

## Welcome to the First Minisprint Races of the 2010 Season.

A SPECIAL WELCOME to you all, especially those of you who have not raced here before. So, what will your weekend involve? Having been entered for races by your club on the main entry form, your team leader, during the main team leaders meeting may adjust your entries so that you all have the chance to take part in K2 and K4 races. This is particularly important if you come from a small club and are not able to enter a complete crew. This is also the chance to meet new paddling friends from other clubs.

LOOK OUT for the gym and Canadian Canoe sessions run by BCU coaches especially for you. There will be a list at the Secretary's Desk where you put down your name to say you will attend. This is to give the coach an idea of how many of you are attending. Never think you know it all. These sessions are designed to reinforce or introduce new activities that you may or may not have the chance to do in your own club. It is also a brilliant time to meet new friends.

IT IS IMPORTANT that you race in the correct group. This is based on your times not your age. You will be promoted or demoted as and when your times change and this will be in consultation with your team leader.

ANY CHANGES to your paddling throughout the weekend must be registered at the Secretary's Desk so that the officials know who is out on the water at any given time.

PLEASE ASK YOUR TEAM LEADER, not your parents, to do this as he/she is officially in charge of this part of the organisation and will be known by the regatta officials at the secretary's desk. They will also sort any problems you incur during your paddling.

PARENTS make sure that paddlers always wear a buoyancy aid and your club colours on the water.

BE AWARE OF YOUR RACE TIMES. This is when you should be up at the start. Make sure you allow plenty of time for sorting out your Lightning, Hody and Rocket kayaks and also paddling up to the start.

FIND OUT general information about the weekend at the Secretary's Desk where you will also be able to buy a programme and a Canoe Sprint and Marathon Racing Handbook. The handbook will tell you everything you need to know about your sport and pages 20 and 21 will give you all the details about this Minisprint Series.

IF YOUR CLUB OWNS A HODY K2 WOULD YOU PLEASE BRING IT TO THE REGATTA FOR YOUR PADDLERS TO USE. WE DO HAVE SIX THAT WILL AVAILABLE FOR USE BUT THIS IS NOT ENOUGH FOR EVEN ONE HEAT.

We really hope that you gain from the aims of the series:

- To become familiar with all that the venue has to offer.
- To develop the experience of competition sprinting.
- To develop teamwork with paddlers of your own abilities and ages.
- To become motivated to achieve and progress into the main classes.
- To meet and make friends with paddlers from other clubs.
- To enjoy and have fun while becoming confident, proficient paddlers.