

Paddle VIC Sprint



Paddle Victoria Sprint Paddler Update November/December 2019



With the warmer weather heaps of activities are going on in the Vic sprint world and its all starting to ramp up into the season proper as we head into the year of Tokyo Olympics 2020. In November we had the Kenny Wallace coaching camp inspiring great competition for the Carrum regatta the week after. Fantastic beginnings for the state and national sprint series! The first race, GP1 in Adelaide, saw many of our talented Victorian athletes competing at their top level. We start 2020 with the Vic Champs in January at Nagambie followed by a

high performance Sprint boot camp, all in preparation for the exciting fast and furious GP2/Oceania Championships and Nationals.

Plus a snippet and insight into a recipe from the new hot topic, The Game Changers, a movie about plant based eating for elite athletes(watch it if you have the chance!)



Kenny Wallace sprint camp

At the beginning of November, Victorian paddlers were lucky enough to be blessed with the presence of multiple Olympic medalist Kenny Wallace! Ken traveled down to the cold weather of Victoria at Essendon Canoe Club to coach and mentor some of the up and coming athletes in Victoria over a two-day extravaganza. Athletes received technique analysis and video feedback as well as useful goal setting and training tactics. After the weekend it is fair to say that everyone came out more inspired and motivated.

Carrum Sprint regatta

Following the inspiration from Kenny Wallace coaching camp, the Victorian sprint committee held its first summer series sprint regatta for this season at Carrum with races for both canoes and kayaks across 1000 m, 500 m, and 200 m. The event gave all the athletes a great opportunity to test their strength and fitness coming into the 2019/2020 season. The day wrapped up with great speed from those who competed, with the younger generation showing immense promise for future events.

Grand Prix 1

West Lakes Regatta Centre, Adelaide, SA

The first national sprint series Grand Prix 1 was held in Adelaide in early December and a very strong team from Victoria headed over to compete against some of the country's best!

We had many athletes making their first debut at a national sprint event including Chris Burns: "for me GP1 was a great experience. Having never raced at a national event before, the atmosphere is like nothing I've ever seen.



It was wonderful to see the other sprinters from Victoria and to expand my social horizons." It is always great to see new faces at these events and we can't wait to see these athletes in GP2 and Nationals.



Paddle VIC Sprint
2020 STATE CHAMPIONSHIPS

19th January 2020, Nagambie Lakes Regatta Centre

The annual Victorian State Sprint championships will be held on 19th January 2020 and open to paddlers of all boat classes and experience. This event will coincide with other state championships across Australia and will showcase the talent of Victorians as we come together to compete on the water at Nagambie.

Entries are open now.

Post your favourite training photo in preparation for Vic Champs- don't forget to tag us!
Instagram @canoevictoriasprint, #paddlevictoriasprint or on Facebook
@PaddleVictoriaSprint

Entries close on the 12th January 2020

[**Register**](#)

Exciting News for kneeling canoeing!

Due to overwhelming demand, PV Sprint are proud to present a beginner/intermediates coaching clinic for high kneeling canoeing straight after the Victorian Sprint Championships on the 19th January 2020.

Great opportunity to get professional coaching advice from Steve Vegh. Steve is a multiple Australian and World Champion in high kneeling canoeing and who has also had many years of coaching experience at Patterson River Canoe Club. Steve has played a significant role in many paddlers' journey to international success.

This is an absolute golden opportunity for all



those interested in high kneeling canoeing to get exposure to this sport.

Venue: Nagambie Lake Regatta centre

Date: approx 3-5 pm, Sunday the 19th January 2020

Free to all VIC Champ attendants.

Register your interest and any questions [here](#)

High Performance Sprint Boot Camp

25th January 2020, Essendon Canoe Club

PV sprint is proud to present this event to focus on development and high performance preparation for team boat and individual racing. This comes from the back of our successful coaching clinic with Olympic Champion Kenny Wallace and the overwhelming feedback received.

The program will include on and off water feedback in team boats k2, k4 and c2 as well as elite racing preparation. Coaches can give feedback on team boat set ups to maximize performance.

This is a rare opportunity for all paddlers especially intermediate and advanced level kayak and canoe paddlers focusing on national level competitions to come together and train as a part of an elite performance squad for Victoria.

9-4pm Saturday 25th January 2020

Essendon Canoe Club

[**Register**](#)

Grand Prix 2 & Oceania Championships

14-16th February 2020, SIRC, Penrith, NSW

This combined championship will be the final opportunity for many Australians and international competitors from Oceania nations to qualify for a quota for their country to be represented in the upcoming 2020 Olympic Games in Tokyo!

To support and encourage Victorian paddlers competing in GP2 and Nationals, PV Sprint will be proudly offering financial assistance towards boat transfer, accommodation or entry fees.

For more information and details please contact us via [email](#)

With all the hype about the documentary *The Game Changers*, here is a healthy plant-based recipe to inspire you into some alternative meal ideas. 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

Smashed Potato Nachos

The perfect meal to enjoy all the fresh spring flavours! Serves: 4

Ingredients:

1 cup peeled, finely chopped sweet potato	1 pound extra-firm tofu, crumbled
1 cup chopped yellow onion	¼ cup nutritional yeast
1 cup chopped red capsicum	Sea salt
2 Tbsp dried basil, crushed	Salsa
2 Tsp ground turmeric	4x tortillas
3 cloves garlic	
1 Tsp dried thyme, crushed	

Method:

1. Preheat the oven to 350°F. In a large skillet, cook the sweet potato, onion, and sweet pepper over medium heat for 10 minutes, stirring occasionally, and adding water, 1 to 2 tablespoons at a time, as needed to prevent sticking.

2. Add basil, turmeric, garlic, and thyme and cook and stir for 1 minute or until garlic is softened. Stir in the tofu and yeast, and season with salt and black pepper.

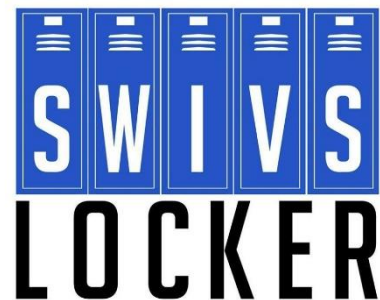


3. Spread the mixture into a non-stick 15×10-inch baking pan. Bake 35 minutes or until tofu is lightly browned, turning occasionally.

4. Spoon the tofu mixture and salsa onto each tortilla, just below the centre. Fold the bottom edge of the tortilla over the filling. Fold in opposite sides and roll up the tortilla.

Coming Up Events:

- Victorian Sprint Championships 19th January 2020, Nagambie Lakes Regatta Centre
- High Performance Sprint Boot Camp 25th January 2020, Essendon Canoe Club
- GP2 & Oceania 14-16th February 2020, SIRC, Penrith, NSW
- VIC Super Cup 1st March 2020, Venue TBC
- Canoe Sprint National Championships & Olympic selection 11-15th March 2020, SIRC, Penrith, NSW
- VIC School Sprint and Marathon Championships 15th March 2020, Nagambie Lakes Regatta Centre



Paddle VIC
Sprint

