

The Australian summer once again will provide some fantastic development opportunities and quality racing for Australian juniors. It will be a busy time but exciting to back on the water and experiencing the new 'Covid normal'.

UPCOMING EVENTS

DATE	EVENT	LOCATION
2020		
16 - 20 December	Whitewater Week	Penrith, NSW
17 December	NDS Webinar 1 - <i>School, Work & Training Balance</i>	Penrith, NSW and online
20 December	2020 PVC Xmas Race	Penrith, NSW
2021		
15 - 17 January	2021 Paddle Australia Age Nationals	Eildon, VIC
19 - 23 January	NDS Camp	Penrith, NSW
21 January	NDS Webinar 2 - <i>K1/C1 Technique</i>	Penrith, NSW and online
12-14 February	2021 Australian Open	Penrith, NSW
26 - 28 February	2021 Australian Selection Event	Penrith, NSW

DECEMBER WHITEWATER WEEK

A Whitewater Week will be held from Wednesday 16 December until Saturday 19 December 2020 (times below) at the Penrith Whitewater Stadium, McCarthy's Lane, Cranebrook.

On Sunday 20 December the Penrith Valley Canoeing Club will once again host their famous Xmas Race from 7.30 until 10.30 am where a Santa hat is compulsory!!

To attend the Whitewater week sessions, you need to:

- Call the Penrith Whitewater Stadium to reserve your position on 02 4730 4333
- Pay for the sessions in advance
- Ensure your Training Log are completed, up to date and have been submitted.

Katelyn Jones’s email from 20 November 2020 outlined the importance of being prepared for a reduced workload like the Whitewater Week.

*“It is important to prepare your body for the intensity that is to come and in order for you to gain access to this whitewater and coaching, we require you to show you are training well and preparing for an increased workload. We will do this by looking at your training logs as evidence. We will need to see **4-6 weeks of training** as this is the appropriate amount of time to prepare for a heavy workload week.*

PWS Induction:

Covid 19 has also required organisations to increase their requirements and this includes PWS and NCE. Prior to training at Penrith, you will also be required to undergo a mandatory Covid 19 Induction. This will be conducted by the Pathways staff prior to your first session.

Some of the main points are:

- Check-in and check-out at the PWS Front Desk with Customer Service
- Wear shoes whilst at the venue
- Don’t get changed on-site, arrive in paddling gear
- Don’t leave gear at the venue
- Boat racks are unavailable, however if they have 2 sessions on the one day, they may leave their boats (not gear) on the grassed area at the boat ramp at the venue in between sessions
- **Unless permission has been given by PWS, only coaches are permitted in the in-field area of the course**

Schedule:

2020 DECEMBER WHITEWATER WEEK - Penrith		
DATE	TIME	ACTIVITY
Wednesday 16 December	9.15 - 10.15	Whitewater - AM
Thursday 17 December	9.15 - 10.15	Whitewater - AM
	15.15 - 16.15	Whitewater - PM
Friday 18 December	9.15 - 10.15	Whitewater - AM
Saturday 19 December	8.30 -9.30	Whitewater - AM
	15.15 - 16.15	Whitewater - PM
Sunday 20 December	7.30 – 10.30	PVC Xmas Race

PVC XMAS RACE – SUNDAY 20 DECEMBER 2020

The PVC Xmas Race will be held on Sunday 20 December between 7.30 – 10.30 am at PWS. If you wish to race in the PVC Xmas Race, registration link has been included below and updates will follow.

<https://www.westernsydneywhitewater.club/eventsresults#h.oornk4ep5x76>

2021 AGE NATIONALS

2021 Age Nationals, 15 – 17 January 2021 Eildon, Victoria

The Paddle Australia Age Nationals is scheduled from 15 – 17 January 2021 on the Goulburn River, Eildon, Victoria. Water will be available from Monday 11 January prior to racing (no safety in place) with Official training commencing Wednesday 13 January 2021.

Although the Age Nationals is not a compulsory event to attend, this race is seen by Performance Pathway staff as a valuable event to gain National race experience.

“Paddle Australia strongly encourages all NDS and developing junior athletes to attend the Age Nationals. This event is organised specifically to create an opportunity for junior athletes to race for the title of Australian Junior Champion.”

We are not able to run many national events which makes this competitive opportunity especially valuable. It provides valuable start line for experience against the best junior athletes on a course that is geared to junior athletes. This provides a valuable racing challenge and the benchmark to measure your progress during the year.”

Mike Druce, Performance Pathway Lead - Slalom

For all updates, event guide, registration and results relating to the Paddle Australia Age Nationals can be found on Paddle Australia event link:

<https://paddle.org.au/events-page/?summary=all>

EDUCATION WEBINARS

Over the next year the Pathway program will continue to provide educational sessions on topics relevant to a developing athlete. These sessions will be presented in person during the camps and online. Links will be sent to athletes prior to the date.

On 17 December 2020, the topic is Life/School/Work Balance with three guest speaker, Jess Fox, Tim Anderson and Kaylen Bassett. School subject selection, balancing training around school and work, mistakes learnt and School Scholarships available to elite athletes will be covered.

On 21 January 2021 the topic will be K1 and C1 techniques with National coaches, Myriam Fox, Julien Billaut, Robin Jeffery and Emir Mujcinovic. This will be an incredible opportunity to discuss different techniques, analyse athlete's strokes and ask questions.