

# DIARY DATES

Full diary here: <http://goo.gl/TIGME>

## Sunday, 27 March

09:00 KCC Club Paddling.

## Wednesday, 30 March

18:00 KCC Club night

18:00 2 star Training

## Thursday, 31 March

18:00 15% Off Sale at Riverside Centre Oxford

## Sunday, 3 April

09:00 KCC Club Paddling.

## Wednesday, 6 April

18:00 KCC Club night

18:00 2 star Training

20:30 Monthly Meeting

## Sunday, 10 April

Rowing Club Head of River Race

09:00 KCC Club Paddling.

## Wednesday, 13 April

18:00 KCC Club night

18:00 2 star Training

## Sunday, 17 April

09:00 KCC Club Paddling.

## Wednesday, 20 April

18:00 KCC Club night

18:00 2 star Training

## Sunday, 24 April

09:00 KCC Club Paddling.

## Wednesday, 27 April

18:00 KCC Club night

## COURSES & PADDLING

**2 Star Training** - Louise is going to be running 2 star training sessions see the details opposite.

**Wednesday Paddling**- There's quite a lot of paddling going on every Wednesday evening even though it dark. Once the clocks go forward later this month. A request for volunteers to do hut duty will be circulated soon. Please let Simon Knox know if you can help.

### Taster Sessions

On the last Wednesday of every month we will be offering taster sessions where people who have not paddled before may come along and have a go. The club will ensure these sessions are staffed by competent paddlers.

**Sunday Paddling** - There's quite a lot of paddling going on at the hut on Sunday mornings. Timings can be a bit erratic so best to check first what time people are meeting up. E-mail or phone a committee member who should be able to let you know.

# Trasher

## MINI EDITION

## MINI TRASHER

This is the first of "mini-Trasher" the club has produced. Its purpose is to fill the gap between issues of the Trasher proper being published. The plan is to issue one of these every month, whilst the Trasher becomes quarterly.

## TWO STAR TRAINING

**BCU UKCC 2 star Training** - On Wednesday evenings starting 30th March (when the evenings are lighter) for 4 weeks I am coaching 2 star skills for KCC members. Please let me know if you are interested, it is not a problem if you are unable to attend all 4 sessions but it will help me to plan if I know.

The aim of the award is: 'This is an improvement award that helps paddlers develop fundamental paddlesport skills on flat water. The emphasis is on gaining a breadth of experience, creating the desired movement of the boat and developing an understanding into how the paddle, boat and water interact', and the award is obtained by taking the assessment in both kayak and canoe.

This award is a prerequisite for anyone wishing to become a coach. This is because it looks at how the basic strokes work in both a kayak and a canoe. Having a go in both of these craft really does help you understand the basics of how strokes work. This can have a positive effect on your paddling of any craft. It is also fun to have a go in something different.

The whole idea of these sessions is to have a bit of fun exploring and trying things out. The emphasis will be on canoe paddling as this is where most people in the KCC lack experience. Although we will also cover the kayak skills required for assessment. The aim is to arrange for assessment as soon as is feasible - **Louise Royle**



### PICTURE OF THE MONTH—HARRY ON HURLEY

Send pictures to [KCC.secretary@gmail.com](mailto:KCC.secretary@gmail.com) for the next edition

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