

Paddle Australia



May 2020

National Development Squad 2020

Strength & Conditioning:

Training Tips:

REST

Not Enough Rest: May cause physical and mental fatigue as well as potential injury

Too Much Rest: Lead to reversibility where your physical fitness and ability decrease

Adequate Rest: Better physical/mental state and training adaptations occur e.g. increase muscle mass, strength etc.

Recommendation: Try to have at least 1 rest day a week or a very light recovery session.

VARIETY

No Variety: Decreased interest and only training one element of athletic development.

Variety: Increased interest and ensures holistic skill and fitness development.

Recommendation: Try to change up some of your training sessions to include different on-water/off-water sessions and different training intensities e.g. aerobic, anaerobic, lactic etc.

Katelyn Jones

2020 NDS Calendar:

26 - 28 September - Penrith, NSW

7 - 8 December - Bradys, TAS



Hi everyone,

I hope you're dealing well with the current limitations on paddling.

Firstly I'd like to congratulate you on filling out the training logs regularly. This will give you a really good insight into how much training you're doing and the types of training you do through this period of limited access to white water. Some key things to look at in your reports are if you have enough variety in your week. Aim for different types of training with different levels of intensity spaced out evenly through the week. It is also important that you program in some recovery both physical and mental so also check that there's a day each week where you're in either doing very low intensity or no training. Some relaxation activities built-in to your days. I am keen to hear how you have all been creative with the types of training you've been doing at home.

Keep up the great work in filling out the training logs, keep dreaming about the white water, we will be back.

I have included a couple of links to show you what some of our Olympic athletes have been doing during these challenging times of training from home. The thing that I was really inspired by is how each of these athletes sees the opportunity too create a new fun challenge in every situation.

Jess Fox <https://www.youtube.com/watch?v=vhPOwyO7exM>

Caroline Buchanan
<https://twitter.com/CBuchanan68/status/1246051361038319616>

Mike Druce

RESPECT, RESILIENCE AND OPEN-MINDED / CREATIVE

Athletes of the month

Seb Montalto

Name: Seb

Club: MCC

State: VIC

Favourite discipline: K1M

What age did you start paddling: 5-6

Why and how did you start paddling: Rob J invited Josh for a summer program and I went because I wasn't allowed to stay home alone and the instructor had a spare boat and asked if I wanted to join in.

Your proudest moment: Making 2020 jnr team

Your most embarrassing moment: Wishing Alexander Slafkovsky good luck for the Olympics, when he wasn't going 🤔🤔🤔

Tell us something other NDS athletes might not know about you: Did gymnastics for 2 years when I was younger.

What you are doing to keep active during lockdown: Sleeping, gym, running and paddling I'm injured at the moment so that varies.



Ben Little

Name – Ben Little

Club – MCC

State – Victoria

Favourite

discipline – C1

What age did you start paddling – 12

Why and how did you start paddling – With the Ivanhoe Grammar kayaking program

Your proudest moment – Finishing 2nd to Archie and Chris R in the 2016 Yarra Series U13 C2 men

Your most embarrassing moment – Swimming at the tip of the Westerfolds

rapids in year 9

Tell us something other NDS athletes might not know about you – I can play careless whispers on the saxophone

What are you doing to keep active during the lockdown – I built a home gym with a bench made of bricks and wood planks as well as a chin-up bar.

I can still paddle and also go for runs a few times a week.



Name: Ben Ross

Club:: Melbourne Canoe Club

State: Victoria

Favourite discipline: C1 (the only correct answer)

What age did you start paddling: I started paddling when I was 12 years old.

Why and how did you start paddling: I started with the Ivanhoe Grammar year Seven kayak program run by the school, where we did a couple of flatwater sessions before hopping straight onto the Goulburn River. I started because I had heard about the program before I started the year and thought it would be a cool outdoor activity. Evidently it was.

Your proudest moment: I would have to say that my proudest moment would be being selected for my first Australian Junior Team this year in 2020.

Your most embarrassing moment: Unfortunately a moment immediately springs to mind, in the form of the Victorian Champs second heat run in 2019. I had done a pretty average first run and was looking for a solid second run, only to flip just before going down the wave at Eildon. My paddle blade had snapped off the shaft, in conjunction with my right strap popping in the process. Not having the greatest hand roll then meant that I bailed for the first time ever in a C1 in straps, only to be rescued by Seb laughing his head off.

Tell us something other NDS athletes might not know about you: Apart from kayaking I like to play my cricket, and I'm part of the First IX team at my school, along with also doing Debating which I enjoy. Contrary to popular belief I do also paddle K1, where my greatest career achievement was sharing the U18 podium with Declan and George Lazenby at the 2020 Age Nationals at the Mersey.

What you are doing to keep active during lockdown: I'm still paddling where I can in doing some sessions and gates along with flatwater fitness sessions, and also doing gym work at home. I am also getting into a bit of running to build some much needed leg strength. Also a bit of table tennis with my brother doesn't go amiss.

