



THE  
**RIVER**  
CANOE CLUB  
of New South Wales

Magazine of the River Canoe Club of N.S.W

March 2009

# Splash

[www.rivercanoeclub.org](http://www.rivercanoeclub.org)



## ***This Issue***

<b>Presidents Platitudes</b>	<b>3</b>
<b>Grose River</b>	<b>5</b>
<b>Paddling 101</b>	<b>6</b>
<b>Rafting in Nepal</b>	<b>9</b>
<b>Calendar</b>	<b>10</b>

## Committee Members

*New Member Contact*  
Lynn Parker 9428 3131  
[lparker@netspace.net.au](mailto:lparker@netspace.net.au)

President:  
Andrew Bovis 0427 379044  
[ambovis@tpg.com.au](mailto:ambovis@tpg.com.au)

Vice President:  
Dave Barlow 0418 447890  
[meridian@swiftdsl.com.au](mailto:meridian@swiftdsl.com.au)

Treasurer:  
Monica Porteous 4392 4598

Secretary/Public Officer:  
Lynn Parker 9428 3131  
[lparker@netspace.net.com.au](mailto:lparker@netspace.net.com.au)

Editor/Webmaster:  
Bob Montgomery 4392 4598  
[editor@rivercanoecub.org](mailto:editor@rivercanoecub.org)  
[webmaster@rivercanoecub.org](mailto:webmaster@rivercanoecub.org)

Social Secretaries:  
Michelle Brady 9629 5654

House Officer:  
Chris Czajkowski 0414 732 902

Whitewater Trips Convenor:  
Andrew Love  
[andrew191171@hotmail.com](mailto:andrew191171@hotmail.com)

Flatwater Trips Convenor:  
Tracy Hudson 0411 024 088  
[Tracyhudson01@aol.com](mailto:Tracyhudson01@aol.com)

Canoe Polo Convenor:  
Anna Ward 0419 621 149  
[anna.ward@macquarie.com](mailto:anna.ward@macquarie.com)

Training Convenor/Co-ordinator:  
Tim Sindle 0438 443 541  
[tsindle@gmail.com](mailto:tsindle@gmail.com)

Club Meetings- Normally the first Friday of the month commencing at 8:00 pm promptly, Clubhouse: Richardson Crescent, Tempe- opposite Tempe Railway Station. Check calendar as the date and venue can change.

New Members are welcome to come along to our club meetings or beginner paddles; contact Lynn Parker.

For e-Splash and Trips Alert contact Lynn Parker, [lparker@netspace.net.au](mailto:lparker@netspace.net.au)

Mailing Address:  
SPLASH, Newsletter of the RCC of N.S.W.  
c/o 13 Centennial Avenue, Lane Cove,  
N.S.W 2066

## Prices for use of RCC Equipment

Kayak\* Use

Evening club paddle: \$5  
Club event for a single day: \$30  
Weekend club event: \$50

Price includes the following items:

- boat
- PFD
- spray deck
- paddle

Note: Club policy requires all members to provide their own helmet that fits comfortably and meets relevant standards. Helmets are required for whitewater and surf trips.

Money is payable to the trip leader prior to club event (See note on EFT below). To make a booking for equipment phone the trip contact.

Marquee Use (when not used by club; members only)

\$30 per day

\$50 per weekend

Also payable, a \$200 refundable deposit upon return

To make a booking for the marquee, contact any committee member. Money is payable at the time of pickup (See note on EFT below).

All money will go towards repair and replacement costs of equipment.

\*Available for use by RCC members during club events only

Payment via Electronic Funds Transfer: If you wish to pay by EFT, advise the trip contact/committee member. Payments must include surname and reason eg: 'marquesmith' or 'boatsmith' in the payment comment. RCC account details:

Account Name: River Canoe Club of NSW Bank: St George  
BSB: 112 879 Account No: 017455888

Front cover:

Main Pic: The President rafting on the Upper Seti, Nepal.

### April Deadline: 22nd March 2009

*This Magazine is © copyright to River Canoe Club. No part may be reproduced without permission. Non-profit canoeing clubs may reproduce any article without permission, as long as the source and copyright is acknowledged. Splash is published monthly without any spelling or grammar mistakes [they are randomly introduced inconsistencies].*



## Presidential Platitudes

Welcome yet again to this humble but quite well put together rag of our club's activities, gossip, news and general unsolicited paddling advice. The role of Splash has probably changed in recent years with digital technology in more ways than one. Plenty of photos nowadays but maybe less stories as we're increasingly 'time poor' and information is available at our google-tips on anything under the sun, and certainly paddling. But last month we were reminded that a great story can't be beat (refer Bruce's NZ article). This became apparent last week whilst scanning Ross Winter's copies of 1993-1998 Splashes that I've had for over two years now (nothing to do with reducing stuff at home from impending nuptials). There's lots of great articles that are still entertaining after all these years. Plus it's a fantastic record of what has been achieved and rivers under different conditions. So the Splash digital archive is now larger (copy of CD available upon request!).

Talking conditions, recent hot weather that has tragically resulted in much human and material loss in Victoria has affected our club in a superficial way. A flatwater trip was cancelled due to heat and there's been no rain...til now. We've been reminded yet again this is a land of drought and flood. Just this morning a resident from the Channel Country on the radio was reporting 50km wide rivers flowing to Lake Eyre! At least we have water for up coming beginners padding on Barrington and probably Nymboida for Easter.

After a brief false start (but you can't keep a good man down at the hospital), last weekend eight of us went to Basil's place for flatwater paddling and a nice BBQ on Sat night. We've not done this enough so, given the rain distracted the more whitewatery members (and Basil fully understood), we must head up there at next opportune time. Basil's a marvellous host and enjoys having members stay. We must not waste this privilege. I was reminded yet again at Norah Head of the need to take care at all times on the water. My borrowed deck that was not suitable for whitewater wasn't holding during a test roll. And it was pulled off from the wave's wash as I returned to the beach realising the foolishness of even attempting it.

I hope you all get involved in the various activities on the calendar (in my absence for reason mentioned in last Splash). Don't hesitate to ask the trip organiser for additional details, especially if you are unsure whether your paddling standard is appropriate for the particular trip.

Regards,

Andrew.

## Editorial

I've enjoyed my stint as Editor/Webmaster but this year will be my last.

So if you fancy being the Editor/Webmaster next year (from July 09) then you can email me and I'll tell you what's involved; basically it's a copy and paste job that will take you 2 to 3 hours a month, the website has an on line builder so that's easy as well.

You might have noticed I haven't done much paddling over the last 12 months, well that's because since moving up to the central coast I've been doing a lot more 4 wheel driving, this truck is taking up a lot more of my time at the moment.

[editor@rivercanoecub.org](mailto:editor@rivercanoecub.org)



## News and Gossip

### Working Bee.

There was a pretty good turnout for last months Working Bee, Marcus turned his skills to fixing the door onto the balcony, so that now opens easier than it has done for a few years.

A local turned up and bought a couple of the old polo boats for his kids.

A lot of the junk and old resin tins were thrown out, a big thanks to Nel for organizing a council pickup for the old chemicals etc.

Chris and his able apprentice Declan installed a new hot water tank.



### Bruce Rd ?

Is this the elusive Bruce Rd on the recent trip to NZ?



# For Sale / Wanted

Contact Editor to Advertise, also check on website.

### Wanted

Creeker to suit 6'1" skinny bloke

Contact Glenn Phone 0400 403 548



# The Grose River

Team: Mathew\*, Mark\*, Luke\*, and John\*. \*(Names replaced by biblical disciples to protect identities)

(Scene: 9pm Monday Night.)

T: A, we paddling the Grose tomorrow?

A: Yup.

T: You got the day off work - asked you boss?

A: Nope, you?

T: Nope.

A: Ok, see you 6:30 at Maccas

T: Cool.



So it was a bunch of bludgers and truants that met at Yarramundi to paddle the Grose River in the Blue Mountains on a wet Tuesday morning. We headed up to the Grose Rd, near Falconbridge and headed along the dirt road towards the Grose Lookout point, only to be stopped by the locked gate that was shown on the map too. Funny that. The NSW guides' 1hr walk in was looking optimistic. 3 hours, 8km, and some vicious leeches later we were down at the brown flooding thing that was the Grose river.

For an hour we paddled 8km of pool drop fun rapids, big waves, flushing holes and exciting hydraulics. All class 3 kind of stuff. The gauge we passed (and on the net) showed 1.68m and we all reckoned the higher is went the more washed out and bouncy it would become. No need to get out and scout, with the captain in the lead, with the exception of one sieve on river right all the rapids were fun and clean.



Lunch at 12, and then the last 6km of flat and then up-stream paddling on the Nepean back to the car.

Even with a whitewater ratio of 1:4, we still think it was way better than work - our shoulders disagree.



# Paddling 101

## Paddle Smarter

5 Ways to Tweak your Technique

by Wes Kisting

With a little practice, almost anyone can climb into a kayak and move it around skilfully, with little effort. What really distinguishes the expert paddler from the novice is the thousand tiny little refinements the expert makes to his (or her) paddling stroke. At a glance, these refinements may be impossible to detect, but let the expert and the novice paddle side-by-side for several hours, and the difference in their performance can be quite remarkable. Why? Because, over time, all those tiny refinements add up to a big difference in speed, control, and endurance.

So how can you get started on the path to paddling greatness? Begin with these five effective ways to tweak your stroke. Practice them diligently, and you'll find yourself paddling faster, straighter, and easier than ever before.

### Rotate Your Torso

The single biggest misconception about paddling is that it's an "arms only" exercise. The best paddlers know that about 75% of their paddling power comes from their torso. The muscles in your torso are far more powerful than the wimpy biceps and triceps that propel your arms. They can generate much greater force, for much longer periods of time, with less fatigue. If you incorporate these muscles into your paddling stroke, your endurance level will double or triple compared to paddling with your arms alone.

So how exactly *do* you tap the power of your core? Here's an excellent paddling drill for learning to incorporate torso rotation into your stroke:

1. Get into your kayak and pick up the paddle.
2. Fully extend your arms (holding the paddle as far out in front of you as possible) and lock your elbows.
3. *Without bending your elbows*, begin paddling.

Continue paddling this way for at least fifteen minutes.

This paddling drill forces you to do two very important things: First, it prevents you from using your arms to paddle. Since your elbows are immobilized, the only thing your arms can do is raise or lower the paddle blades to make them enter or exit the water. (Don't cheat and try to pull with your shoulders.) Second, it forces you to rotate your torso. Without the power of your arms, torso rotation becomes the only source of propulsion. The more you rotate your torso, the more power you will get out of each stroke.

Obviously, you wouldn't want to paddle this way permanently. It's only a skill-building drill. By locking out your elbows, you exaggerate the need for torso rotation, forcing you to develop your torso's "muscle memory" so that it can be incorporated into your normal stroke. Try the paddling drill for at least fifteen minutes so you can get a feel for the movement and the power of good torso rotation. It may feel awkward at first, but the longer you practice, the more natural it will become to rotate your torso, and the better you will be able to tap the power of your core during your normal stroke.

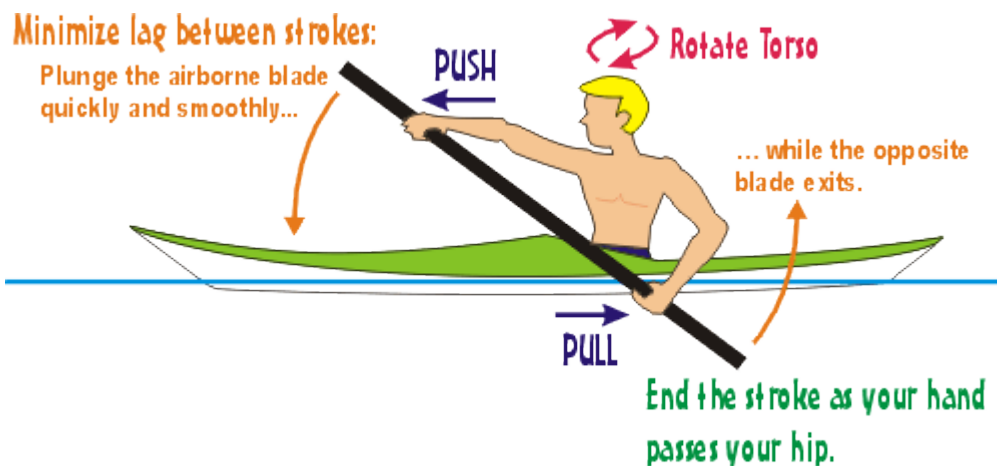


## Push and Pull

Most people understand that to propel a kayak forward, you need to dip the paddle blade into the water and pull back on the paddle shaft. But did you know that you can *push* on the shaft at the same time to generate even greater power? It's true! A kayak paddle is constantly pivoting around two alternating pivot points: your two hands. As one paddle blade dips into the water, your lower hand (nearest to the dipping blade) must *pull* on the shaft (with the help of your rotating torso, not arm strength). At the same time, however, your upper hand (nearest to the airborne blade) should *push* forward (again, with the help of your rotating torso, not arm strength). By pushing with your upper hand, you exert tremendous forward leverage on the shaft. Your lower hand becomes the pivot point for this leverage, transferring the power into rearward paddle propulsion that drives the kayak forward. Many kayakers refer to this as the "push-pull" technique. The first time you incorporate the push-pull into your stroke (pushing with the upper hand while pulling with the lower), you will be delighted to find that you can generate far more power using the push-pull than you ever could by pulling alone. Make it a regular part of your stroke, and you'll paddle faster, for longer, with less fatigue.

## Minimize Stroke Lag

Most people try to paddle "faster" by increasing how much strength they apply to the paddle blades. While this method generally yields greater speed, it comes at the high cost of rapid exhaustion. But what if I told you there is a better way to increase speed, without increasing effort? It's true! The secret is not to pull harder on the paddle, but to minimize the lag time *between* strokes. Your paddle stroke should be one, continuous, fluid motion, not unlike the movement of legs pedaling a bicycle. As one paddle blade is getting ready to exit the water (just as it pulls past your hip at the end of your stroke), the opposite paddle blade should already be extended far forward, ready to enter the water and begin the next stroke. At the same time you lift the exiting blade out of the water, you should already be planting the opposite blade (sharply but smoothly) into the water and starting to pull. Don't think of these movements as separate actions. They shouldn't be. Keep the paddle constantly moving to minimize the lag between strokes, and you'll find your kayak traveling faster without any extra effort on your part.



## Increase Your Angle

Your "paddling angle" refers to how upright you hold the paddle during each stroke. If your hands stay relatively low throughout the paddling movement (never rising above your chest or collar), and your paddle shaft never angles more than 45 degrees off of true horizontal, then you are a "low angle" paddler. Low angle paddlers are fairly common since paddling at a low angle saves your shoulders from doing as much work to raise and lower the shaft. If, on the other hand, your hands regularly rise higher than your face during the paddling movement, and the paddle shaft approaches near-vertical during each stroke, you are a "high angle" paddler. Why does this matter? Because the angle at which you paddle can have a big impact on the effectiveness and efficiency of your stroke.

High angle paddling initially feels more taxing on your shoulders because it takes more shoulder action to raise your arms higher and hold the paddle shaft closer to vertical throughout the stroke. The payoff, however, is that the paddle blades pass closer to the boat during each stroke (ideally, right next to the hull). By paddling closer to the boat, you generate *more* straight-forward power and *less* turning leverage, resulting in a straighter, faster pace overall. Even a slight increase in your paddling angle can make a noticeable difference in tracking and speed, especially when crossing a long distance. If you're a low-angle paddler by nature (most people are), you don't have to convert to extreme high-angle paddling to get good performance, but you *should* experiment with your paddling angle (increasing it by moderate amounts) to see what a higher-angle paddling style can do for you. The real pay-off is in endurance. A higher paddling angle engages a slightly different set of muscles during the stroke, granting temporary relief to your low angle paddling muscles. Once you add a high-angle stroke to your repertoire of skills, you can switch back and forth between a high or low style to [extend your long-distance stamina](#).

## Relax Your Grip

Most new paddlers (and even some experienced paddlers) grip their paddle shaft much too tightly. Perhaps they're nervous by nature, or perhaps they're afraid their paddle will sink if they drop it. (It shouldn't—paddles are supposed to float.) Whatever the cause, a tight grip can lead to all kinds of trouble: tendonitis, joint pain, wrist and elbow injuries, forearm cramps, quicker fatigue, and so on. Experienced paddlers know that it's vital to maintain a relaxed grip, especially during long-distance paddling.

When you grip the paddle shaft, grip it *loosely*. Don't exert any gripping pressure. Just curl your fingers lightly around the shaft and use light pressure with your thumb to keep the shaft from dropping out of your hand. When you pull on the shaft, pull with your curled fingers, but don't grip any tighter with your thumb. When you push on the shaft, push with your palm. A good way to practice a looser grip is to place your thumbs on top of the paddle shaft (on the same side as your fingers) rather than allowing your thumb to curl under to form a solid grip. It will feel a little awkward at first without the help of your thumbs, but soon you'll learn that your fingers can hold the shaft securely on their own. You'll also discover that the shaft pivots in your hands much more freely, exerting less rotational stress on your wrists, when your thumbs are not allowed to maintain a tight grip. Best of all, you'll find that your forearms feel much better (less burn, greater stamina) as you paddle.

Wesley Kisting [www.roguepaddler.com](http://www.roguepaddler.com)



# Rafting in Nepal

At the end of a trekking trip in Nepal during October last year, the younger ones of the group (I'll include myself here whilst still 30 something) were challenged to a rafting trip by Colleen. This was to be expected given she's the daughter of Dave Saunders, Shoalhaven Gorge paddling oracle. The river? Upper Seti (pronounced 'saytee'), only open to paddling for two years now. It is continuous rapids to grade 3+. Although a tempting paddle, local kayaking agencies soon helped me come to my senses that it was appropriate for my (sub) standard.



After paying our \$50US, we headed off from Pokhara for the mere 20mins drive to the put in. There our guide gave the best safety briefing I've ever heard (besides Extreme, of course!). Surprisingly thorough, maybe due to his experience and/or body count. We gave Colleen's (actually her dad's) waterproof camera to our safety kayaker and then immediately headed off. No time to practice commands or strokes. The level was excellent due to a late finishing monsoon and rapids were fun but not scary.

Where the river enters a slight gorge, David fell out when we almost flipped in a 3+ stopper but we dragged him on board once through it. Although mostly grade 3, the volume meant us Aussie grade 3 paddlers would struggle with the different techniques required and ability to adjust with the continuous nature of rapids. Eventually the rapids relented a bit and we entered familiar territory passing the school where I worked at 10 years ago. And the pull out point is just in time, for the river then enters a slot gorge cutting right through the centre of Pokhara: certain death. After a delicious lunch we were back at Lakeside tourist area within 3hrs of setting off.

The lower Seti is a renowned two day grade 2+ trip with warm water and a remote feel but unfortunately I had no time for this. In general, Nepal has so much to offer paddlers, both in quality rivers and the unique cultural and physically different setting to make it particularly special. It definitely is a destination the club could consider in the future if the recent return to relative political stability in Nepal remains.

Andrew Bovis. (President)



# Calendar of Events

## Buying Your First Kayak

It is expected that all participants in River Canoe Club activities are financial members of RCC. Prospective members are given one trip's grace (a fee of \$20 applies to cover insurance) before they are expected to become members. Any person wishing to paddle on a club white water trip must prove their basic skills ability on flat water first to the satisfaction of the trip leader. Please inform the trip contact 5 days prior to the trip (or greater) to let him/her know that you are interested. The advertised trip shall be subject to river conditions and the venue may be changed at the discretion of the club or trip contact. No one will be allowed to paddle with the club if they don't have the appropriate safety gear in good repair. If in doubt- ASK. If you have any medical conditions or take medicine on the river, let the trip contact know.

**All attendance at club trips to be recorded on the 'Float Plan' before setting off.**

**Trip Etiquette** If you would like to come on a trip, then please call the trip contact whose name appears in Splash, preferably a week before the trip. This allows the coordinator to organise car sharing, notify you of any changes of rivers, or if no one is interested, cancel the trip. If you would like to hire a club boat, then two weeks notice is normally necessary.

**Sundays at the Penrith Whitewater Stadium.** If you are looking for some regular Grade 3 whitewater action, or your river trip has been cancelled due to lack of rain, then head down to the Penrith Whitewater Stadium with other regular

Subscribe to the Rivers email list to receive up-to-date information regarding impromptu river trips and a trips alert. To subscribe, send an email to Lynn [lparker@netspace.net.au](mailto:lparker@netspace.net.au). The events and dates listed below are subject to variability, so watch the Yahoo group and the calendar for updates, and keep in touch with the trip contact to keep informed of changes and advise your likely attendance. **Trip contact/organiser must make sure a "float plan" is prepared for each trip** refer to website [www.rivercanoeclub.org](http://www.rivercanoeclub.org).

## February.

28<sup>th</sup> **Willow Warriors:** Walk along the Wolgan River at Newes – Treating Crack Willow..

1<sup>st</sup> Contact: Jeff Cottrell, 0418.210.347

More details at the Willow Warriors web site at <http://www.willowwarriors.org.au/>

## March.

6<sup>th</sup> **Club Meeting:** Club House Tempe. 7:30pm Start.

7<sup>th</sup> **Barrington River - 10.00 am on the water.**

Introduction to moving water for paddlers interested in developing their kayaking skills conducted on basic grade 1 and 2 whitewater. Whitewater paddling techniques including, basic river reading, strokes, eddying in and out, whitewater equipment and safety will be covered.

This training also further develops flatwater paddling skills and boat control, not to mention boat exiting and re-entry.

A different but very worthwhile way of developing skills and possibly a start to a moving water love affair. Bring your non-paddling family - it's a great swimming spot, nestled amongst the Casuarinas.

Equipment: you will need a whitewater boat, paddle, skirt, PFD and a helmet is essential. (But don't go out and buy all the equipment listed for whitewater paddling till you have fallen in love.). The club has some equipment for hire for \$50/weekend and other arrangements can be made with local suppliers at Gloucester (3 1/2 hours north from Sydney).

Camping: you will need to bring your own tent, folding chair and food/drinks/water, there are no shops close by, and the toilets are pretty rudimentary.

The camp is at Binderra (\$5/night) the last farm on the road about 20 km up from the Barrington Bridge. Specific directions will be provided to participants.

This weekend will also be for PaddleNSW members to come along as part of the inter-club recreational paddling program.

Contact: Tim Sindle, 0438.443.541, [tsindle@gmail.com](mailto:tsindle@gmail.com)

Contact: Lynn Parker for PaddleNSW, 0406 428 331, [lparker@netspace.net.com.au](mailto:lparker@netspace.net.com.au)



8<sup>th</sup> **Willow Warriors.**

Treatment – Nepean River, Penrith to Devil's Lane

Contact: Jeff Cottrell, 0418.210.347

More details at the Willow Warriors web site at <http://www.willowwarriors.org.au/>

11<sup>th</sup> **Midweek/6 Bridge Paddle - Departing 6:30pm.**

Departing 6:30pm @ Clubhouse. Come along for a fitness paddle or a social paddle. Depending on night a BBQ will be held from time to time after the paddle.

Contact: Andrew Bovis, 0427379044, [ambovis@tpg.com.au](mailto:ambovis@tpg.com.au)

14<sup>th</sup> **Swift-water Rescue Course – a must for all whitewater paddlers.**

15<sup>th</sup> This course is designed for recreational paddlers. You will learn the principles and skills to deal with rescue situations you may encounter while paddling recreationally. It is based on the River Rescue level 1 course previously run by Australian Canoeing.

**You will learn:** rescue principles, river hydrology, personal equipment, rescue equipment, introduction to knots and anchors, communications, swimming in rapids, strainer negotiation, throw bag practice, tension diagonals, contact rescues, H & T rescues, deck carries, mechanical advantage systems, shallow water crossings, snag & tag lines, pins & wraps

**Normally held in Canberra over 2 days.**

**Contact Rohan on Ph 02 6228 1264 Mob 0410 54 7838**

**Website: [www.realfun.com.au](http://www.realfun.com.au) Email: [adventure@realfun.com.au](mailto:adventure@realfun.com.au)**

15<sup>th</sup> **Kayak for Kids – Training Day – 8.30 for 9.00 on the water.**

This trip is to scout the third leg in preparation for the Kayak for Kids charity paddling event.

Chowder Bay to Balmoral (4.6). New members who have completed the flatwater skills and deep water rescue courses are encouraged to come along.

Arrangements can be made to collect and return club equipment. Use will be on a 'first in, best dressed' basis and the gear will have to be booked with the organizer.

Contact: Lynn Parker, 0406 428 331, [lparker@netspace.net.com.au](mailto:lparker@netspace.net.com.au)

Contact: Tracy Hudson, 0411.024.088, [Tracyhudson01@aol.com](mailto:Tracyhudson01@aol.com)

15<sup>th</sup> **Willow Warriors.**

Monitoring on Colo River – Bob Turners Track to Colo Meroo

Contact: Jeff Cottrell, 0418.210.347

More details at the Willow Warriors web site at <http://www.willowwarriors.org.au/>

21<sup>st</sup> **Kayak for Kids – Training Day – 8.30 for 9.00 on the water.**

Balmoral to Clontarf (4.0) meet at the southern end and look for the PaddleNSW/RCC banner

Arrangements can be made to collect and return club equipment. Use will be on a 'first in, best dressed' basis and the gear will have to be booked with the organizer.

Contact: Lynn Parker, 0406 428 331, [lparker@netspace.net.com.au](mailto:lparker@netspace.net.com.au)

Contact: Tracy Hudson, 0411.024.088, [Tracyhudson01@aol.com](mailto:Tracyhudson01@aol.com)



21<sup>st</sup> **Willow Warriors.**

Monitoring paddle – River TBA

Contact: Jeff Cottrell, 0418.210.347

More details at the Willow Warriors web site at <http://www.willowwarriors.org.au/>

22<sup>nd</sup> **Canoe Polo - Penrith Whitewater Stadium**

Contact: Anna Ward, 0419 621 149

22<sup>nd</sup> **Penrith Whitewater Stadium.**

Pre-Nymboida training day. Just turn up, we'll be there.

Contact: Andrew Love [andrew191171@hotmail.com](mailto:andrew191171@hotmail.com)

22<sup>nd</sup> **Nepean Gorge - 9.30 for 10 am on the water.**

A trip which is suitable for all paddlers' and types of boats. We'll paddle up the Nepean into the gorge, with a break for lunch, and possibly a swim, and then back to our put in point. The group will determine the length and pace of the paddle.

For new members without a boat this is an opportunity to come on a club trip. Arrangements can be made to collect and return a club Platypus, plus PFD and paddle. Use will be on a 'first in, best dressed' basis and the gear will have to be collected on the Saturday.

**Meet at the Tench Reserve boat ramp under the Penrith Valley Bridge on the M4 (Gregory's Map Reference 235 F15)**

Contact Tracy Hudson, 0411.024.088, [Tracyhudson01@aol.com](mailto:Tracyhudson01@aol.com)

28<sup>th</sup> **Wolli Creek Tour - 9 am at the Clubhouse.**

A leisurely kayaking tour to help the Wolli Creek Preservation Society. Paddle up Wolli Creek with highlights of the creek, its history and ecology being pointed out, alight at the weir for a guided walk up Nannygoat Hill and then return to the clubhouse for cake! Free to all RCCC members.

These tours also help to raise funds for repair and replacement of club equipment so as well as enjoying to tour you are helping to raise funds for Rivers. We'd like to keep them going but cannot do so without club volunteers!

Contact: Tracy Hudson, 0411.024.088, [Tracyhudson01@aol.com](mailto:Tracyhudson01@aol.com)

29<sup>th</sup> **Kayak for Kids – Blues Point to Clontarf.**

A great event for all the family around the shores of Sydney Harbour. Fundraising for Lifestart's Early Childhood Intervention Program & School Age Services for children who have an intellectual disability. Get involved, by participating or volunteering your services. Lets get a Rivers team together and attack the Harbour en mass!!!

**ENTRIES OPEN** - Visit the website [www.arocsport.com.au/k4k/k4k\\_home.html](http://www.arocsport.com.au/k4k/k4k_home.html)

Contact: Lynn Parker, 0406 428 331, [lparker@netspace.net.com.au](mailto:lparker@netspace.net.com.au)

29<sup>th</sup> **Willow Warriors.**

Training day at Penrith Whitewater Stadium

Contact: Jeff Cottrell, 0418.210.347

More details at the Willow Warriors web site at <http://www.willowwarriors.org.au/>



## April.

3<sup>rd</sup> **Club Meeting:** Club House Tempe. 7:30pm Start.

### 4<sup>th</sup> **Jervis Bay Paddle and Camping Weekend.**

5<sup>th</sup> Come down for two days of paddling in and around Jervis Bay, dinners at the local and (probably) luxury waterfront sites at the Jervis Bay Caravan Club, Wollamia, for this weekend.

For those who want to be there in plenty of time, or just want a good time, why not come down on Friday night and share a meal and drinks at the local pub.

Paddling for the weekend will be mixed with the options of either the surf for whitewater paddlers or the Bay for the flatwater brethren. An outside sea paddle could also be undertaken. Trips will be selected on the day and will depend on the weather, paddling conditions and numbers/paddling skills of those coming.

There is also the opportunity to split into groups depending on what members want to do, for example long boaters could head around the bay while short boaters go surfing.

Please contact the trip co-coordinator at least two weeks in advance so numbers can be confirmed and camp site bookings can be arranged.

Full details in future editions of Splash.

Contact: Tracy Hudson, 0411.024.088, [Tracyhudson01@aol.com](mailto:Tracyhudson01@aol.com)

### 4<sup>th</sup> **Willow Warriors.**

Cecil Hoskins Reserve – native tubestock planting

Contact: Jeff Cottrell, 0418.210.347

More details at the Willow Warriors web site at <http://www.willowwarriors.org.au/>

### 5<sup>th</sup> **Penrith Whitewater Stadium.**

Pre-Nymboida training day. Just turn up, we'll be there.

Contact: Andrew Love [andrew191171@hotmail.com](mailto:andrew191171@hotmail.com)

### 5<sup>th</sup> **Willow Warriors.**

Monitoring – Wallaby Rocks

Contact: Jeff Cottrell, 0418.210.347

More details at the Willow Warriors web site at <http://www.willowwarriors.org.au/>

### 8<sup>th</sup> **Midweek/6 Bridge Paddle - Departing 6:30pm.**

Departing 6:30pm @ Clubhouse. Come along for a fitness paddle or a social paddle. Depending on night a BBQ will be held from time to time after the paddle.

Contact: Andrew Bovis, 0427379044, [ambovis@tpg.com.au](mailto:ambovis@tpg.com.au)

### 10<sup>th</sup> **Easter Safari.**

13<sup>th</sup> Nymboida River 3 day moving trip. A highlight of the year for whitewater paddlers! Don't miss it!

River descriptions for the sections we do are below, but don't be put off by gradings all major stuff can be portaged:

<http://www.adventurepro.com.au/paddleaustralia/pa.cgi?action=details&id=nymboida4>

<http://www.adventurepro.com.au/paddleaustralia/pa.cgi?action=details&id=Nymboida5>

Contact: Andrew Love [andrew191171@hotmail.com](mailto:andrew191171@hotmail.com)



River descriptions for the sections we do are below, but don't be put off by gradings – all major stuff can be portaged:

<http://www.adventurepro.com.au/paddleaustralia/pa.cgi?action=details&id=nymboida4>

<http://www.adventurepro.com.au/paddleaustralia/pa.cgi?action=details&id=Nymboida5>

Contact: Andrew Love [andrew191171@hotmail.com](mailto:andrew191171@hotmail.com)

10<sup>th</sup> **Canoe Polo Australian Championships at Penrith Whitewater Stadium.**

13<sup>th</sup> Contact: Anna Ward, 0419 621 149

10<sup>th</sup> **Willow Warriors.**

13<sup>th</sup> Monitoring paddle – River TBA or Glen Davis in the Capertree Valley

Contact: Jeff Cottrell, 0418.210.347

More details at the Willow Warriors web site at <http://www.willowwarriors.org.au/>

20<sup>th</sup> **Willow Warriors.**

24<sup>th</sup> Monitoring paddle – River TBA

Contact: Jeff Cottrell, 0418.210.347

More details at the Willow Warriors web site at <http://www.willowwarriors.org.au/>

22<sup>nd</sup> **Midweek/6 Bridge Paddle - Departing 6:30pm.**

Departing 6:30pm @ Clubhouse. Come along for a fitness paddle or a social paddle. Depending on night a BBQ will be held from time to time after the paddle.

Contact: Andrew Bovis, 0427379044, [ambovis@tpg.com.au](mailto:ambovis@tpg.com.au)

**NB:** Because of the unpredictability of the river levels most whitewater trips are organised over the Yahoo Group; if you're not on this group contact Lynn Parker via email and she will include you. [lparker@netspace.net.com.au](mailto:lparker@netspace.net.com.au)

---

# Paddle Points

The Paddle Points system is still continuing so make sure you're always on those trip Float Plans and meeting attendance sheets, to ensure your participation in club activities counts for the presentation of a prize at the Christmas party in December at PWS.

**Points value:**

Member of Committee 5 points.	Leading Club trip. 5 points.
Attend Calendar event 2 points.	Attend monthly meeting. 2 points.
Shuttle Bunnies 2 points.	

**The committee's decision is final on disputed trips.**

"The Paddle Points competition will now not only have a paddle for the winner, but a wild card prize for those who are in the top 70% of club participants. This means everyone can be a substantial winner. The prize may not be a paddle but it will certainly be paddling related!" Remember the **Monthly Meeting Raffle** helps finance the Paddle Points prizes; \$2 each or \$5 for 3.

