



National Development Squad - 2020

NDS - September Camp

Resilience was one of the qualities selected this year to define our Squad's culture. In 2020 we have been given many opportunities to display resilience and grow from the situation.

For the first time we will be holding a NDS camp remotely!

All athletes will remain in their own state to train and come together online in the evenings to discuss the day events and listen to special presenters.

You will be provided with a detailed program prior to the camp, that will take into consideration State Covid restrictions.

We will miss seeing you in person but look forward to providing the squad some training and educational experiences.

Strength & Conditioning

Week 25 - 26

2020 NDS Calendar:

26 - 27 September 2020
State based activities

7 - 8 December - TBC

Pre & Post Nutrition

This week we were joined by Amanda McCredie, Accredited Sports Nutritionist from Rowing Australia. Amanda provided the athletes with an informative session of how important nutrition is to perform at your best whether it be racing or training.

The session covered how to structure meals pre and post racing/training, portion sizes, what nutrients are needed for a balanced diet and healthy snack options.

I have list just some of the important points discussed:

- "Don't skip breakfast"
- Fibre and fat are hard to digest, so not a good option before training
- Important to have a more substantial meal after training
- Hydration is extremely important, if you are a heavy sweater or it is hot conditions, consider adding electrolytes to your water
- 'EAT-SLEEP-SPORTS-REPEAT'
- Never try a new diet on race day
- Sleep is an important component
- 'Sleep + Exercise + Nutrition = Health'

Thank you Amanda for the fantatstic session and guidance

Coach of the month

Name: Matt Dalziel

State: Tasmania Hub Coach

How and when did you become involved in Canoe Slalom? Living in Perth near the Swan Canoe Club as a 9 yo. I saw what the big kids were doing there and wanted to become involved. Dad bought me a Lettmann Olymp which wasn't the best boat for a little kid, but I was just happy to be on the water.

What is your proudest paddling moment? In slalom it'd have to be winning Aust champs as a junior, in WWR it would be coming 14th at the World Champs.

Who or what inspires you? I always am trying to beat myself- time trials, previous results, tricky moves, max weights, whatever

Greatest lesson you have learnt in life? That's a big one! Ask people when you don't know something or tell people when you're having some kind of problem.

What is a lifetime goal you have? I'd like to paddle an open canoe down some epic big volume US river with a check wool shirt and no helmet like the old timers. Probably need a beard and longer hair to go with that too. Apart from that, manage my fitness and keep active.

Favourite course and why? Slalom- I still miss the Harvey course, it was fast, great eddies and a variety of features. In Wildwater I loved the challenge of Garmisch Partenkirchen: so technical!

Favourite discipline and why? Has to be Wildwater (classic). Suits my physical and mental characteristics as I know how to suffer and pace myself.

If you could go back in time, what would you do differently? Look after my shoulders better. Improve posture, rotator cuff strength, technique, the way I brace and roll. You're only as good as your weakest link and shoulder issues pretty much stopped me progressing up to seniors in slalom.

Tell us something the athletes may not know about you? I have won a NZ junior slalom title, a masters world champs in Wildwater, a state title in mountain running and held the record for the 'Wild boar loose in the feed trough' pancake stack.

