

Paddle Australia



June 2020

National Development Squad - 2020

Congratulations to Miranda Pulkkinen, the winner of Mike's first video challenge. We have a great prize for the Wero Challenge and there are lots of great moves from Oceania to watch!

Strength & Conditioning:

All athletes should have received their 3 month training report from Katelyn Jones. If you have not received the report, require any clarification or would like to discuss, please contact Katelyn on katelyn.jones@paddle.org.au or 0458 196 017.

Keep up the commitment to your training reports, they are providing a valuable insight to your journey or you and your coach.

2020 NDS Calendar:

26 - 28 September - Penrith, NSW

7 - 8 December - Bradys, TAS

Well done to everyone for completing the first three months of his or her training records. For those of you who have completed it fully, which is most of you, you will see a really good overview of the types of training you've completed and how much training you've done over this period. The feedback we have given for the reports is obviously general and it's aimed as a guide to start a conversation with your coach around the goals for the next three months of training.

This next three month block of training is a very important one for your preparation for the coming season. This next period is very much an opportunity to prepare yourself for the demands of the coming season. It is an opportunity to really build your foundations in fitness, this means building strength and aerobic capacity to allow you to train harder and longer in the next phase. It's also a great opportunity to really build some foundation skills. It's a great time to go back to basics and really look at all of your individual strokes and make sure your paddling with maximum efficiency and that your strokes are really effective as a matter of habit. It's also a great time to experiment in learning some new skills, some sophisticated skills that you've seen other top athletes executing in races.

Although it is early days in terms of coming out of the covid-19 restrictions we can be optimistic about getting back to normality. We are exploring the possibilities of being able to organize training opportunities in New Zealand in December as we missed out on the tour at Easter. We're also looking forward to the Junior World Championships in 2021. There are no guarantees of when the travel restrictions will be lifted but we are doing our best to explore the options with our friends in New Zealand and we will keep you posted when we have something to share.

With a view to 2021 World Championships in our preparations I would like to set a new video challenge. This time I would like you to watch the video of the 2020 Oceania Championships at Wero and share your favourite move/section on the course and why. Once again will be a prize for the best explanation and thought behind the choice.

I know that in Western Australia, Victoria, and Tasmania you have lots of flowing white water at the moment and it is a great chance to explore some of the rivers around and get some natural River practice. Enjoy your paddling, get a great plan in place for the next training block. We look forward to getting our first training Camp together again in September and the next season will be upon us quite soon.

RESPECT, RESILIENCE AND OPEN-MINDED / CREATIVE

Athletes of the month

Name: Kate Moorhen

Club: Melbourne Canoe Club (MCC)

State: Victoria

Favourite discipline: C1

What age did you start paddling: 12 or 13

Why and how did you start paddling: I started paddling through my school program. I trialled for 4 weeks before my first adventure to Eildon. Since then I have competed in local, state and national events and never looked back. Your proudest moment:

My proudest moment was when I competed at last years Aus Open and Oceania competition. It was a moment of validation because it allowed me to make NDS for the first time and a time where I realised what I wanted to go in and achieve.

Your most embarrassing moment: My most embarrassing moment was when I was training on Penrith with Dolph coaching. It was one of my first times down the course in c1 and I managed to get engulfed by first drop, roll a couple times but ultimately got spat out onto bollards just below. This had only delayed my journey to becoming a c1 paddler by 6-8 months.

Tell us something other NDS athletes might not know about you: I have played AFL for 6 years and was one of my clubs founders for the all girls teams at my club. During the grand final of my 5th season of footy, I got illegally bumped and knocked out. This didn't stop me from playing the next 3 quarters of the match and assisting my team in winning the grand final.



Name: Ryan Hughes

Club: MCC

State: Victoria

Favourite discipline: K1 men's

What age did you start paddling: I started paddling at the age of 10

Why and how did you start paddling: I started paddling because my mother use to paddle and when she say the Lilydale lake sessions were happening she decided we should have a try.

Your proudest moment: Watching the young kids I coached at Warburton rolling for their first time.

Your most embarrassing moment: Having to fake knowing who Peter Kauser and Jiri were during conversation for my first 2 years of paddling.

Tell us something other NDS athletes might not know about you: I enjoy spending time going hunting and riding dirt bikes.

What you are doing to keep active during lockdown: Doing lots of runs/bike rides and some paddling, the running and bike riding is powered by lots of procrastinating over school work and a little bit by my love of Pokémon Go.



Name: Andy Pulkkinen

Club: Penrith Valley Canoe Club/ Big River Canoe Club

State: NSW

Favourite discipline: C1

What age did you start paddling: 14

Why and how did you start paddling: My family owns a property on the Mann river and one day I decided to give kayaking a go. My first challenge was ferry gliding, this was way tougher than what had been demonstrated. My dad continued to give criticism on leaning upstream and downstream, but these were just words to me. After an hour practice we decided to call it a day from me constantly bailing and showing my ineptitude along with the occasional tears. Though after that day I was determined to get better and improve.

Your proudest moment: My proudest moment would probably being making National Development Squad as it made me believe in myself more and has given me more confidence to exceed my goals.

Your most embarrassing moment: Probably when I first started paddling on the Penrith Whitewater Stadium and crashing into Richard Fox. To be honest I wasn't sure who it was, but I apologised and soon found out that it was Richard Fox. I thought I would be banned for life or fined for such a crime on the water.

Tell us something other NDS athletes might not know about you: I went to Canada to go rafting on the Tatshenshini River for 2 weeks. I had very close encounters with bears and all the wild life there. The scenery on river was like nothing you have ever seen, we got to experience an earthquake, northern lights and glacier after glacier. I will never forget the memories of the quick sand or the trip for that matter.

