

Wednesday - Club Nights

April – September - One of four formats

(see annual plan for which is which week)

A – Sprint night

Chance to race and take times sprinting

- focus on K1's
- 500m course Sabrina bridge to road bridge
- 200m course Sabrina bridge to railway bridge
- 1000m course pylon upstream to Sabrina bridge
- Three or four races in groups of similar speed with plenty of rest so you can see what you are made of
- Rough timing to see how you are progressing for those newer to sprint
- See if you are ready for Nottingham....

B – Marathon Race Night

As it sounds racing in club adjusted Hasler divisions.

- K1 or K2
- K2s average the divisions and race against the division higher in K1
- Aiming for starts of at least 10 boats
- Lightnings race over 2k course
- Newcomers race over 2 x 2k course as 2 separate races
- Divs 6-8 race club to Bevere then Bevere to club
- Divs 4-5 race kings school steps to Bevere then Bevere to club
- Divs 1-3 race Diglis to Bevere then Bevere to Club.

Need a starter for each group and a safety boat to sweep the 2k and maybe the 6-8 course.

C- Time Trial Night

As it sounds we need a timekeeper for this week.

- 2k timetrial for lightnings
- 2 laps of 2k timetrial for newcomers
- 1 lap full course for divs 6-8
- 2 laps full course for divs 1-5.

D – Pass it on – help someone out night

Five times per year we all agree to help someone else. You may volunteer to:

- take someone unstable in a K2
- take some slower paddlers in K4
- spend some time with someone looking at their technique
- help someone try out new boats
- teach someone to roll
- join in a game of polo.....
- take some video of someone.....
- First half of the evening 6:30 – 7:30 is focused on new-comers and divs 7-9
- Second half of the evening helping those in divs 4-6 7:30 – 8:30

Recreational cruising groups and Closed cockpit groups will be encouraged on all club nights but not beginner sessions to keep kit clear for club members.

Followed by Food in the lounge – please take your turn on the Rota