

PHCC Autumn/Winter Events 2016-2017

Please contact the Co-ordinator (who may not be a qualified leader or coach) with any questions about the event. Weather conditions or lack of interest may lead to cancellation of trips or courses, so please make contact in advance.

Email

Many events such as surfing are wave and weather dependent. River paddles rely on rainfall. Sea Paddles are very weather dependant. Ensure you are on the general email list for late notice of trips and changes. If you want to know about junior/family specific events you will need to be on the junior email list.

ALWAYS CHECK YOUR EMAILS before a paddle in case of changes due to weather etc.

If you do not have email, contact the organiser if you intend to come and contact them again the day before in case of any changes.

Use of Club Kayaks

These are intended for club nights, trips and courses. If you wish to use a club kayak for private use that clashes with a club trip or training course, you must obtain permission from the trip leader or coach first. To reserve equipment use the DIARY in the boat house.

In all cases there is a hire charge which should be put in the honesty box. Club kayaks should only be taken away overnight if permission has been given by a committee member or the relevant coach or trip leader. When you take and return the equipment, make sure you sign it out and in using the LOG BOOK

Anyone Using Club Kayaks On Club Night Must Return No Later Than
10pm To Avoid Emergency Services Being Called

EMERGENCY BOAT HOUSE TELEPHONE 07960545113

N	Novice e.g. hugs the shoreline local to club.
E	Easy e.g. short 4 mile paddle, 1 star minima.
M	Medium e.g. 8 mile or gentle moving water, 1 star minima
X	Experienced, e.g. 12 mile or moderate moving water, 2 star minima
JUN	Junior Events. No minima.
EXT	External non PHCC event

Remember to bring a drink, snack, appropriate (spare) clothing for the water temperature, a light and safety kit. Please note that all Juniors

attending Non-Junior events must bring with them a Parental Authority Consent Form available from the club website.

When	Regular Events
<p>Wed eve Apr.-Oct. BST</p>	<p>Club Nights. Arrive Lake Pier half- hour early, bring lights, ends 22.00 to get to the Yachtsman for a drink. Briefing is on the beach before launch. Please wait for it. <u>Long paddle</u> (depending on volunteer to run it) briefing 19.00 - able to paddle over 8 miles at a reasonable pace. <u>Short /Medium paddle</u> briefing 19.15- need to be able to exit kayak & be rescued, be in control and able to paddle with a group across open water. Novices If you are not up to one star yet, come along for basic practise near the pier, capsize drills, use the ergo or just socialise. <u>Safety Skills and Rescue Practice</u> Ad hoc by monthly email. Duty Officer listed in club rota.</p>
<p>Wed eve October-March (GMT)</p>	<p>Club Nights. Ferndown Swimming Pool Bring Buoyancy aids, decks and helmets if you have them. 19:30- 20:15 Juniors 20:15- 21:00 other club members wanting to practice skills. £3 a session. 21:00-22.00 water confidence support strokes and rolling courses contact ian Mercer, oldtownpilot@googlemail.com training co-ordinator Some open sessions. Pool sessions are subject to change depending on demand. See emails for details. (contact Andy Coombes andy.aqd@gmail.com 01202 886203)</p>
<p>Tues eve April to Oct(BST)</p> <p>JUN</p>	<p>Juniors/family Night Usually Lake pier at 18:30. All juniors welcome, training and boats supplied. Ring Monday night for details. Ask to be put on the junior email list. Contact: Peter Hobby 07974 821331. peterhobby.lifecoach@btinternet.com</p>
<p>Every Thursday eve</p>	<p>Sea night A long sea paddle in summer, (BST) expect to be late back (X rated), indoor lectures in winter in the club house. (All welcome)Allen Westerby allenwesterby@hotmail.com</p>

Saturday
mornings
and
wednesday
evenings

Saturday Session on the River Stour at Riverside

for those interested in flat water racing or improving their forward paddling technique. All ages welcome. 2nd Saturday of the month-time trials.

– 0900 - 1015 Race Training / unsupervised paddling.

– 1015 - 1130 train session primarily for K1 and K2 development - this session is open to all including new starters and juniors.

Coaches are available to provide safety cover and instruction.

Wednesday Evening

– 1830 - 2000 Race Training / unsupervised paddling

For more info. and dates look for emails. Contact: Graham wood
woodg150@gmail.com

Tuesday
evenings
October
to March

ERGO sessions

Jose and Graham Wood will provide a Forward Paddling Clinic on Tuesday evenings at the Club House from 1930 for about an hour.

This will be to help to develop the Forward Paddling Stroke which will lead to the ability to travel further and / or faster.

An improved stroke will reduce the risk of injury and provide the paddler with greater confidence due to improved stability. No previous experience is necessary. £3 per session, contact :

Graham wood woodg150@gmail.com

1 st Sat of the month E	<p>1st Saturday paddle. An introduction to club trips, ideal for new members. 1*standard paddlers. If in doubt, contact Hugh. Meet lake pier 10.00 hughmarsden@aol.com 01202 885605</p>
2 nd Sun of the month M	<p>2nd Sunday paddle. All day relaxed paddle comprising mainly a journey within Poole Harbour or other local areas as conditions allow. A minimum 1 star or equivalent experience required. Packed lunch and drink recommended. Final details will be emailed a couple of days prior. Contact the trip leader for further details if you are unsure as to the required standard. If the weather is better on the Saturday the paddle may take place then. Steve and Paulette Hills shills7699@aol.com</p>
3 rd Sat of the month X	<p>3rd Saturday paddle. Paddles on the sea beyond the harbour usually about 18- 25km. See email a few days before. Bring lunch, emergency clothing, safety kit etc. Sea kayak essential. Min 2* provided wind is F4 or less. Ideal for paddlers working towards their 3* sea kayaking award. Winds above F4 may lead to cancellation or require skills beyond 2*. The paddle may take place on the Sunday if the weather is better. These paddles will be run by either: Steve Hills shills7699@aol.com, Alan Trevarton, alan.trevarton@gmail.com Helen Conyers helenconyers21@gmail.com</p>
4 th Sun of the month E to M	<p>4th Sunday Paddle. A sea paddle but depending on the weather will depend on whether it is out on the sea or in the harbour, it will also aimed at different levels of ability and maybe Saturday or Sunday depending on the better weather day. A group of leaders will take it in turns to lead this paddle. For more information contact: Paul and Cheryl plevey69@googlemail.com 07717 000747</p>
Last SUNDAY of the Month March to Oct.	<p><u>New Paddler Session.</u> An introduction to PHCC premises, safety procedures, paddling equipment and basic paddling skills. An opportunity to meet some of the coaching team whilst having some fun on the water at Lake Pier. Sessions aimed at New Members of any skill level, pre 1* paddlers and others who still feel 'wobbly'. You will also be signposted to other club paddles and activities suitable to your</p>

	<p>personal abilities and needs. For more info look for emails. Contact Peter Hobby 07974 821331. peterhobby.lifecoach@btinternet.com</p>
2 nd Fri of the month ALL	<p>Ferndown pool Bring Buoyancy aids, decks and helmets if you have them. 7:30-8:30 Practice skills, support strokes, rolling or capsize in preparation for outdoor courses. 8:30-9:30 POLO. Come and try it. Adhoc teams on the night. Andy Coomes 01202 886203 andy.agd@gmail.com</p>
Sat / Sun JUN	<p>Juniors /family weekend activity. Eg moving water skills, introduction to surfing, harbour paddles etc. occasional Saturday and/or Sunday. See emails and call Friday night to confirm. Contact: Peter Hobby 07974 821331. peterhobby.lifecoach@btinternet.com</p>
Adhoc	<p>Greenland Paddling and Rolling- watch for emails. If interested contact Mike Holgate mjholgate@o2.co.uk</p>
Courses	
	<p>BCU 1,2 3 star courses- April – October weekday and weekend courses details on web collect Water confidence, support strokes, Rolling Wednesday evenings Oct.- March. Ferndown leisure centre swimming pool.</p> <p>Contact : ian Mercer, oldtownpilot@googlemail.com training co-ordinator</p>
Marathon Racing calendar	

There are a lot of races/ events through out the autumn and winter. All the information is on the marathon racing website/calendar. Some of the more popular ones are also on the PHCC events list.

<http://canoeracing.org.uk/marathon/index.php/racing-calendar>

Southampton Hare & Hounds 2 12/11/2016

Saturday7th Charles Hicks Challenge Basingstoke 20/11/2016

SundayStour Descent 04/12/2016

SundaySouthampton Hare & Hounds 3 10/12/2016

SaturdaySouthampton Hare & Hounds 4 14/01/2017

SaturdaySouthampton Hare & Hounds 5 11/02/2017

SaturdayWaterside A 19/02/2017

SundayThameside 1 26/02/2017

SundayWaterside B 05/03/2017

SundayAxe Descent 05/03/2017

SundayThameside 2 12/03/2017

SundayWaterside C 19/03/2017

Date	Event Schedule	Co-ordinator
November 2016		
5 th November	Fireworks at the quay	Allen Westerby allenwesterby@hotmail.com
December 2016		
10 th December	PHCC XMAS get together. At the club house	Debbie Cousins debbiecousins7@gmail.com Cathy Luton nauticat.cathy@gmail.com
11 December	Wareham father Xmas parade paddle	Allen Westerby allenwesterby@hotmail.com
17 th December	Xmas paddle around Oxford	Allen Westerby allenwesterby@hotmail.com
21 December	Winter solstice paddle	Allen Westerby allenwesterby@hotmail.com
26 th December	Boxing Day Paddle	TBD watch for emails
January 2017		
1 January	New Year Paddle	TBD watch for emails
	skittles	Zoe Cox besidetheseaside2010@hotmail.co.uk watch for emails
February 2017		
11 February	ANNUAL DINNER	TBD
14 th February	Valantines paddle	TBD
28 th February	Mardis Gras/ shrove tuesday paddle	Allen Westerby allenwesterby@hotmail.com
March 2017		
23 rd March	Spring Equinox paddle	Allen Westerby allenwesterby@hotmail.com
IDEAS		
	River trips- watch for emails	Vic Copeland victorcopeland2@gmail.com Nick Boyle nickb195@hotmail.co.uk Jenni Denett
	Cardiff White water trips	Nick Boyle nickb195@hotmail.co.uk
	Surfing at Croyde	Nick Boyle nickb195@hotmail.co.uk
	North Devon Trip, March	Vic Copeland victorcopeland2@gmail.com
	Open Boating Lower Dart	Graham Smith graham@sfo.me.uk

		More challenging paddles
		Trip down the beaulieu river
		Training day with the RNLI swanage
	Vic Copeland	Themed training days eg rough water handling, tidal race
		Stand up Paddle board day
		Sit on top course
		Visiting some of the other reasonably near harbours and estuaries
		Stour descent from Blandford
		Christchurch river and loop
		Wareham river loop - up Frome and down Piddle
		Rose's fun paddles (a Christmas extravaganza?)

