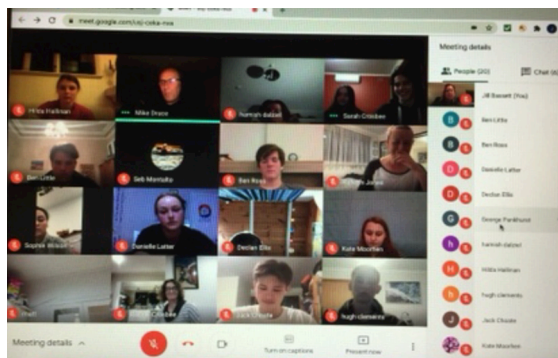
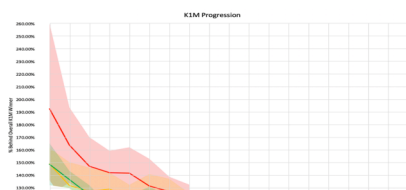


STRENGTH & CONDITIONING

The performance progression funnels are a tool to illustrate how previous athletes have performed throughout their career and where current athletes compare to those performances. On the graph the value used is the percentage of time behind the class winner with the winner being at 100%. The graph looks at results from Heat 1, Semi Final and Final from Australian Open, Senior Nationals and Oceania. The graph shows NDS, Junior, U23 and Senior team athletes and these athletes are categorised by their highest world championship team level. For those athletes that have only done World Cups and not Senior World Championships they would be categorised as their highest World Championship Team selection e.g. U23s, JNR or NDS.

You would have received these graphs for all classes (K1M, C1M, K1W, C1W) and you are encouraged to plot your own results if you wish to see where you sit compared to the past competitors at your age. Any questions please get in touch.

Katelyn Jones



OCTOBER TASK

I hope you are all doing well and training is rewarding. We will connect on the 31st Oct and I have a short project for you to prepare for the meeting.

A part of progressing as an athlete and person is to have a clear picture of how you want to be in the future and the things you need to work on to make that possible. I would like each of you to spend some time watching the best Under 23 athletes on the ICF YouTube Channel and really identify which athletes stand out as ones you would like to emulate. Watch and understand how they paddle, how they use the boat, how they use the water and the way they focus. During our online meeting I'll would like each of you to give a 45 second summary of the following.

A, One thing you have identified that you need to develop in your skills to take your paddling to the next level.

B, One thing you will do in training regularly to make this a reality.

C, One thing you will change in your approach based on your values as a athlete and a person.

D, One example of how your values may change your behaviour in training for the better.

I hope you enjoy thinking about this. I very much look forward to hearing your thoughts and ideas on this. I'm looking forward to catching up with everyone again soon.

Mike Druce

Respect, Resilience & Open Minded / Creative

COACH OF THE MONTH

Name: Dave Crosbee
State: VIC

How and when did you become involved in Canoe Slalom? – Local Sea Scout and cubs group who did canoeing. First got in a canoe about age 9, did general paddling and the scout group attended a local slalom which wasn't part of the national ranking system twice a year, then did a white-water course with the local council and the leader of that was into slalom, entered my 1st National ranking slalom race in 1981, made 1st Junior GB team in 1983.

What is your proudest paddling moment? I can't give any one answer, so would break it down into 3 areas of my time in the sport:

As a paddler – winning the Paul McConkey Memorial Trophy – was such a privilege to have my name engraved on one of the best looking trophies, not just in GB, but I think, around the world, and on a trophy recognising one of the nicest paddlers and all-round good guy I had the honour to paddle with, be coached by and be able to call a friend – was such a sad day when we lost him. More info on Paul <https://www.staffordandstonecc.co.uk/paul-mcconkey-1956-1986/>

As a sporting professional – watching Campbell Walsh and Helen Reeves win medals at the Athens Olympics – long story behind that – but was so glad to have been able to play a key role in the process that led to that outcome.

As a coach in general – any time an athlete I've been working with makes a breakthrough on something they have been working on.

Who or what inspires you? – As a young paddler, Mike Jones, Richard Fox, Martyn Hedges, Liz Sharman and Jon Lugbill – probably only 1 or 2 of those names are familiar to paddlers today! All pushed the limits of what's possible in their field of paddling and broke new ground. Nowadays – I probably don't get 'inspired' rather I am impressed and respect anyone who is making a positive impact and pushing boundaries – and I'm more interested in the 'how' they achieve things as opposed to just the outcomes.

Greatest lesson you have learnt in life? Keep an open mind to possibilities and opportunities.

What is a lifetime goal you have? Enjoying it as long as possible

Favourite course and why? International – impossible to choose between Bourg St Maurice, FRA or Merano, ITA – big, natural white-water, in the mountains and great food – what more could you want? (Plus had some decent results at races at those venues – which helps) AUS – Bradys – for the same reasons as Bourg/ Merano – although have never raced there, did enjoy doing OK in demos a couple of years ago J

Favourite discipline and why? – Canoe Slalom.....no preference between classes. Would have loved to have seen where C2 could have gone with the style of slalom that has been developing the past 8 years or so – as I still have to say some of the most exciting races I have watched have been C2 races.

If you could go back in time, what would you do differently?

1. More C1 when I was paddling
2. Zigged when I should have zagged between the last 2 gates at the 1992 Pre-World Championships – that's probably the missed race win that hurts the most.
3. Not gone up onto the Transit van roof in January 2001, my sore ankles remind me of that decision on a regular basis.

Tell us something the athletes may not know about you?

I have attended 5 Summer Olympics; 2 Winter Olympics; 1 Winter Paralympics; 1 Winter University Games; 1 Commonwealth Games, working directly with Canoe Slalom, Ski/ Snowboard and Curling and in a range of roles including Coach, Performance Director, Deputy Chef de Mission and general punter/ spectator.

My favourite sporting relaxation methods away from the river are mountain biking and snowboarding