



CUCKMERE VALLEY CANOE CLUB

October 2018

CVCC AGM
16 November
7.30pm at The
Dorset, Lewes

Throwline

Have a say in our 'future water'

As you will be well aware, CVCC only runs thanks to the time and energy of our team of coaches and our committee. Now it is your chance to join the committee and so bring your passion and ideas to the running of the Club. With the AGM, comes the annual election of all committee roles. So please step forward.

Being a member of the committee involves a meeting (in the pub, of course) once every couple of months. Then, depending on your role, a little extra work in between (such as checking the club's equipment, liaising with Buzz, helping at events) but nothing too demanding or time-consuming. And every role plays a vital part in the future success of the Club.

Summary of roles:

Chair

- Chair all meetings of Committee & Membership
- Liaise with Buzz over lease
- Be the first point of contact for website enquiries
- Act to resolve any conflict or breach of club policies & rules
- Provide yearly report at the AGM
- Organise for committee meetings and write agendas.

Secretary

- Maintain the CVCC website
- Act as central hub for all club information
- Record accurate minutes of all club meetings and committee meetings

Safety Officer

- Act as the first point of contact for club staff, volunteers, young people and parents, for any issue concerning health and safety
- Ensure all accidents are correctly reported in accordance with the BC guidelines and that the Club operates safe systems
- Keep up to date with the latest training requirements from British canoeing

Treasurer

- Deal with all payments to and from the Club
- Maintain accurate record of club accounts showing all income & expenditure
- Get accounts independently audited at the end of financial year
- Close of end of year accounts and create accounts report for AGM
- (The current treasurer will be on hand to offer advice and support.)

Welfare Officer

- Maintain record of a club coaches BCU membership, DBS checks & first aid course attendance, and ensure compliance of all BC & CVCC Welfare Policies, Guidelines & Rules
- Act as highly visible focal point for all club harassment and protection issues, overseeing and managing all complaints
- Organise First Aid and Safeguarding courses for new & existing coaches

Equipment Officer

- Organise a stock-take and general clean-up of the barn.
- Oversee maintenance of club boats and equipment and requests for new purchases
- Liaise with coaches and members in arranging the clubs boat & equipment insurance

Events Coordinator

- Organise social events (e.g. AGM, Big Splash, Christmas party etc).
- Liaise with coaches to coordinate the Club's calendar of trips, events and courses.
- Keep the CVCC calendar updated with all events.
- Liaise with Comms Officer to promote events.

Coach Coordinator

- Maintain coaching rota and monitor coaching cover – ensuring enough coaches are signed up for Club Sundays
- Coordinate the development of aspiring, new & existing coaches

Communications Officer

- Be responsible for email newsletters to provide information on upcoming events
- Produce 'Throwline' magazine
- Add events to Facebook

Youth Officer

- Represent junior section of club (under 18 years) and put forward request on behalf of juniors at Committee meetings
- Support and organise events and trips suitable for juniors
- Monitor provision of junior equipment & kayaks and put forward any request to the Committee.

Deadline 18 October

Email cvcc@cvcc.org.uk by 18 October stating which role you are standing for and (briefly) why

All posts will be voted for and approved at the AGM on 16 November.

On and off the water - Autumn/ Winter events

October

20 & 21 October - Gower Peninsular Trip

Join the Surf Group's annual trip to the Gower Peninsula in South Wales which has world-class surf beaches. There will be an opportunity on this trip to gain the British Canoeing 3* Surf Award. For more details, email colinbeard@hotmail.co.uk

21 October - End of Season Paddle

All too soon, it is the end of the season. This last Sunday morning paddle is marked with coffee and cake, so bring some along to share.

November

16 November - CVCC AGM & Social

7.30-11pm The Dorset, 22 Malling Street, Lewes BN7 2RD

Come along for a chat, a quiz, a FREE buffet and the chance to have your say about the plans for 2019. It helps if you can reserve your tickets so we make sure we order enough food.

Book online bit.ly/CVCCAGM18

December

8 December - CVCC Christmas party

7pm-Midnight The Langham Hotel, Eastbourne
You should already have booked your place but if you still want to come along, get in touch directly with the Langham Hotel and ask to join the Cuckmere Valley Canoe Club group.

For those of you that have booked, make sure you order your menu choices. Email Paula L with any questions: paula@cvcc.org.uk

January

1 January - New Year's Walk

10.30am at the Barn.

Blow the cobwebs away with a stroll around Cuckmere Haven. Braver souls (and those with dry suits) come along for a paddle.



Celebrate our coaches - the Club's life-blood

New coaches

Without our coaches there would be no Sunday paddles, trips, events or Club! So we are delighted to celebrate six more members successfully passing their Paddlesports Instructor course.

Congratulations to:

Aedan L, Charlotte F, James H, John R, Morgan L, Gary W

We look forward to seeing these new coaches develop their skills next season as they learn from our long-standing coaches and bring new ideas to the Club.

Winning coaches

The second Coach Recognition Award went to two people; celebrating their enthusiasm and support for paddlers of all levels.



Ashley C



Andy N

If you want to nominate a coach for the next award, please email your suggestion to feedback@cvcc.org.uk

A coaches' night out

To reward our coaches, CVCC is taking them out to dinner at The George, Alfriston, on 2 November. If you are a current coach and have not yet booked, please email Steve D by 19 October: steve@cvcc.org.uk.

Future coaches?

This summer saw members achieving their British Canoeing 1 Star & 2 Star Awards. Training with our CVCC coaches for these awards is a great way to develop your skills and get more enjoyment from the sport. British Canoeing is tweaking its awards' structure for 2019 but we will be announcing details of next season's training soon.



1 Star success



2 Star survival



A first season's retrospective



I'd been talking about getting a kayak for the last couple of years. It was something I did very occasionally, but a few years could easily slip by between me getting on the water. With two young children, a hectic work schedule and other often time-consuming hobbies, there was always a good reason not to start something new. There was always going to have to be a catalyst to kick-start me.

Last year I was lucky enough to be in Antarctica on a photography trip for work when I was asked if I wanted to try out the kayaking programme with a view to us offering it to clients on our next expedition. Of course I wasn't going to turn down the opportunity.

It was an extraordinary experience; navigating round icebergs, alongside porpoising penguins bursting out of the water at speed, and paddling through thick brash ice. My pivotal moment came as I stopped, completely still, just the soft plinking sound of snow falling on the water and at that point I promised myself no more excuses; when I got home I'd start kayaking on a regular basis. Within days of returning home I'd emailed the CVCC.

My first session with the club was the first day of the season and it's fair to say I didn't enjoy it – the only session I haven't. The skeg was stuck up on my kayak, I struggled to keep it in a straight line, got 'stuck' the wrong side of the bridge against the current and cracked my knee on the bank getting out leaving me with a black egg shaped bump and equally injured pride. All the club coaches are

excellent but Justin E in particular was so patient and all the other members so friendly that I felt I had to come back.

Fortunately my second session went a lot more smoothly and within a few weeks I felt more confident and really looked forward to my Sunday mornings. By mid-May I felt ready for my first sea trip. Sitting looking over to the Seven Sisters, feeling my boat moving gently up and down with the swell of the sea, I felt total contentment. Just the sheer pleasure of being outside in a beautiful location, with nobody demanding my attention. No email, no small children, just the luxury of time to myself with no distraction.

Over my first six or so weeks with the club, I tried out a variety of kayaks and very quickly developed a strong preference for the Wavesport Ethos Nine. It was a boat in demand and often I'd arrive too late to nab one, so it wasn't really a difficult decision to buy my own. I set up alerts on eBay, scoured Facebook and Gumtree and by mid-June went to collect my kayak – which fortunately just about fitted inside my car as I was too scared to put it on the roof. Probably a good thing too as I later discovered my also new roof rack didn't fit properly, so there was a good chance I'd have lost it all on the M25.

A slightly more substantial roof rack later (lesson learnt there), I added a buoyancy aid and helmet to my growing pile of kit and was ready to take my boat to the water. With a little bit of help and a visit from Wavesport, I got my kayak set-up



perfectly, making a huge difference to my comfort and confidence on the water. Within a few weeks, I was practicing my edging and trying (as of yet unsuccessfully) to use sculling for support; things I hadn't even heard of at the start of the year.

My first 'away' trip was the Medway one, a meandering paddle along a beautiful waterway. I had a great day which really summed up everything I was hoping to get from joining a club – great company, the opportunity to see our wonderful countryside from a new perspective and the skills to do an activity I've fallen a little in love with.

I realised only a few weeks ago how far I've come this season both in skill and confidence when we headed to sea against a particularly strong current and on-shore wind. The conditions were hard but didn't cause me any trouble. Nearer the river mouth we practiced ferry gliding and I barely noticed the current as I moved from side to side chatting. A long way from the paddler stuck the wrong side of the bridge in April. Mind you, I've still got a lot to learn; I still only have a 50/50 success rate of seal launching from the bank near the steps without capsizing. I've swum in the Cuckmere quite a bit this year...

Next month my kayaking journey comes a full circle back to where I started as I once more I'll take to the water with penguins; I've been offered the chance to try out sea kayaking with African penguins off the coast of Cape Town (I know, I have a tough job!). It won't mark the end though; I'm looking forward to hopefully doing my 2 star or its new equivalent next year, and as I'm no stranger to paddling in cold conditions, you'll probably still find me down the Cuckmere during the winter months too.

I'm so grateful to all the fantastic coaches and hard-working committee of the CVCC for their part in ensuring I had such a great introduction to the sport and first season with the club. I'm looking forward to many more

Kate W



A Summer on the Water

There has been a wealth of trips and events this season. Here is a taste of a few regular ones that will be in next year's calendar.



River Medway Trip

One of the great pleasures of kayaking is the opportunity to see the countryside from a different and generally more tranquil perspective and the CVCC trip on the Medway promised to be a great journey through the Kent countryside, although perhaps not so tranquil amidst our spirited group of paddlers.

As we set off along the river it felt like we'd left the world behind. The overhanging willows created a tunnel of filtered green light for us to pass through. Bright yellow lilies and the tall flowers of purple loosestrife added vibrant colour to the journey. There was little sign of civilisation, yet the watery scene before us was alive with dragonflies darting across the surface of the water as we meandered past meadows and woodland. It surprised me how much isolation could be found in the middle of Kent; no roads, no buildings and very few people, just our small group of paddlers. We did meet a few people as we made our way from Tonbridge to Yalding.

Coming round a bend in the river, sitting high on the bank was a bath tub. Beautifully positioned it looked over the water, a carefully positioned branch offering the perfect spot to hang some ambient lighting for a romantic bath for two. Ian and Colin were straight out their kayaks, up the bank and into the tub together. We hadn't spotted the owner of this outdoor bathroom was nearby and headed over; not to shoo them away but to pour them a very congenial glass of rosé to set the mood and add to the atmosphere – somewhat offset by the group of laughing kayakers on the water below.



A few bends later and it seemed like we couldn't keep Ian in his canoe. A tyre on a rope overhanging the river was too much temptation; he leapt on, swinging over the surface of the water before landing on Justin ensuring they both got wet.

For those staying in their boats the canoe passes offered a lot of fun. These fish-friendly slides of moving water, gradually increasing in speed and gradient while remaining easy for all, were great to shoot down and also offered some moving water at the bottom to have a play in. A bit like log flumes at theme parks with a greater chance of having a swim at the bottom.

Finally reaching Yalding, we stopped for a debrief and drinks in the Anchor Inn to close off a great day on the water. Many thanks to Justin, Ian, Colin and Andy the coaches who made this very accessible trip possible.



Wye Trip

The feeling was that if we were going to go all the way to Wales (well it's border) for a paddle, then it should be a proper paddle. 21 miles later, it was definitely a paddle.

The weather was kind to us, largely. We all gathered at the campsite on Friday for a summer's evening of anarchic cricket, BBQ and chat. The next morning was sunny as we were driven to Preston-on-Wye and launched onto the water.



Nearly two hours in, we were all starting to feel it a bit so stopped for a welcome pause and nibble, with a plan to stop for lunch at Hereford which was "just round the corner". It was a very, very long corner.

With Hereford reached, we pulled up on the steps of the rowing club for lunch and made the sensible decision to split the group with those who were satisfied by the morning's paddle being picked up and driven back to the campsite. The rest of us ploughed on, at which point the rain came. We didn't feel we should complain as it was welcome rain; the Wye was so low that we were grounded at points, even in flat-bottomed canoes. So we did try to intersperse the complaints with cheery songs that mentioned rain.

There is no denying it was a long paddle and the eventual sight of the campsite jetty was a joyous moment. But the sense of achievement was immense. So we have decided to do it all again next year...

We will arrange the Hereford pick-up again so there will be a long and shorter paddle to choose from. Put it in your diary now: 2-4 August 2019.



A Summer in Pictures

Women's day

A Sunday morning for the 'fairer sex' open to members and their friends and family.



Bodiam Trip

New on the CVCC calendar but definitely one to repeat. Boats, trains & castles!



Big Splash

Fun and games for all ages, all members and all family and friends.



With thanks to Steve D for the action photography.



Waller's Haven

So good we went twice. A lovely paddle down from Boreham Street.

