

Paddle VIC Sprint

Paddle Victoria Sprint Paddler Update
February 2019



February has been a jam-packed month for the sprint racers of Victoria! Our elite Victorian team members competed in the GP2 sprint series held in Penrith, Sydney in early February, meet our GP2 athletes later in the newsletter...

Victoria also held the annual Victorian Sprint championships at Nagambie lakes and the Paddle Vic sprint committee did an amazing job of hosting such a successful and smooth event that saw a day full of great, exciting racing!

The national DRAFT regatta schedule is now available, go onto this link for more information.
https://sprint.paddle.org.au/wp-content/uploads/sites/16/2019/02/20190219_Nationals-DRAFT-program.pdf

CALLING ALL ATHLETES... National Sprint Championships!

Champion Lakes Regatta Centre, WA

5-10th March 2019

The Australian Sprint Championships are quickly approaching and we are super excited to have a strong representation of Victorians attending the event.

Paddle Victoria is assisting athletes by providing accommodation and boat transport for all athletes but NEED your confirmation to organise the fine details.

Please go onto TeamApp immediately for information on how to do so

Entries for the national championships close 26th February, visit this link to enter!

<https://www.webscorer.com/registerseries?seriesid=165393>



Upcoming.... Victoria State School Championships

Nagambie Lakes Regatta Centre

17 March 2019

In march the annual school sprint and marathon championships are being held at Nagambie Lakes Regatta Centre. We would love to see as many school kids competing in this exciting day of racing. Sprint events will be held in the afternoon and competitors will be competing in 200m races in both single and double craft.

Winning schools will be awarded trophies for the day and individuals who place in their races will be awarded medals.

To enter please visit webscorer on this link <https://www.webscorer.com/register?raceid=164525>

Please enter by 5pm 14th march.

Recap of Victorian Sprint Championships



The 2019 Victorian Sprint championships were the most successful they've been in a long time! All competitors had heaps of fun and raced some very tough races!

The day included races of 1000m events in the morning followed by 500m and finishing off with 200m in the early afternoon. Presentations were conducted all through the day leaving athletes very satisfied.

The amazing team of volunteers worked very well all day and were what made

the day run so smoothly along with the countless hours the sprint committee put in and especially Reka Abraham! The volunteers were proudly displaying the Elio shirts and AFI composites caps; they definitely looked very smart indeed!

Recap of GP2

A grand total of 16 athletes competed in the 2019 GP2 race held at the Sydney Internationals regatta Centre, NSW. All our athletes performed to their best and battled the tough races. The new team Vic uniform was worn and definitely helped our athletes stand out! Many thanks to Mc Gain group, SWIVS locker and AFI composites.

Some of our standout final results are:

AJ Reynolds: 1st Para canoe WK1 500m and 200m Final

Sabastian Wakim: 5th MC1 1000m and 2nd 500m Final

Reka Abraham: 3rd WC1 500m and 200m Final,

Chau Nguyen: 7th WC1 500m and 200m Final,

Brendan Clarke: 7th MK1 200m C final

Reka and Chau: 2nd WC2 500m and 200m Final

Brendan and Seamus: 8th MK2 500m B final



Another highlight from the weekend was the long distance race that Victoria dominated in. The race was a new addition to the program; it consisted of a 3.6km race and two portages after the first two of the three laps.



Our podium finishers were:

Seamus Spanner 2nd MK1

Kate Leverett 1st WK1

Hannah Scott 2nd WK1

Rachel de Krester 3rd WK1

Chau Nguyen 1st WC1

Reka Abraham 2nd WC1

Team App:



Exciting news! Our team app page is up and running, if you don't want to miss out on important news, Paddle Victoria Sprint events and offers, get the app now!

Team app ► [find my team](#) ► [paddle vic](#) ► [JOIN](#)

PLEASE TURN NOTIFICATIONS ON.

This will be our main way of communicating with athletes, coaches and supporters going forward. Our goal with this is to better protect our member's privacy and streamline communication to make sure the right information is getting to the relevant people.

Meet some of our top athletes!

SABASTIAN WAKIM: Meet Sab, he is one of Victoria's top Canoe sprinters. Sab competes in the open C1 and C2 events and his favourite distance is 500m.

Sab has spent the majority of 2018 in Hungary training with 10 of the professional national team canoeists! In order to compete at the world champion standard in Hungary their athletes are up at 6:30 every day for their first of 4 sessions for the day.

A typical day in Hungary included a paddle in the morning followed by a run or gym session, Sab would then head home for some lunch and a nap before going back to the club for a second paddling session and another run or gym after.

Apart from training with the elite canoeists of the world Sab idolises and is inspired by Maxim Opalev who is a Russian Canoeist who attended 3 Olympic games, winning bronze, silver and gold across all 3!

When it comes to racing Sab is very organised and precise, his superstitions involve doing all the preparation for a race in the same time frame every event otherwise it could go pear shaped.

Sab's message to the young guns coming up is

"Have fun, set goals and don't stop 'till you achieve them!"



GEORGIE TONKIN: Meet Georgie, she is one of our up and coming kayak athletes who has recently popped up into under 23's and is always racing and training hard and especially loves the 200m races. Georgie came from a Slalom and white-water background but has taken on flat-water training after an unfortunate shoulder injury, however still loves racing slalom.

At the beginning of 2018 Georgie took a leap of faith and moved herself up to the

Gold Coast to train with the elite squad of Australian kayakers. The main difference that she noticed between Victorian and Queensland training is the time of training, Georgie wakes up in the dark to she gets a decent session in before the hot weather takes over.

On race day Georgie races her optimal race, which involves organised preparation on race day and wears a lucky necklace and ring that gives her the extra edge. To continue with her big day/ weekend of racing Georgie's recovery food is a maccas McFlurry, which is an indulgence surely many people have!

Georgie races and trains hard, her idol to keep her motivated is Jess Fox, who is "the greatest female paddler in history", along with Mick Fanning and Anna Meares who are all top athletes of their sport.

Georgie's message to the upcoming generation of paddlers is

"Try all the different disciplines available to you- you'll never know which one you'll love the most until you try"



NOAH CAMERON:

Meet Noah, he is one of Victoria's top under 23 sprinters, who like Georgie loves racing 200m.

Noah got into kayaking as a high school sport and has loved sprints ever since. In 2015 Noah was selected to race for Australia at the Olympic Hopes regatta which is a race for up and coming athletes under the age of 17. This was the entry into the elite life of sprinting for Noah and has continued to be successful ever since.

To prepare for a race Noah has very specific superstitions, he always has to wear socks in the boat while he's racing and training and always does a pre-race routine of listening to the same 3 songs and doing a routine whilst in the starting gate. After a race Noah's best recovery indulgence is a good old Chicken parma!

Noah idolises Tony Iommi, who is the lead guitarist of Black Sabbath, he overcame adversity at the age of 17 when he lost the tips of two fingers in an accident. Following this he fitted homemade thimbles to his injured fingers, continued playing; and went on to become the greatest Riff-Writer who ever lived. With this inspiration in mind Noah's long-term goals are to make a senior or an Olympic team!

Noah's message to young paddlers getting into the sport is

"Stick with it. In this sport it's about the long game. Hundreds of kids will attempt and have success early in their career, but then get disheartened when they reach opens. Sticking with it is the key."

AMANDA REYNOLDS

Meet AJ, she is arguably Victoria's most successful Para athlete for canoe sprint! AJ has achieved great things so far in her career. She has attended world championships competing in the KL3 category since 2014 and also competed at the 2016 Rio Paralympics winning medals all over the world!

The 2016 Paralympics has been AJ's major highlight of her career, it was described as something she has never experienced before, the atmosphere was "absolutely awesome" and she met people that have become lifelong friends!



On race day AJ finds listening to songs helps to get her in a good headspace on the water and she says a mantra as she lines up to go in the gates. Another superstition AJ has is that all her boats have a different name. This must be what it takes to become a paralympian! After a tough regatta, AJ loves to recover with a hearty cheeseburger.

AJ is an idol for many aspiring athletes out there, but her idols are other paddlers around her that inspire her to do what she does and encourages her to be the best she can!

AJ's message to the upcoming generation is

"Believe anything is possible with hard work and commitment. And to love what you do"

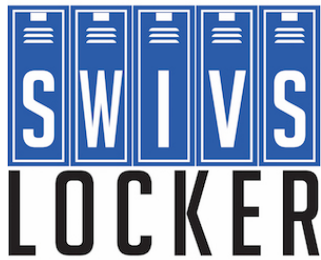
Coming up:

- Canoe Sprint National Championships, 5-10th March, Campion Lakes, WA
- School Sprint and Marathon Championships, 17th March Nagambie Lakes Regatta Centre
- Fundraising BBQ
- Autumn & Winter Sprint series event
- EOI for Sprint Committee nomination

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.



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