

# *Paddle VIC* *Sprint*

Paddle Victoria Sprint Paddler Update  
January / February 2020



The months of January and February has seen a jam-packed racing and training calendar for our Victorian athletes. Races from the state championships to national regattas have been run and our athletes have done us proud! Read below to find out how the past two months have gone!!!

## Victorian Sprint Championships



The annual Victorian Sprint championships were held mid-January this season to coincide with the other states across Australia. The day was a huge success There were crafts of many types- surf skis, stand up boards, single and double high kneeling canoes, kayaks –singles, doubles and the k4's were absolutely flying!!

The races were exciting to watch as new talent made appearances and the fast and the furious gave us all fantastic shows as their boats raced down the course.

To all paddlers that competed, we hope you had fun and achieved personal goals, PB's or even podium!

We want to especially congratulate our trophy winners, and in putting your names with the elite past winners, the future of our sport is bright!

Much appreciation to our volunteers, the boat transporters, the catering team, the officials, safety crew and the commentators that kept us entertained. As always our thanks to supporters, parents and friends cheering on the side-lines, we hope you enjoyed the day too!

Overall, a successful and exciting Victorian State Sprint Championship in the beautiful Nagambie lakes, a perfect start to racing for 2020.

---

### Victorian sprint team camp

On the 25<sup>th</sup> January the sprint Victorian committee held a team camp for any kayak or canoe athletes, the day was run by the national level, level 3 sprint coach Pete Gargiulo. The day was a great success leaving all athletes more informed and experienced about high-level racing and training. The coaches did an amazing job and hope to see our athletes showing off what they learnt at the upcoming national sprint regattas.



---

**Grand Prix 2 and Oceania Championships**  
Sydney International Regatta Centre, Penrith, NSW

The second national sprint series regatta was held in Penrith in early February and a very strong team from Victoria headed over to compete against some of the countries best!

We had many athletes pushing themselves and appearing faster and more determined than we have seen them this season. The Victorian team saw a strong contingent of canoe athletes who dominated the numbers in their field, and it was great to see them showing their skill to the best of the best. The conclusion of this race now opens the window for the big regatta of the season, the national sprint championships which are held in March, we wish the best of luck to all out athletes travelling back up to Penrith mid-March!

---



## **National Sprint Championships**

Sydney International Regatta Centre, Penrith, NSW 11-15<sup>th</sup> March

Entries for the national sprint championships close the 28th March! So, get entered ASAP if you are thinking of attending!

Once again Paddle Victoria Sprint committee will be towing a trailer of boats up to the event. To secure your boat spot on the trailer you need to book, click here or head to TeamApp for more details.

The committee is looking to assist with team accommodation, please check TeamApp for details.

### **Exciting News**

Financial support for Victorian Sprint athletes. With the generous support of Paddle Australia, Victorian Sprint athletes who have attended GP1 or Vic Champs 2020 will be initiated to receive financial support towards GP2 and Nationals.

Round 1 funding (GP1: eligible only to athletes who had attended)

Round 2 funding (GP2: eligible only to athletes having competed at GP1 and/or VIC Champs)

Round 3 funding (Nationals: eligible only to athletes having competed at either GP2 and/or GP1 and/or VIC Champs)

[\*\*Register\*\*](#)

---

## **Victorian School Sprint and Marathon Championships**

Nagambie Lake Regatta Center, 15th March 2020

The Schools Championships have a long history, running for over 30 years. Paddle Victoria marathon and Sprint committees are seeking your support to continue to provide a high-quality racing and a rewarding experience for Victorian students, providing young paddlers the opportunity to represent their school and participate as part of a team.

Your school does not need to have a formal canoeing or kayaking program for you to participate; some students may participate in paddling through club, scout / guide or surf organizations.

There is no limit on the number of students that can attend from each school: individual paddlers and groups are welcome. Parents are encouraged to attend as spectators and as volunteers.

This year, in addition to singles and doubles events for all paddlers, we shall be offering selected K4 events, with K4 boats organized by Paddle Victoria.

Early bird registration closes 6th March at 5 pm. Standard registration closes 12th March at 5 pm. No registrations on the day.

Please see the paddle Victoria website for more details! We hope to see heaps of kids from around Victoria representing their school at this fun and exciting day!

[\*\*Register\*\*](#)

---

## **Eating before and during competition**

Nutrition is so important leading up to a competition and just as important on the day. You want to be able to compete at your best and not feel lackluster or ill to the belly because you have eaten the wrong food or not enough food. Here is a simple checklist to help you feel 100% and ready for action on competition day.

### **Hydrate:**

- Make sure you are drinking at least 2 liters of water per day leading up to the comp. If you like Coffee that is fine but you will need to drink more water to replace the fluids lost due to the diuretic effect of water, base if off 1 coffee equals an extra liter of water.
- On competition day pack plenty of water (at least 4 liter). Small bottles are easier and can be frozen the night before and double as ice packs if you need them. As you are increasing your water intake you will have to add electrolytes to replace lost salts and minerals.

### **Slow release Carbs 48 hours before competition:**

This is a good time to stock the carbohydrate stores so that you do not enter into strenuous competition glycogen depleted. Glycogen is a form of sugar stored in the muscle and the liver and it is the main source of energy in high-intensity activity. The most important consideration in a pre-event meal is to eat enough carbohydrates to refill the muscle and liver stores. Add non-starchy vegetables like spinach, kale, tomatoes, broccoli, cauliflower, cucumber, onions and asparagus. Sweet potato is also a great slow release carb as is quinoa and oats.

### **A great meal the night before competition:**

An awesome meal to have the night before the comp is salmon great for good fats, sweet potato which will give you your slow release carbs and salad made up of the list above.

### **What food to have for breakfast on competition day:**

Make sure you do have breakfast you will need plenty of fuel for the day. Have what you usually have the day of comp is not the day to try new things. And hydrate.

A perfect breakfast would be consumed 1.5 – 2 hours before competing and consist of healthy fats (like nut butters or eggs) carbs from oats, quinoa and some protein (protein powder, eggs) or another option could be a banana with oats in a protein shake, stay away from dairy just in case it upsets your belly.

### **Eating during competition day:**

Convenience is the key you need to bring food that is quick, easy and doesn't need to be kept super cold. You don't want to feel super full on the day so small snacks like protein bars, baby food, bananas, rice cakes with peanut butter, chicken and rice, protein pancakes made the night before if you have the time or oat bars will not make you feel too full or heavy.

It is important to have a small snack after each event, so you can recover and replenish and you want to make sure that food has had time to go down before the next race.

You don't want a lot of fiber on competition day otherwise you could be running to the bathroom so stay away from dried fruits.

And lots of water.

We hope this helps and you feeling great on the day.

---

### **Coming up Events:**

- Canoe Sprint National Championships & Olympic selection 11-15<sup>th</sup> March 2020, SIRC, Penrith, NSW
- Victorian school championships, marathon and sprint 15<sup>th</sup> March, Nagambie lakes regatta centre
- VIC Short Course Championships 22<sup>nd</sup> March 2020, Lake Weeroona, Bendigo
- Ready to Race Clinic #1 22<sup>nd</sup> March 2020, Lake Weeroona, Bendigo

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

