



National Development Squad - 2020

Mike's corner:

This really is an unusual time in all of our lives not just our paddling lives. We are all having to make some big changes in order to accommodate the threat of COVID-19. As you will know it has put a big dent in a lot of our plans for the immediate future however paddling is a lifelong pursuit and we will all be back at on the white water racing each other and cheering each other on in the not so distant future with the Virus soon forgotten.

I have been super impressed with the effort everyone has put into the "ultimate run" challenge that I set. Such smart analysis of the elite paddlers and a real range of different competitors from proposed by all of you. I hope you learned from the process and continue to watch some more of the great paddling that is available on the ICF YouTube channel.

It is important that we all stay connected and I would love for you to share some of the innovative training methods that you are using to stay fit during our current lockdown.

Stay positive. Test negative.

Mike

Strength & Conditioning:

Attached is the link to the Dropbox which outlines your home gym program.

https://www.dropbox.com/sh/qbkwgjj0gm3u4sh/AABiNYIZCft2DizA_Nzy5VERa?dl=0

2020 NDS Calendar:

26 - 28 September - Penrith, NSW

7 - 8 December - Bradys, TAS



Welcome to our first newsletter for 2020.

For all of our Squad, this is an unusual and unprecedented time but also an opportunity to develop resilience, have a growth mindset and spend quality time with family. It is okay to be disappointed and feel the cancellation of events is unfair but we need to work towards shifting our focus to 'controlling what we can control'.

We have added some ideas to assist:

- Stay informed but manage your exposure to media coverage
- Show compassion and kindness to one and another
- Stay connected
- Actively manage your wellbeing (food, daily routines, exercise, study, chores)
- As Scomo said, 'Stay positive, stay connected and stay strong. We will get through this together!'

Athletes of the month

Name: Declan Ellis

Club: Big River Canoe Club

State: New South Wales

Favourite discipline: C1 (the superior discipline)

What age did you start paddling: I started paddling slalom when I was 13, although I'd done a bit of recreational paddling with my family when I was younger.

Why and how did you start paddling: My Dad was involved in the organisation of the North Coast canoeing champs in 2016 and suggested I come along to compete. I trained by paddling around some floating milk bottles on the dam in our front yard. Despite only racing K1, I somehow managed to have a great time at the race and things escalated from there.

Your proudest moment: Probably last year when I was selected into the NDS for the first time. It was very validating and gave me a lot of self confidence.

Your most embarrassing moment: For sure it was swimming at Mersey during my first training session there, just before age nationals. I got caught in a pourover and panicked. My boat floated down about a kilometre of whitewater until Mark C and my brother rescued it at the bottom of the slalom course. To make matters worse I couldn't get out of the valley and had to climb onto the back of Dave C's kayak to get carried away to safety.

Tell us something other NDS athletes might not know about you: I can speak a bit of German, which I'm learning at school. Hopefully one day I can use it to get tips from Franz Anton (but not that other German who paddles a gala). Also I occasionally dabble in K1. Just kidding, I would never.

What you're doing in isolation: I am lucky enough to be able to train entirely from home. I've got about a 25 metre dam in my front yard with a set up of six slalom gates. I'm doing lots of flatwater training as well as bodyweight work and running. I'm also preparing for my final school exams this year, so I've got plenty of things to keep me occupied.



Name: Dani Latter

Club: Penrith

Valley Canoe Club

State: NSW

Favourite discipline:: C1

What age did you start paddling: 15

Why and how did you start paddling: Previously, I used to be an elite gymnast. I did gymnastics for 13 years and after spending 32 hours a week in the gym and all the other things that went with it, I knew that it was time to try something different. I initially trialled to be a part of the NSWIS rowing team but due to me being on the short side, they recommended that I gave canoe slalom a go and it all went from there, I couldn't be happier.

Your proudest moment: My proudest moment would probably have to be making the National Development Squad just after a year of starting the sport. It's so rewarding being able to do what you love, work hard and see such a significant improvement in such a short time.

Your most embarrassing moment: Probably stacking it on the starting block at the beginning of an open session, in front of all the top European/Aus paddlers...

Tell us something other NDS athletes might not know

about you: I used to do circus at school in junior years. I can juggle, hula hoop whilst in a handstand, I guess they're pretty good party tricks.

What have you been up to during lockdown: Since lockdown we haven't been able to paddle

on the whitewater, which usually makes up about 50% of my training but it's what is best for the health of ourselves and our community at the moment. My recent training has been consisting of 50% cross training, going on runs and bike rides and the other 50% is flatwater training that focuses on maintaining my technique and endurance. When I'm not training, I'm studying for my HSC, which is fast approaching. It is a pretty stressful time to be in year 12 but just got to persevere.



Name: Hugh Clements.

Club: Derwent Canoe Club.

State: Tasmania.

Favourite discipline: Slalom K1.

What age did you start paddling: Since I was 9.

Why and how did you start paddling: When we were in grade 3, Hamish asked if I wanted to go paddling with him once after school with him and his Dad. I loved it, so I just kept going and joined the club.

Your proudest moment: Having 5 out of 6 clean runs in the 2020 AUS Open.

Your most embarrassing moment: Swimming during my first national run at Penrith on the last drop with everyone watching.

Tell us something other NDS athletes might not know about you: Paddled Penrith for the first time 3 months after breaking my Femur.

What are you doing for paddling during lockdown: Going for paddles in the surf ski, flatwater sessions in the slalom boat at the beach and coming up with inventive ways to train around the house, such as making a paddle ergo and strapping wheels to the bottom of an old spare boat.

