

National Wildwater Development Camp

- Date:** Wednesday 26th – Sunday 30th September 2018
- Location:** Island Bend, Snowy River near Jindabyne
- Trainers:** Robert McIntyre; Alex McIntyre and Dita Pahl
- Register:** [HERE](#) Registrations close: Wednesday 5th September 2018
- Cost:** \$60 per participant
- Contact:** Paddle Australia's Sports Services team – wildwater@paddle.org.au or 02 9763 0670

Description

The purpose of this National Development Camp is for athletes wanting to compete at the Nationals Championships to have an opportunity to train with Australian Senior Team members, learn some tips and upskill. This camp is for athletes of all ability as the sessions will be tailored to your skill level.

The section of river at Island Bend is a 2 Kilometre stretch of continuous grade 2 whitewater which offers an excellent opportunity for training and upskilling developing athletes. The river stretches in a horse shoe bend making it easy to put in and pull out with a short walk or the ferrying of kayak on a trailer back across the hill.

The section above Island Bend is of a higher grading of class 3 whitewater and if the water release from Snowy Hydro is 2 turbines this is an excellent 3 kilometre section of rapids into pools that offer all standards of paddlers the ability to enhance their skills. A number of years ago the National Wildwater Championships were held on this section and all paddlers agreed that this was one of the best sections of whitewater for Wildwater racing in Australia.

It is hoped that throughout the camp, we will run both a classic and sprint race such that all paddlers can benchmark their times against our best Wildwater Paddlers in Australia.

There are also other paddling opportunities close by on the Thredbo River so these will be reviewed as part of the week of training to maximise everyone's experience.

Sessions

Will include (dependent upon conditions):

- Flatwater time trial
- Technique sessions
- Paddling lines
- Classic time trial / race
- Southern Cup Sprint Race / time trial
- Race preparation
- What type of training (on and off water) should you do in the lead up to Nationals
- Off water training session

Snowy Extreme Race (optional)

The Snowy Extreme Race is held at this venue at the end of the week on Sunday the 30th September so all participants are encouraged to stay and compete in this Creek Boat Race which is in the format of 2 people racing together as a team. There is an advanced race for experienced paddlers in Grade 4 water and an intermediate race in Grade 3 water. Any participants at the camp should also bring their creek boats and Peter McIntyre will also have many of his own creek boats there so participants may be able to borrow some kayaks to race in. The camp will also be offering training runs in the creek boats so that participants get to experience the running of slightly higher grade whitewater to build confidence and skills in river reading and running such water.

What to Bring

The water is cold in the Mountains this time of the year and also the air temperature can be cold so appropriate warm clothing both on and off the water is required and multiple sets of clothes.

Accommodation

There is:

- Camping at Island Bend in Kosciusko National Park which has composting Toilet Facilities.
- Jindabyne also offers a range of accommodation at various price points – [click here](#)

Costs

What is covered by Paddle Australia and your fee:

- Contribution to coaches;
- One dinner for the official camp dinner; and
- Entry fee into the Southern Cross Cup Sprint race to be held on Friday the 28th September.

What do you have to arrange/cover yourself:

- All breakfasts, snacks and lunch;
- All dinners except one (as per above);
- Accommodation;
- Transportation to the camp for the participant and their boat; and
- Entry fee into the Snowy Extreme race.

Post Camp

Post camp athletes can, either follow Dita and Roy to the Penrith Whitewater Stadium (PWS) or make their way home. Note the session at PWS will not be a part of the official camp. If you are interested, please contact Dita or Roy.