

Canoe Times

December 2005

Issue 3

Special points of interest:

- Membership due now
- Sign on day January 15th 2006
- TOCC is holding a regatta this July.
- The National Titles are being held in Townsville this May - sponsored by Magnetic Island Club.

Annual General Meeting and Presentation Night

This years AGM at the Seaview Hotel was a success with the new committee being elected - congratulations to all those new committee members (listed page 3) and all the best for the year a head - which will be full of events.

Jason Poppy and Kellie Northey presented the annual trophies after the formalities of the annual general meeting and general meeting. Congratulations to all recipients. (Listed below)

Kerry Wright pre-

sented the "President's Trophy" to Ken Wiltshire for his fantastic contribution to the club in gaining many thousands of dollars in grant monies throughout his years as Treasurer.

Brian Medhurst spoke to the meeting with regard to his plans and expectations of the next few years to create a highly competitive team of paddlers - an outline of his thoughts are following.

There is still one

unfilled position—the assistant treasurer. Please contact Rachel Butcher if you are willing and able to help with this position.

Assistant treasurer wanted.

CONGRATULATIONS TO THE FOLLOWING TROPHY WINNERS:

Heidi Charlton - Open Woman

Alex Lewis - Master Woman.

Tim Bartsch - Junior

Michael Hooper - Open Man

Dan Reynolds - Master Man

Errol 'Chief' Knight - Senior Master Man.

Ken Wiltshire - Presidents

Trophy.

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Coaching for TOCC

Brian Medhurst the new coach for TOCC says he has already seen a change in attitude to paddling with some of the members., although he is still somewhat disappointed in the amount of people turning up to train given the numbers of members registered in the club.

He stated at the AGM that he believes all paddlers should hold high expectations of themselves

and be prepared to work hard to achieve them. He is a stickler for time and will be on the water at the appointed time even if people are preparing themselves or parking their cars. Brian has announced his team of assistant coaches for the new regatta season—they are Kerry Wright -master's women, Kellie Northey—open women, Jason Poppy—open men and Jun

iors, Brian will concentrate on the master's men and Alex Lewis will focus on beginners. Brian will be attending as many training sessions as possible and developing the training schedules. (A copy is in the 'shed').

Please call Brian if you have any problems, questions or concerns .

Canoe Times

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Business and Finance

The new Mirage has been ordered and will be here soon. The committee has chosen a light, lime green for the bulkheads on a white canoe with navy blue storm covers. It is going to look stunning both on the beach and on the water.

The new uniforms will also be available in the new regatta season. The TOCC colours are lime green and navy with a 'dash' of orange. The committee has chosen several designs for the uniform.

The Vice President—Ramona Milligan is continuing her much appreciated work in securing grant monies for the club. One of them being a 'Women in Sport' grant—specifically to further the training and education of women in TOCC.

Several female members have expressed an interest in learning to be coaches for the sport. Ramona also secured support from Australian Canoeing and the NQ AOCRA for the application. Ramona is preparing to apply for a grant specifically for club development.

As a part of the five year plan for the club the committee is supporting the development of a business plan. It is planned to have a club house in the next few years. Ken Wiltshire chairs the subcommittee for the implementation of the plan. If you have an interest in helping please call Ken.

Financially TOCC is currently in a strong position. The committee has been able to purchase new equipment to replace broken and old

paddles, ikus and armas. Some new equipment has been purchased to assist with training as well—namely a GPS—so we don't have to guess how far we have been when we fall out of the boat after a big session.

The damage and loss of equipment is a big concern to the committee. Many training blades have not been returned and equipment is being damaged and not reported to the equipment officer (Kerry Wright). The committee encourages all members to purchase their own paddle. Hourne Blades and Xylo Blades are just 2 paddle makers. Talk to the head coach for the recommended style and size paddle to suit you and our paddling conditions.

Sign On Day 15th January 2006.

Following on from the very successful sign on day in November TOCC will be holding the next one in the new year on the 15th January. The people who signed on or show interest participated in a fantastic beginners programme conducted over 6 weeks.

This will follow the next sign on day as well. Again TOCC needs as much help as possible to help with the paperwork, the introductions to paddling, safety training, and of course being out on the water as

steerers and number ones.

Be at the canoes at 9 am on the 15th January to help. Please wear your stinger pants or pantyhose to be a 'safe' role model for the new and the interested.

You might also be able to help by putting up a notice at your work place or other newsletters, local shops, sports stores you go to etc. Encourage your friends and family to have a go.

Outrigging is a sport that stimulates

the brain—sunlight, exercise, fresh air and nature—all add to stimulating our ancestral brain necessary for happiness and self fulfillment. That's why we feel so good after being out there on the water, watching sunsets, being surrounded by the wonders of nature, absolutely magical, why would you want to do anything else?

Criteria for Team Selection

Attitude: Toward training, racing, coaches and other team members will be taken into consideration.

Attendance: an attendance record will be kept by coaches and team captains, please notify your coach if you can not attend a training session.

Feedback: from captains and steerers to the head coach, time will be given for discussion on progress through the season.

Experience: this is vital when choosing between paddlers of

the same ability

Initiative and Participation: those who help set up and put away after training and participate in club activities.

Be mindful that there will be competition for team selection this season. Hard work and dedication to the sport will get the results you want. You get out of the sport what you are prepared to put in.

Even though we are an amateur sport we still are governed by the antidoping laws. If you are taking prescription drugs or illicit drugs you

may be left out of the team, discuss any issues with the coaches. The AOCRA antidoping policy is a public document available on www.aocra.com.au.

The draft dates for the regattas are:

11th Feb. Ragging Thunder

11th March. Outrigger Whitsunday

8th April. Cairns beaches

18 - 21st May. Nationals

28/6 - 1/7 Hammo Cup

22 July. TOCC

19 August. Sunset Bay

welcome to all new members
Have fun, get fit -
any questions just ask.

Townsville Outrigger Canoe Club

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President	Ken Wiltshire	0401719353
Vice President	Ramona Milligan	47753393
Treasurer	Rachel Butcher	0417718072
Secretary	Penny Kenchingon	0421367322
Committee members (Equipment)	Kerry Wright	4773 4542
Committee member (Fundraising)	Trudie Bartsch	0412349732
Committee member (Regattas)	Erin Furmage	0431589430
Committee member (Members)	Alex Lewis	0417637386
Committee member (Head coach)	Brian Medhurst	0419691928

Membership fees due	January 1 st 2006
Sign on day for new members	January 15th 2006
First regatta (unconfirmed)	February 11th 2006 Ragging Thunder
18th to 21st May	Nationals -sponsored by Magnetic Island OCC
TOCC regatta	July 22nd 2006.

Training times	men	women	beginners/social
On the beach at:	Tues 5.15 pm	Mon 5.15 pm	wed 5.15pm
	Fri 5.5.15 pm	Thu 5.15 pm	
	Sat 3.15 pm	Sat 6.45 am	Sunday 7am

FIRST
REGATTA
SOON

Important issues for us all.

We need you all to make a **commitment to the fund raising for the club**. Trudie Bartsch is the coordinator for the raffles at the Seaview on Sunday afternoons. She will be developing and implementing a **roster** for as all to participate. Please let Trudie know your preferred dates for being on the roster. If she doesn't hear from you it will be a random date for your contribution. If you can't make your allocated day you will have to find someone to take your place. Fundraising allows the treasurer to keep the membership fees low as well as contributing to equipment, fuel, running regattas, social events etc.

Being safe on the water is the first rule in paddling. Please bring plenty of fluid - cordial or Gatorade may be better for some people. Brian suggests at least 2 or 3 liters on the water during the big training sessions with another litre when we

come in.

Keep cool (as possible) during training - wet yourself before getting in the boat, dunk your hat (always have a hat!) and learn to splash your team mate in front of you as you paddle.

The TOCC received a letter from the harbour master raising concern with an incident in the shipping channel -TOCC was reported as being unsafe and potentially causing an accident when a canoe crossed in front of a large cargo ship. Steerers please be aware of where you are and get to know the laws of the port and boating. Being run over by a ship would not be a good thing!

Consider **cross training** to get your fitness and endurance levels up. Walking, running, bike riding -what ever takes your fancy. The fitter you are the better you will be on the water.

Many thanks to Alex and Mark for the wonderful work in organising and running the beginners programme. It is a very effective strategy giving a step-by-step training schedule. It includes an explanation of the positions in the canoe, safety and paddling technique, slowly giving the new paddlers a taste of the distance they will have to go and the strength required. Many new paddlers are now able to join the men's and women's crews. Alex and Mark had help from several TOCC members—many thanks to all involved and welcome to all new members.