



August

2020

# National Development Squad - 2020

## *NDS Meeting*

When:

Friday 7 August, 2020

7.30 pm – 8.30pm

Eastern Australia Time - Sydney

Joining info:

Join with Google

[meet.google.com/ztb-gnxp-dds](https://meet.google.com/ztb-gnxp-dds)

Join by phone

(AU) +61 2 9051 7795

PIN: 576 190 472#

## *Strength & Conditioning*

Week 22 has just commenced and the 3 month reports for weeks 13-24 are starting to be prepared. Please ensure your plan is up to date.

High Performance is compiling some new home based exercise to provide a change up and will be invaluable to the Victorian athletes. They will be sent out shortly.

## *2020 NDS Calendar:*

Potential September camp/ activities are currently being considered

7 - 8 December - Bradys, TAS

Back in March, at our first NDS camp in Tasmania we spoke in depth about what was important to the 2020 National Development Squad. We formulated a culture we wished to create and selected keywords to remind us of our commitment to the mindset.

'Respect, resilience and Open-minded/Creative'

I don't think anyone present could have appreciated how important these concepts would be in the upcoming year.

With Victoria moving into Stage 4 Covid-19 restrictions, it is an important time to consider how as a squad we can work together and come out of these unprecedented times stronger. We would like to suggest that athletes keep in contact with each other, think of ways we can motivate each other, be sensitive with social postings and be there for each other!

There are some great online quiz games, DIY trivia on Zoom, Google Hangouts that can be utilised.

It is also a great time to clean out paddling equipment and clothing and sell online ie FB - Slalom boats for sale, gumtree etc Take this time to repair boats and paddles.

If anyone would like to compile a paddling video or video with hints/tips, we can post it on the FB Canoe Slalom Australia page.

We are all in this together, let's return to paddling stronger as a squad.

**RESPECT, RESILIENCE AND OPEN-MINDED / CREATIVE**



# Athletes of the month

Name: Sophie Wilson

Club: Penrith Valley Canoe Club

State: NSW

Favourite discipline: Don't have a favourite discipline, I enjoy both C1 & K1

What age did you start paddling: 14

Why and how did you start paddling: Prior kayaking, I was tumbling and competing at an international level. Once I got home from Denmark World Championships, I found out I injured my back for the third time which mum made me stop and find another sport. My sister started kayaking a year before me.

One day I finally came down to see what she did, I couldn't stop looking at the whitewater so then I started paddling.

Your proudest moment: Making 2019 & 2020 Jnr Team

Your most embarrassing moment: Getting stung by a bee on NZ NDS tour.

Tell us something other NDS athletes might not know about you: I started dancing at 18 months to age 6 and had lessons in violin and piano. Which I very much disliked!



Name: Georgie O'Callaghan  
Club: Melbourne Canoe Club  
State: Victoria  
Favourite discipline: K1

What age did you start paddling: 12

Why and how did you start paddling: I joined because my brother was paddling and decided it looked like fun

Your proudest moment: Being selected for junior team

Your most embarrassing moment: Breaking my tail straight after the finish line at Aus open and bailing at the bottom of Bradys.





Name: Hamish Dalziel

Club: Derwent Canoe Club

State: Tasmania

Favourite discipline: K1 men

What age did you start paddling: 8

Why and how did you start paddling: My dad got me into it.

Your proudest moment: Making the junior team.

Your most embarrassing moment: Breaking a paddle while trying to splash someone.

Tell us something other NDS athletes might not know about you: I can juggle and throw playing cards.





Name: Sarah Crosbee  
Club: Melbourne Canoe Club  
State: Victoria  
Favourite discipline: K1W

What age did you start paddling: I was first in a boat when I was around two or three years old. However, I started properly training and competing when I was ten.

Why and how did you start paddling: I started paddling because my parents and my brother were already doing it and I wanted to try it out.

Your proudest moment: my proudest moment was making the NDS this year as it was my first year trying out.

Your most embarrassing moment: My most embarrassing moment was at the 2019 Junior Nationals. It was during the teams event and as I was paddling down I forgot about gate seven and started going to gate eight, I remembered at the last minute and made the gate.

