

# Kirkwall Kayak Club

November 2011



**Welcome** to a new kayaking year!

The summer has come and gone and our regular sea paddles have finished for the year so the intrepid Orkney paddler's focus must now turn to the excitement of Canoe Polo and to honing our skills in the warmth and safety of the swimming pool.

Even in the depth of winter, when the weather is suitable, the keenest of us will don our thermal layers and grab the opportunity of a sea paddle.

## Winter Activities

### Canoe Polo

This season KKC's two canoe polo teams, Orkney A and the Orkney Voles, will be competing in the Scottish Canoe Polo Leagues. The Senior team Orkney A will be campaigning in Division 2 while the Voles will be hoping to break out of Division 3.

Polo training takes place at Kirkwall Swimming Pool between 9 and 10 pm.

### Surf Kayaking

The long nights and wild winter seas aren't all bad news! Some members spend dark evenings scanning weather and surf forecasts looking out for favourable conditions at their favourite surf beaches.

If surfing is on the menu then sea kayaks are likely to be left at home in favour of general purpose and more specialised surf boats. Adam, Kristian and Mary competed in the Scottish Surf Kayak Championships in Thurso earlier this year with Adam winning two silver medals in the junior category and Kristian claiming bronze in the novice section.

### Sea Kayaking

With the regular summer evening sea trips over for the year sea paddling is less to the fore but, when the weather looks promising, we sometimes arrange paddles to suit short winter days—often at short notice.

### Pool Training

This our most popular regular winter activity. Winter pool training caters for all levels from complete beginner to experienced kayaker. It is open to adults and youngsters who attend secondary school. Younger children can also take part but must be accompanied by a responsible older person.

Participants must be able to swim 25 metres, be comfortable in the deep end and obey normal Kirkwall Swimming Pool rules. Cost is £4 and £2, payable weekly.

Winter pool training runs from November to May on Tuesday evenings 8:30—10 pm in Kirkwall Swimming Pool.

To take part simply turn up on the night with your normal swimming costume.

## Coaches and Training

### Coaches

One of the highlights of 2011 was the news that four of our members had successfully qualified as UKCC level 2 Coaches. This is quite an undertaking involving a lot of personal time and expense and requiring a very focussed approach.

Congratulations to our new Level 2 Coaches:

Kristian Cooper  
Lesley Mackay  
Mary Saunders  
Peter Woodward

We also have the benefit of Level 3 Coach John Mowat and three UKCC Level 1 Coaches.

Kristian Cooper travelled south, demonstrated his calm leadership style and considerable paddling ability and came home with the coveted 4 star leader award. He is the first Orkney paddler to achieve this award.

Kristian is the Local Coaching Organiser (LCO) and Chairman of Kirkwall Kayak Club.

### Training

Juniors under 15 years are encouraged to work towards BCU Paddle power Awards. Paddlers of 15 years and over normally train towards BCU Star Awards.

Throughout the summer our Level 2 Coaches have been coaching aspirant 1 and 2 Star Paddlers. The great benefit of having our own Level 2 Coaches is that we can now coach and test up to 2 Star level in-house.

## Photo Competition—Win a head torch

Log on to our website and open the picture gallery 'Paddling 2011' and vote for your favourite picture from the 10 photographs marked \*\*\*COMPETITION\*\*\* (numbered 1 to 10).

To submit an entry use the Feedback facility in Admin and give the number of your choice, not forgetting to fill in your contact details.

The winning photograph will be the one that gets the most votes. The details of all those who voted for the winning picture will be entered into the draw to win the torch.



Kristian and Adam show off their surfing medals

## Clothing with KKC Logo

Hooded tops, Rugby shirts, polo shirts, jackets, hats, whatever you fancy can be purchased from John Kemp Draper, 28 Albert Street, Kirkwall and all can be purchased adorned with the fantastic KKC logo pictured below.

The Club receives £2 for every log produced so it is also a worthwhile fundraiser.



## Website

Keep up to date with Kirkwall Kayak Club at:  
[www.kirkwallkayakclub.org](http://www.kirkwallkayakclub.org)

and on Facebook