

# ***Paddle VIC*** ***Sprint***

Paddle Victoria Sprint Paddler Update  
August / September 2019



Spring is just starting to blossom as well as the Sprint season. Just a reminder, kayaking in spring, water may be cold even if the day is hot. Please paddle responsibly and always wear your lifejacket. Be smart, be safer, have fun! Before we tell you all the exciting events coming up this Sprint season, let's have a quick look back what happened in August and earlier this September.

Also check out the special recipe for the month, it will be certain to boost your satisfaction, we will also show you the top 3 kayaking stretches which will help you when warming up before training.

What has August and September brought to the paddlers of Victoria?



## Paddling film festival

### [Intro film](#)

Yes, you hear that right. Finally, it is a travelling film festival dedicated entirely to paddle sports. It has been running for 13 years based out of Canada and more than 120 cities annually around the globe. Audience can see hairy whitewater action, sea kayakers exploring remote coastlines, northern river canoe expeditions, international river travel films, motivating environmental documentaries and gruelling kayak fishing battles.

The Australian Tour still on Sydney 3<sup>rd</sup> October, Sunshine Coast (Nambour) 8<sup>th</sup> October, Launceston 16<sup>th</sup> October.

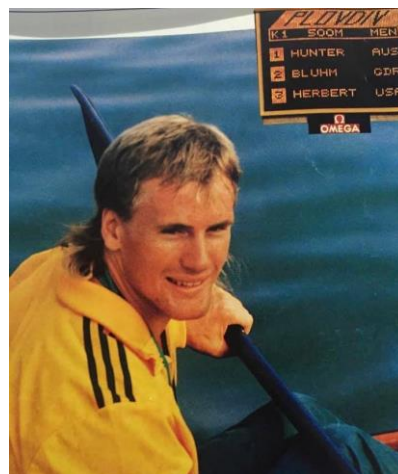
If you missed out in the Victorian screening, [contact us](#) and we arrange screening for you.

## Milestone moment - 30 Year anniversary Martin Hunter become Australia's first-ever Sprint World Champion

On August 26, 1989, Martin Hunter of Ivanhoe Northcote canoe club, Paddle Victoria (Victorian Amateur Canoe Association as it was then called) and Victorian Institute of Sport athlete, become Australia's first-ever Sprint World Champion at the 1989 World Championships.

Other Aussie athletes had come close in prior years: John Sumegi, placing 2nd in 1979 in MK1 500 and Grant Kenny/Steve Wood, 3rd in 1986 in MK2 1000, but it was to be the super humble athlete from Victoria who would take Australia's first World Championship crown. And it was not until 1994 when Clint Robinson took gold in MK1 1000m, would Australia win another World Championship.

Martin excelled over the field in Plovdiv, Bulgaria, to take the win in the MK1 500m over Kai Bluhm of East Germany and Mike Herbert from USA. Of the race itself Martin says he doesn't 'really remember much, except that the podium was really high, and my legs were tired'!



In 1990, Martin backed up his win with a bronze in the same event.

Martin's achievements under coach Reg Hatch came at a time when the AIS unit on the Gold Coast was also newly established and from this infancy it's grown into what we know today. From Martin's win, came many lessons for our sport and coaching staff and his success led the way for our future World Champions; some of which you may look up to now, would have gained their inspiration from Martin. After Martin retired as an athlete, he married Swedish athlete, Agneta Andersson and also became the Swedish Head coach for many years, where he still resides.

Congratulations to Martin on 30years of Australian World Championship history!!

Australian World Champions pre 2000

- Martin Hunter MK1 500m (1989)
- Clint Robinson MK1 1000m (1994)
- Andrew Trim / Daniel Collins MK2 500m (1997)
- Katrin Borchert / Anna Wood WK2 500m (1998)
- Katrin Borchert / Anna Wood WK2 1000m (1999)

## International Team representation!!!

Very exciting news for AJ Reynolds who has secured her boat for the 2020 Paralympic games!

AJ raced in the KL3 women's 200m event at the ICF World Championships in Hungary, and finished in the top 5 nations for her category, and attained an athlete quota for the next Olympics.

After bagging her quota AJ participated at the Ready-Steady-Tokyo, Olympic Test Event, where she was able to experience and get first-hand insight into the 2020 Olympic racing course, facilities, organisation and venues. We are extremely proud of her results and looking forward to seeing her in Tokyo next year.



Tickets are available to purchase for the Olympics and it selling fast! If you would like to see AJ and the rest of the Australian team live, buy your ticket now!

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[Click here](#)

## 2019/2020 Paddle Victoria Sprint Calendar

2019/2020 Vic Sprint Racing Calendar				
Date	Event	Location	Flyer	Entry
<b>2019</b>				
Sunday, 9 June 2019	Jack Frost Time trial 2km and 1km single	INCC	<a href="#">Flyer</a>	Team App
Sunday, 28 July 2019	Time trial 2km, 1km and 500m single	National Water Sport Centre, Carrum	<a href="#">Flyer</a>	Team App
Sunday, 27 October 2019	Bendigo Sprint Cup	Bendigo	<a href="#">Bendigo</a>	<a href="#">email</a>
Saturday, 3 November 2019	Team Boat Camp	Essendon CC	<a href="#">Flyer</a>	<a href="#">Team App</a>
Sunday, 17 November 2019	Team boat regatta, olympic events	National Water Sport Centre, Carrum	PV	TBC
6-8 December 2019	GP 1	West lakes regatta centre, Adelaide, SA	PA	<a href="#">Regattas</a>
<b>2020</b>				
Sunday, 19 January 2020	VIC Sprint Champs	Nagambie	PV	<a href="#">Regattas</a>
Saturday, 25 January 2020	State Team Camp	National Water Sport Centre, Carrum	PV	TBC
14-16 February 2020	GP 2	Sydney International Regatta centre, Penrith, Sydney, NSW	PA	<a href="#">Regattas</a>
Sunday, 1 March 2020	Vic Super Cup	TBC	PV	
11-15 March 2020	Canoe Sprint National Championships	Sydney International Regatta centre, Penrith, Sydney, NSW	PA	<a href="#">Regattas</a>
Sunday, 15 March 2020	VIC School Marathon & Sprint Championships	Nagambie	PV	TBC

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

[Click here](#)

***No matter how long the winter, spring is sure to follow, so let's Spring into fun!***

Coming up:

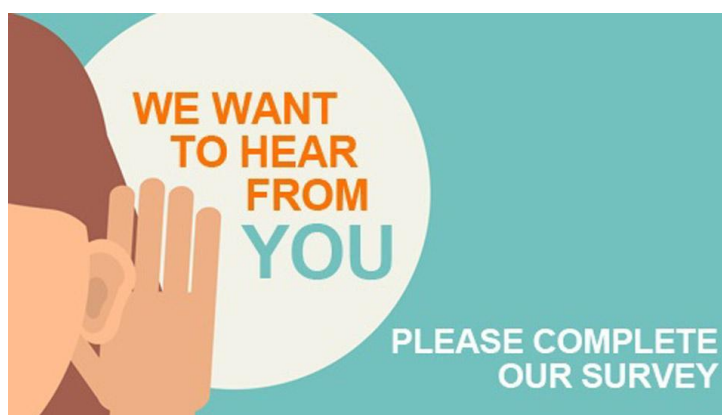
Marathon World Championships 17-20 October  
Shaoxing, China

Our mighty marathon team is just about take off to China to the ICF Canoe Marathon World Championships. You can follow the team progression and live results the link below.

[Live results](#)

We wish all the best to the team!

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### Paddle Victoria Sprint – Paddlers Survey

Let us help you to success!

Please fill out the survey so we have better understanding what you need so we can plan, and tailor make the events for you!

Take the 2-minute survey [right now!](#)

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### Bendigo Sprint Cup

27<sup>th</sup> October

The event is a division-style racing, groups will be made up based on the participants 200 m estimations time. The event will be timed for the distances 200 m and 400 m. Paddlers of all craft types and levels, including beginners, are encouraged to attend. All craft types are catered for including kayaks, canoes, surf skis, SUP's and down river boats. The day will be very informal, relaxed and fun sprint event with over 100 great spot prizes!

Registration via [email](#)

Registration fee: Adults \$20 (pay on the day, please bring correct change), Juniors \$15

Free morning tea for all participants and volunteers.

Day schedule: Entries open 8:00 am, Entries close: 9:00 am, Briefing: 9:30 am, Competition starts: 10:00 am

Check out the details by [Click here](#)

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## Volunteering

Amazing opportunity to help the paddling community. Bendigo Canoe Club looking for some helping hands to run a smoot sprint event on the 27th of October. There is free morning tea, 100+ spot prize which includes volunteers as well plus being apart of an amazing team!

Please register [here](#)

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## Canoe technique / equipment clinic with Steve Vegh

Steve has a long connection with kneeling canoe paddling, in his native country, Hungary. He was a member of the national squad and fortunately he brought his skills to Australia and won numerous Australian Championships. Steve has also represented Australia as a master and has won World Championships for his age group. He has long term expertise in paddles, boats and the personalized fit out of boats. He has coached for many years at Patterson River CC and has played a significant role in many paddlers journey to international success.

Equipment for the clinic will be provided. (C1 and C2, paddles and kneeling blocks)

The clinic will run on October 27 th Bendigo Canoe Club after lunch following the morning sprint competition.

Register via [email](#) or [phone](#)

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## Team boat camp

9-10<sup>th</sup> November, Essendon Canoe Club

Paddle Victoria Sprint is running a two-day team boat camp to help supporting our athletes all around in Victoria.

Team boat training sessions supported by Paddle Australia and run by National coaches focusing on

K2/C2 and K4 boats. (C4 if applicable) Video analysis and team dinner after the first day.

K4/C4 boats will be provided by Paddle Victoria/INCC/FCC and Bendigo Canoe Club

The event is free but you MUST complete the registration details in full below to participate.

Deadline for registration is 5/11/19

Register [here](#)

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## Grand Prix 1

6-8<sup>th</sup> December, West Lakes Regatta centre, Adelaide, SA

Our national regatta season is coming up soon, with the first stop in the sunny and sometimes windy Adelaide. The sprint committee is continue supporting our National athletes. This year we are giving assistance with boat transfer and locking in team accommodation. Please help our preparation for this interstate events and register your attendance on TeamApp as soon as possible.

Team work makes the dream work! Bring it on 2020 😊

Link to TeamApp events [here](#)

## Spring into it!

With the warmer weather here, we've got a great recipe for the great outdoors. Show us how did you go, share a photo of your dish on your social media sites and tag us in! We would love to hear from you!

Instagram @canoevictoriasprint, #paddlevictoriasprint or on Facebook @PaddleVictoriaSprint

### Healthy Salmon Burger

The perfect meal to enjoy all the fresh spring flavours! Serves: 6

#### *Ingredients:*

<b>Salmon Patty:</b>	6 brioche burger buns
900g fresh salmon	1 spring onion
2 tbsp bread crumbs + extra	salt and pepper
<b>Hatch Chile Slaw:</b>	2 cups of packed cabbage coleslaw
2 roasted hatch chillies	½ of red bell pepper, thinly sliced
¼ of small red onion, thinly sliced	1 tsp sugar
1 tbsp of rice wine vinegar	pinch of salt
<b>Avocado Aioli:</b>	3 avocados
2 tbsp sour cream	2 tbsp chopped coriander
1 lime	1 lemon
1 shallot	Salt

#### *Method:*

##### Salmon Patty

1. Make sure all the bones are out of the fish. Then take half of it and cut into 1-inch chunks. Place in a food processor and pulse until it's finely chopped. Remove and place in a bowl.
2. Take the other half of the salmon and hand dice. You want it a little bit thicker than the one in the processor.
3. Next is to finely chop the green onion. Add to the salmon mixture along with 2 tablespoons of panko bread crumbs, 1 1/2 teaspoons or a couple of large pinches of kosher salt and a couple of dashes of black pepper. Mix well. Form into 6 patties and place on a baking sheet. Cover with plastic and place in the fridge for 30 minutes.
4. Now make the slaw and the aioli.
5. If cooking right away, you'll want to heat a non-stick skillet to medium heat with some olive oil. Then you'll want to lightly coat the salmon patties with some panko bread crumbs and gently place in the skillet. Cook for about 5 minutes on each side. You still want the salmon to be a touch pink inside. When ready, smear some avocado on the bottom of the bun and top with the salmon followed with the slaw.



## Hatch Chile Slaw

1. Combine all the ingredients and mix well. You'll want to sit for about 10 minutes, so it still retains some crunch, but the flavours are able to marry.

## Avocado Aioli

1. Dice the avocado and place in a bowl. Cut the citrus in half and squeeze over the avocado. Lightly season with salt and then mash a bit with a fork. You still want a chunky consistency. Mix in the sour cream and the cilantro. Cover tightly over the flesh with some plastic wrap and place in the fridge until ready to use.
2. It can stay in the fridge for up to 24 hours.

## Top 3 Stretches for kayaking and canoeing

Everyone knows the importance of stretching, you'll likely have seen athletes, footballers and basketball players warming up before training and performing a range of stretches. For some reason, however, there are some sports - such as kayaking and canoeing- where stretching is something of an afterthought, in some cases ignored completely. There are no videos, posters or health and fitness books specifically for stretching for kayakers/canoeists, but pulling, straining and damaging arm, back and even abdominal and chest muscles is just as likely to happen in kayaking as in any other sport, so stretching is essential; especially for those undertaking long-distance or strenuous bouts of paddling. You should make time for stretching (at least ten minutes) both before and after kayaking/canoeing.

Stretching can improve performance by warming the muscles and decreasing muscle stiffness, it also helps prevent injury through pulling muscles. In addition to this stretching increasing blood supply to the muscles and joints and prepares the body for the impact of exercise. For some people stretching gives them the time to mentally prepare for the sport, especially before competitions etc.

Key muscles used in kayaking:

Forearm and lower arm, abbs, chest, back and your legs. (all body 😊)

Let's see three key stretches to help loosen these muscles before kayaking:

### ***Back/chest stretch***

This stretch is good for both the abbs and muscles of the back.

Kneel on the floor and raise one arm in the air, slowly rotate your shoulders and back, and look outwards/slightly up. You should feel the stretch through your chest and abdominal muscles. Hold. This stretch is great if you tend to suffer from any type of back muscle strain, or abdominal muscle strain.

### ***Stomach stretches***

Another good stretch for the abbs. Stand with your feet shoulder-width apart, placing your left hand on your left buttock. Looking upwards slowly lean backwards from the waist, reach over with your opposite hand and rotate at the waist. Hold. Repeat on the opposite side.

### ***Arm stretches***

Great for stretching numerous muscles of the lower and upper arm. Extend your arm straight out in front, let your hand point to the ground, then using your other hands, rotate hand/fingers upwards. Hold. You'll discover your arm has more muscles than you ever imagined with this one!

Other stretches you might want to include in your routine include the shoulder warm up (rotating one arm one way and the other the opposite direction), triceps stretch (using your paddle), grasp the paddle behind your back with one arm reaching over your shoulder and the other reaching up from below, and the shoulder stretch pulling the arm horizontally across the body, supporting with the free arm.

### **Coming up:**

- Bendigo cup, sprint 27<sup>th</sup> October and marathon 19<sup>th</sup> October
- Team Boat camp, 9-10<sup>th</sup> November, Essendon Canoe Club
- Sprint event 17<sup>th</sup> November, National Water Sport Centre, Carrum
- GP1 6-8<sup>th</sup> December, West Lakes Regatta Centre, Adelaide, SA
- Victorian Sprint Championships 19<sup>th</sup> January 2020, Nagambie Lakes Regatta Centre
- Sprint event 25<sup>th</sup> January 2020, National Water Sports Centre, Carrum
- GP2 & Oceania 14-16<sup>th</sup> February 2020, SIRC, Penrith, NSW
- Sprint event Date TBC
- Canoe Sprint National Championships & Olympic selection 11-15<sup>th</sup> March 2020, SIRC, Penrith, NSW

