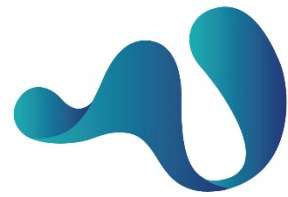


Paddle VIC *Sprint*



Paddle Victoria Sprint Paddler Update April May 2019



April- May, the beginning of the winter training season for the 2019/2020 season!

The dreaded winter has finally arrived. This means days are shorter and colder and its harder and harder to get up in the morning. However, it doesn't mean that the kayaking is going to stop. The international sprint season has just begun and the best of the best from around the world are in their peak form. This is the best time of the year to build a solid ground of fitness and health to enter the next season fit.

Majority of our sprint paddlers are training hard in marathon and are smashing goals. This is great to see and evidence of how complimentary the two disciplines are.

What's been happening over the first two months of the winter season?



Starting out winter season, a lot of athletes have given themselves some recovery time, and time to prepare for a long cold winter training block.



Many of our sprint athletes have also competed in the 2019 marathon national championships, so have been training hard to prepare for the marathon event. The weekend saw great success for Victorians and our sprinter with many selected into the Australian Marathon team to compete in China later in the year!

Our committee has been getting up to some very exciting planning for the 2019/2020 sprint season and new events

have risen to help motivate the sprinters throughout winter.

Internationally our local superstar AJ Reynolds has begun the start of her international racing season in Europe at the world cup 1 in Poznan Poland, stay tuned to hear how she went!

Strategic forum recap:

In May the Victorian sprint committee held their strategic forum to plan for the new season ahead, this also included nominations for the new sprint committee, members will be released shortly....

The meeting was held on the 4th May 2019 and was a great success of Paddle Victoria Sprint. The purpose was to set up a long-term plan and guideline for upcoming years in Sprint Canoeing. Four club representatives from across Victoria participated in this meeting.

The main goal was to bring back National events to our state and increase the number of our athlete's representation in National Sprint teams.

The following main topics were discussed at the meeting:

Development of Vision: Provide a common goal that unites the entire Victorian paddling community. To be Australia's leading source for elite paddling athletes, while providing a supportive environment where athletes can achieve their maximum potential.

Development of a Mission to deliver our vision. Regular events. Clear communication with Clubs and Athletes. Clubs involvement in sprint events. Providing standard guidelines for events; selection; volunteers and officials. Working towards a State Sprint Head coach, who can help our athletes perform their highest potential. Potential financial support for our athletes. Rebuild the connection with VIS and set up a high-performance Hub in Victoria.

The meeting ran on time with lots of positive outcomes and ideas to make the plan realistic.

It's really great to see lots of enthusiasm surrounding the sport and the growth and development of sprint kayaking in Victoria is definitely growing.

International team representation!!!

Very exciting news for AJ Reynolds who has completed her first international sprint regatta of the season. AJ raced in the KL3 women's 200m event and smashed out a bronze medal in her A final!

This result is so great for AJ and a great representation of Australian kayaking. We are very excited to see how AJ goes in her future regattas and wish her and the rest of the Australian world cup team all the best!



Ramon Anderson coaching clinic



We were very lucky to have hosted Ramon Anderson the head WAIS coach, current coach on the Australian junior team. Ramon has won medals at both the world and Olympic championships over his career and we were very lucky to have him speak to us at one of our local clubs INCC.

Ramon was very generous to spend a few hours discussing some top training tips and sharing his knowledge of training methods and the most effective ways to train.

The most emphasized fact of the morning was, believe it or not, that sprint and marathon actually do complement each other therefore get stuck into both for total success!

The other key takeaways from the morning was the importance of structured training and data collection, especially when training alone collecting real time data is the most effective method to improve your fitness and speed.

Other top tips included, doing an aerobic session to a metronome for fluid stroke count and separation, he also stated the importance of not over training and this is effectively done through separating training blocks and not trying to train endurance, speed and lactic acid tolerance at once.

2019/2020 Paddle Victoria Sprint Calendar

2019/2020 Vic Sprint Racing Calendar			
Date	Event	Location	Host Club
Sunday, 9 June 2019	Time trial 2km and 1km single		
Sunday, 28 July 2019	Time trial 2km, 1km and 500m single		
Sunday, 25 August 2019	1km and 500m doubles pulling pairs from the cup		
Sunday, 22 September 2019	500m, 200m straight and 4x100m relay		
Sunday, 6 October 2019	500m, 200m straight and 4x100m relay		
20/10/2019 or 27/10/2019	Bendigo Cup?	Bendigo	Bendigo
Saturday, 8 November 2019	Team Boat Camp		PV/PA
Sunday, 10 November 2019			
Sunday, 24 November 2019	team boat regatta, olympic events		
Friday, 6 December 2019		West Lakes Regatta Centre, Adelaide, SA	PA
Saturday, 7 December 2019	GP 1		
Sunday, 8 December 2019			
Sunday, 19 January 2020	VIC Sprint Champs	Nagambie	PV
Saturday, 25 January 2020	State Team Camp		PV
Friday, 14 February 2020		Sydney International Regatta Centre, Penrith, Sydney, NSW	PA
Saturday, 15 February 2020	GP 2		
Sunday, 16 February 2020			
Sunday, 23 February 2020	Vic Super Cup		
Wednesday, 11 March 2020			
Thursday, 12 March 2020			
Friday, 13 March 2020	Canoe Sprint National Championships	Sydney International Regatta Centre, Penrith, Sydney, NSW	PA
Saturday, 14 March 2020			
Sunday, 15 March 2020			

The calendar for the upcoming season has been released! Click the link or check out the Paddle Victoria website for more information.

[Click here](#)

Jack Frost Time Trial

The closest event is the Jack Frost Time trial held on the 9th June at 9:30 am location tbc. This time trial is a great test for your base level and the perfect way to work out what needs to be worked on or to give yourself a goal for the winter. The time trial will be 1km and 2km and registration closes the 7th of June!



[Click here](#)

Winter warmers:

Throughout winter we will provide you with a few little recipes that are both nutritious tasteful and healthy. This may spark some cooking inspiration and is a great activity for those cold rainy days ☺

Costa Rican black bean soup by Jamie Oliver

This is a great vegetarian and dairy free option.

Ingredients:

3 red onions	2 cloves of garlic
2 sticks of celery	1 green pepper
1 red pepper	2 fresh chillies
½ a bunch of fresh coriander	Olive oil
½ a bunch of fresh thyme	2 x 400g tins of black beans
2 fresh bay leaves	4 large free-range eggs
1 tbsp red wine vinegar	Extra virgin olive oil
4 corn tortillas	

Method:

1. Peel and finely chop the onions and garlic, then trim and finely slice the celery. Deseed and finely chop the peppers and chillies. Pick the coriander leaves, then finely chop the stalks.
2. Drizzle a lug of olive oil in a large saucepan and place over a medium-low heat. Add two-thirds of the chopped onion, garlic, celery, coriander stalks and peppers to the pan, then pick in the thyme leaves.
3. Add half of the chilli and gently sauté the veggies for 15 minutes, or until softened but not coloured.
4. Tip in both tins of black beans with their liquid, followed by the bay leaves and 400ml of boiling water. Turn up the heat and bring to the boil.
5. Season, reduce the heat to low and simmer, uncovered, for 30 minutes, or until thickened and creamy. If it reduces too much, add a splash more water.
6. Next, crack the eggs directly into the soup and reduce the heat slightly. Leave the eggs to poach in the soup for 5 minutes, or until the whites are cooked but the yolk is still a bit runny.
7. While they're poaching, make a salsa. Finely chop the coriander leaves and add to a bowl with the remaining chopped onion, the red wine vinegar and a few tablespoons of extra virgin olive oil. Mix well.
8. When you're ready to serve the soup, warm your tortillas directly over an open flame or on a hot griddle pan.
9. Serve them alongside the black bean soup and salsa and finish each bowl with a drizzle of the chilli coriander oil.



Peanut butter Protein balls

These are the perfect post training snack to give you all the right nutrients to restore your body, they are also gluten-free, vegan, whole grain and dairy-free

Ingredients:

256g Natural peanut butter
2 tsp vanilla extract
½ cup unsweetened shredded coconut
1/3 cup of mini chocolate chips (vegan if need)
80g honey or ¼ cup brown rice sugar
1 ½ cups of rolled oats (use gluten free if need)
Pinch of salt
1-4 tsp water or additional vanilla extract

Method:

1. In a medium mixing bowl, stir together the peanut butter, brown rice syrup or honey and vanilla extract.
2. Stir in the oats, coconut and salt until well combined and then add the chocolate chips. If the mixture doesn't hold together well when pinched together, add the additional water or vanilla, a teaspoon at a time until the mixture holds together well when pinched.
3. Form 1" balls by pressing about 1 tablespoon of the mixture together.
4. Store at room temperature for up to 3 days or refrigerate for 1 week.

Coming up:

- Jack Frost time trial - 9th June, 9:30 am
- Fundraising BBQ – 29th June
- Time Trial event – 28th July
- Bendigo cup, sprint and marathon
- 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.

