

# *Paddle VIC*

## *Sprint*

Paddle Victoria Sprint Paddler Update  
June July 2019



World Cup 2, Poznan – Bronze medal Amanda Jane (AJ) Reynolds on the right

### **June-July two of the toughest winter paddling months of the year!**

Congratulations to all our Victorian paddlers who have survived the first two months of Winter and are now looking towards the warmer seasons! Sprinting is usually placed on hold as our athletes traditionally build endurance with some only coming back after a break from the previous season. Over the last two winter months a new Paddle Victoria sprint committee has been elected and it aims to put Sprint back on the agenda front and centre again!

Read on to hear more about what's been happening over the past two months...

Also check out the two special recipes, they are certain to meet your satisfaction!

## What has June and July brought the paddlers of Victoria?

The brisk two months have seen many sprint athletes heavily competing in local marathon races, which we are very proud to see. Others have been training behind the scenes and slogging out some major kilometres to build their aerobic fitness in preparation for the beginning of the upcoming sprinting season.



## Jack Frost Time Trial

Early in June, Paddle Vic held their inaugural Sprint Time trial event at INCC, Fairfield. The day consisted of 1000m and 2000m time trials and all athletes who participated thoroughly enjoyed the event. Specially commented was the precise timing and event management which was at an optimal level, thanks to all the volunteers who made the day run to a tight schedule. The next round of time trials will be held on the 25<sup>th</sup> August at Carrum.



## Upcoming event: Carrum Time Trial!!

Carrum Time Trial (200/500/1000/2000m) 25 August!

Online registration and payment (\$10) close at midnight 23<sup>rd</sup> August.

Register and pay to ensure you are grouped with athletes of similar ability. The event will run to Paddle Aus NTS standards. Instantaneous times will be published through Team App.

Should be a great event

All the information below

[Click here](#)

## Fundraising over the months:

Many members from the Sprint committee, gave up a cold rainy Saturday in July to volunteer at a Paddle Vic Bunnings BBQ in Nunawading! They day was very successful making over \$1300 in profits and spreading the name through to the local shoppers in Nunawading! The committee is very appreciative of the fundraising efforts that went into the day and are excited to utilise the money for many great opportunities that the future holds.

## 2019/2020 calendar

The calendar for the upcoming season has been released!

Click below or check out the Paddle Victoria website for more information.

[Click here](#)

## Winter warmers:

Here is our second set of the perfect recipes for winter! These are really great if you are busy and, on the go, make a big bowl/container at the start of the week and it'll last you through the week!

### Chunky chicken and vegetable soup

The perfect meal for a cold rainy day! Serves: 6

#### *Ingredients:*

|   |  |
|---|--|
| 1 Tbsp olive oil                                | 1 leek, white and light green parts only, washed and finely sliced |
| 1 large carrot, roughly diced                   | 4 celery sticks, roughly chopped                                   |
| Sea salt and freshly ground pepper              | 4 skinless chicken thigh fillets                                   |
| 1 tbsp chicken stock powder                     | 1 zucchini, roughly diced  |
| ¼ head cauliflower, broken into small florets   | 60g roughly chopped silver beet                                    |
| 4 heaped tbsp roughly chopped flat leaf parsley | Toast to eat   |

#### *Method:*

1. Heat a large saucepan over a medium-high heat. Add the olive oil, leek, carrot, celery and salt and pepper, and fry gently for at least 5 minutes to allow vegetables to soften and partially cook
2. Add 1.2L of water to the pot and turn heat up to high. Add the chicken thighs and stock powder and bring to the boil, then immediately turn the heat down. Place a lid on the pot and continue to simmer for at least 1 ½ hours of until the chicken is cooked through and the vegetables are tender
3. Once cooked, you can stir the soup with the fork and the chicken should easily shred apart
4. Turn the heat back to the medium and add the zucchini, cauliflower and silver beet. Cook for 10 minutes
5. Once the soup is ready, turn off the heat and stir through most of the parsley.
6. Serve with a slice or two of toast



## Perfect porridge bars

These are the perfect post training snack to give you all the right nutrients to restore your body.  
Makes: 12 bars

### *Ingredients:*

|   |
|---|
| 100g unsalted mixed nuts: walnuts, brazils, cashews etc.        |
| 50g mixed seeds: chia, poppy, sunflower etc.                    |
| 100g mixed dried fruit: blueberries, cranberries, sultanas etc. |
| 1 heaped tsp ground ginger                                      |
| ¼ tsp ground turmeric   |
| 1 orange, finely grated zest                                    |
| 2 ripe bananas  |
| 1 tbsps runny honey   |
| 175g oats   |
| 10g oat bran  |



### *Method:*

1. Preheat the oven to 190 degrees. Spray a square baking tin with oil and set aside
2. In a food processor, pulse the nuts, seeds, dried fruits and spices with the orange zest, then tip into a bowl. Peel the orange then blitz the segments to a pulp with the peeled bananas in the processor.
3. Pour the mixture into a measuring jug, add the honey and top up to 500ml total volume with water
4. Pour into a large pan on a medium-high heat and just bring to the boil, use a rubber spatula to stir in the oats, bran and blitzed nut mixture.
5. Keep stirring, beating and mashing over the heat for 5 minutes, or until the oats start releasing their starch and the mixture becomes gluey
6. Transfer to the baking tin, spread out and score the 12 bars
7. Bake at the bottom of the oven for 45-50 minutes or until golden
8. Leave to cool in the tray for 10 minutes and transfer to a wire rack.

(Store in the fridge for up to 3 days)

## Coming up:

- Time Trial event- 25<sup>th</sup> August
- Sprint regatta – 22<sup>nd</sup> September
- Sprint regatta – 6<sup>th</sup> October
- Bendigo cup - Sprint 27<sup>th</sup> October and marathon 19<sup>th</sup> October
- Team boat training weekend – 9-10<sup>th</sup> November (check out the Facebook)
- Team boat regatta Olympic events – 17<sup>th</sup> November (national Water Sport Centre)
- **GP1** West Lakes Regatta Centre, Adelaide, SA – 6-8<sup>th</sup> December
- **VIC Sprint Championships** Nagambie Lakes Regatta Centre – 19<sup>th</sup> January 2020
- State team camp – 25<sup>th</sup> January 2020
- **GP2** Sydney International Regatta Centre, Penrith, NSW – 14-16<sup>th</sup> February 2020
- VIC Super Cup – 23<sup>rd</sup> February 2020
- **CANOE SPRINT NATIONAL CHAMPIONSHIPS** Sydney International Regatta Centre, Penrith, NSW – 11-15<sup>th</sup> March 2020

## 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.

