well racing her fastest ever K1 200 m, putting her 3rd in the B final.

AJ Reynolds also dominated her class and achieved first place across the board! These amazing results deemed her competent for selection into the 2019 Australian Paracanoe team!

Victorian State School Sprint Championships recap

The annual school sprint championships were recently held at the Nagambie Lakes regatta centre in conjunction with the schools marathon championship.

This day was a huge success and saw a grand total of 127 participants racing on the day, alongside a massive team of parents, volunteers and coaches who all helped the day run smoothly.



With 21 schools competing for the State Title the fight for the trophy was tough and exciting. The final results were very close, however Methodist Ladies' College dominated and took the trophy home, closely followed by Trinity Grammar and in third place Strathcona. For the small schools' category, Geelong schools/ scouts took out the first place, with Ballarat and Yarrawonga/Echuca schools taking out second and third respectively.

International team representation!!!

Massive congratulations to our very own superstar AJ Reynolds who secured her position into the 2019 Australian Paracanoe Sprint team!

AJ will compete in this year's World Cup series and finish off with the big one at the world championships! The paracanoe squad will head off to Szeged, Hungary for the World Championships, where they will need to qualify their boats for the 2020 Olympic games!

Very exciting times up ahead for AJ and the team and we wish her all the best!



Off season training tips...

Now that the 2018/2019 Sprint season has finished it's going to be tough to keep up the training through winter and be ready for the start of the 2019/2020 season.

Give yourself some time off at the end of the season.

There's no point going back into hardcore training, it's very important that you give yourself a couple of weeks or so off to do the things you want to do that you can't while training and to let yourself love training again.

How to stay motivated?

Top tip for motivation is to think about the rewards you get for training through winter, entering the summer sprint season already fit makes it much easier to peak at the right times.

Train with a good group and it won't feel like training! Sprint squad sessions are running every Tuesday and Thursday morning from INCC/ FCC.

Team work makes the dream work.

What is the most effective offseason training?

Do what you enjoy, build up the dry land gym and running training, keep the on-water sessions long and build the endurance in the body. Join some marathon races.

Add in some swimming if you have previously swum, you'll be surprised with the benefits you wrig from it.

Sneaky tips for those cold mornings/ nights

Layer up, never anything wrong with an extra layer or two.

Treat yourself! Missing a sub-0-degree session or two won't destroy your career

Jump on an ergo! If it's just too miserable, which it definitely can be, change it up and do an ergo session, you'll be surprised how long you can paddle on an ergo with a movie playing at the same time.

Meet our top juniors!

First up Leo Lazzarotto!

Leo is our junior male competitor who loves his 200 m races. Leo originally got into kayaking through his school program at Trinity Grammar and is continuing his passion in the sport training with a strong group of paddlers who push him to paddle faster and train harder every day.

Leo's favourite place to paddle is Wallaga Lake NSW, however, he trains regularly on the Yarra river in Fairfield. You will regularly see Leo paddling on a Tuesday and Thursday afternoon and on a Saturday morning. If he's not paddling, he's hitting a 6 am gym session 3 times a week!

Leo's greatest achievement in paddling so far is placing 3rd in the K1 state marathon race, but we know there will be heaps more to come from this pocket rocket.



"There are 3 choices in life: give up, give in or give it your all"

- The rock

Finally meet Briely Wright!



Briely is our very aspiring junior female competitor and a true standout for Victoria, especially when competing at the National championships. Just recently Briely absolutely dominated the K1 5000m and smashed out a solid race to see her in the final of the K1 1000m. Briely's favourite place to paddle is the national course in NSW and she has been lucky enough to race there a few times already. Briely's dream goal would be to make an Australian team in the future, to do this she's

training very hard! You'll commonly see Briely down in Geelong on the water 3-4 times a week and if she's not out paddling Briely will be out running twice a week or smashing out some gym session 3-4 times a week. With all this training on board, we are sure Briely will reach her dream goal in the future!!

"Go harder"

A quote for success.

Special feature for this month!



This month we have been lucky enough to get an awesome interview from one of our top Australian coaches!

Meet Duke Ruzicic, his official position is the head National Canoe Coach for Paddle Australia. Duke is most definitely living his dream job, travelling all over the world coaching the top Australian canoe athletes!

Duke started paddling when he was 12 years old, living in Canada for 20 years has allowed him to

compete for both the Canadian and Serbian National teams as a canoe athlete until 2012.

After Duke finished competing, he got straight into coaching. He started with the Serbian woman's national team from 2013 till 2016 Rio Games. Duke also studied coaching, in Serbia at a sports university in Novi Sad and then went on to study in the US as part of the IOC coaching development program. Duke has numerous other diplomas and he has won numerous medals as a coach at all the major international competitions. So clearly he's doing something right. As Duke says 'Love coaching, love my job, love the sport..'

So, what actually is it that Duke loves so much about coaching? Well, the athletes and the staff he has had the honour of working with the most. Everything else is just the perks of the job... including travelling overseas for 3 world cups, 2 under 23 world championships and 1 senior world championship. This year, Duke will coach the canoe team again at 2 world cup races and the world championships! We wish Duke all the best for his upcoming international season.

Some top tips for upcoming paddlers striving to make it on an Australian team.

"Be prepared to work real hard for a long time.

Also make sure you stay on top your school work cause you won't get rich paddling.

Be nice to your parents because they will be paying a lot money to support you...'

Coming up:

- Fundraising BBQ
- Autumn & Winter Sprint series events
- EOI for Sprint Committee nomination
- Team boat training weekend in November (check out the Facebook)

Exciting news!

The Victorian Sprint committee has worked their magic and we have sponsors for the 2019 season!!!

Thank you to Swivs Locker, McGain Group and AFI, we are now able to provide all paddlers participating at GP2 and Nationals with a race singlet and an off-water top.

