



## News 2008

### Editor's message

Lots happened in 2008 and Newsletters were neglected.

The website

[www.sheppertoncanoeclub.co.uk](http://www.sheppertoncanoeclub.co.uk) was simplified and regularly updated with news and details of sessions and events but there is no substitute for a newsletter to keep a record of our activities and progress. We will produce two a year in future.

So here is a some of what happened in 2008 and please send me some news for the first newsletter of 2009

### Message for your Chairman – Richard Hodge

Lots of good things happened during 2008. At the start of the year, Mark Welch managed to get the floors down and lots of other 'small' jobs done, so that the changing rooms, toilet and kitchen areas are now pretty much complete.

We showed once again that the club is still producing talent worthy of selection to the national teams, when Zach Franklin was selected, with a little bit of help from World Class of course!

Through our commitment to gaining Club Mark status, we have gained the use of the regional coach, Gordon Walling, and through this have successfully started two new regular, coached sessions, on Tuesday evenings and Saturday mornings. More is planned for 2009, hopefully getting our Club Mark status which we have been working towards for so long now, and look out for the new boat store going up too.

Our Div 1 2 event in March– this year a double div 2 and Div 1 Sunday only.  
Water level??

Zac won selection to GB Junior team.

June Div 3 4 high water

Trip to Argentiere with Tabdridge Blades.

Gordon Walling appointed Regional/club coach.  
Coached sessions start in July on Tuesday evenings.

Interclubs cancelled.

Our September Div 3 4 had sidespills and half a gate. Have a go session advertised in Informer using Katacanoes. (see article in Surrey Herald, Page 2)

Gangs of Prem/Div 1 paddlers attend end of season races all over the country.

Regionals at Llangollen – great water. London and south east came??

Start of Saturday morning coached sessions (18.10.08)

Shoulder assessment for some of PURE training group by Katherine Reddy of Body factor before AGM

BEWL Club training day (12.10.08)

First Aid Course for 5 members and 3 from ACC delivered by Brian Thomas (2.11.08)

Regional Coaching Day (15.11.08)

Shona and Alyna represented SSCC at Slalom ACM in Nottingham (29.11.09) whilst also doing a Level 1 slalom coaching course!!

Contributions or comments to:  
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30 people enjoyed a regional coaching day on 15.10.08. Gordon, Andy Gray and Richard each took a group, which rotated between forward paddling, break outs and stagger sessions. Andrew Rendal, James Mugford, Harry Mugford and Alex Garrett helped on the water. The water was a forceful. The day ended with a mini slalom and much was learned

