

Club Newsletter December 2022

General

The committee met in December. The club continues to be busy, and indoor training sessions using the gym equipment and the ergos are proving valuable, especially in the current cold spell with the canal being frozen.

Please remember to take extra care around the club when it is cold and slippery, and especially if going down the steps to the canal access. Please also dress appropriately for the cold weather when paddling - keep warm!

Light Up Paddle

The Light Up Paddle is now re-scheduled for Wednesday 21st December. Meet at the club at 5pm, decorate boats and BAs with glow sticks and Christmas lights and head off for a short paddle. On return there will be burgers and other Christmas refreshments. Please let us know numbers for an indication of food. Cake donations would be welcome.

Coach Development

The bursary funds from BC have been used to put 7 DCC members through their Foundation Safety and Rescue Training course, 2 through the Paddlesport Instructor course and 6 through the Core Coaching module. Discipline specific coaching awards and first aid training will be organised for next year. If you would like to join the coaching pathway, or refresh your coaching qualification, please contact James Mahoney.

Reporting Damage to Club Equipment

It is inevitable that from time to time boats and other equipment will get damaged or broken. If this happens, please let us know. It is easier for us to manage things and arrange repairs if we know about it, rather than finding damage when equipment is needed. There will be a Damage/Defect Report sheet on the noticeboard in the clubhouse, please use this to let us know of any problems.

BC Members Profiles

Please complete your British Canoeing Profile with the relevant details. This help the club to access information regarding our club membership.

On behalf of the trustees and committee - thank you to everyone who has volunteered and helped to make the club so successful in 2022!

Winter Club Activities for Seniors

While the canal is frozen, don't forget we have the following gym based sessions to keep you fit.

Monday 7:30-8:30pm - Strength Session

Open to all adults. It focuses on building strength in muscles used in paddle sport. This involves high resistance (maximum weight) and low repetitions.

Tuesday 7:30-8:30pm - Pilates

Everyone is welcome. Pilates is an excellent supplement to any paddle sport, generating better core strength and flexibility as well improving balance.

Thursday 7:30-8:30pm - Seniors Circuits

Have a Very Merry Christmas and Happy Paddling in 2023!

Sue Colby

Deputy Chair of Devizes Canoe Club

