

## **October Volunteer Focus**

Across the country, volunteers are making outstanding commitments to Paddlesport. Without the coaches, officials, committee members, administrators and helpers the sport could not exist as it does today. A special thanks goes to all volunteers and this section will provide the opportunity for clubs, centres and committees to say a special thanks to their volunteers.

**Name:** Mick Nadal

**Club:** Nottingham Kayak Club

**Qualifications:**

Mick Nadal's love for Paddlesport has shown in his dedication to coaching for Nottingham Kayak Club. Although being contracted for 8 hours each week at the club, Mick has thrown himself back into volunteering and now spends an additional 30 hours a week coaching on a voluntary basis.

Having been involved in kayaking and canoeing for 35 years, Mick returned to the sport after taking a break to concentrate on a career in teaching. During his break, Mick's health went downhill: "As a result I became overweight and unfit. Being out of shape had a significant impact on my overall health and I began suffering with chest pains and breathlessness" said Mick.

Now coaching around 30 people at the club, Mick has not only contributed to a change to the club but has turned his life around to lose over three stone and can now paddle and race like he used to 30 years ago. "Getting back into canoeing and being a coach again has changed all my priorities" said Mick. "I now take care of what I eat, how much I exercise and my general well being much more. My quality of life has improved dramatically... It has made a real difference to what I can do on a daily basis and in the future."

Mick's commitment to Nottingham Kayak Club hasn't gone unnoticed with a new influx of members from young to old joining to take advantage of the more structured sessions. Some paddlers who he coaches on a regular basis certainly wanted to show their appreciation to Mick: "His constant dedication and care make him a fantastic coach" say Beth Walker, Shobhanaa Seth-Kapoor and Sarah Nash.

Mick is a fine example of the many dedicated and committed volunteers that encourage others to get involved in the sport at all levels and it looks like he might be coaching for a good number of years yet after stating: "Canoeing is the kind of sport you never really retire from so I hope to be involved for many more years."

Many thanks to all the volunteers in Paddlesport. Let Canoe England know about volunteers in your area for the chance for them to be recognised in Canoe Focus and receive a special gift of thanks. Email [volunteers@bcu.org.uk](mailto:volunteers@bcu.org.uk) or write to the Volunteer Coordinator, British Canoe Union, 18 Market Place, Bingham, Nottingham NG13 8AP.