



Welcome to the 2009 Minisprint season.

Most of you will have seen the changes to the series.

If not you will find them on the BCU and Wey Canoe Club websites or in the Canoe Sprint and Marathon Handbook on pages 16 and 17 available for £4.50 at the Secretaries Desk at the Nottingham Regattas.

The changes came about by taking on board comments from parents, coaches, paddlers, regatta officials and the Sprint Racing Committee.

To obtain the key outcome of bringing K1 Lightning paddling in line with the main event meant heats and finals needed to be timed within the regatta system, therefore, all groups had to accept some compromises.

The entry conditions had to be changed to ensure paddlers could cope with the regatta course in a K1.

We are aware that not all clubs have access to delivering the BCU's Paddlepower scheme so please note, *this is a guideline* to the standard thought to be suitable for paddling at Nottingham. Please accept the advice given to you by your club coach.

Please make sure that you have checked carefully the times that your paddlers achieve and place them in the appropriate category on your main club entry form.

A: Faster than 3 minutes 45 seconds

B: No slower than 4 minutes 15 seconds for 500m.

The coaching activities this year will be differentiated to allow for the different skill levels of paddlers. This will be linked with the categories A/B rather than age.

For paddlers not yet reaching the times require the BCU are planning a series of local sprint regattas to introduce them to the discipline. We should be able to tell you more about these at the May Regatta.

Each club needs to provide an adult to be a Minisprint Team Leader. There will be a meeting for these team leaders on Saturdays at 9.30 following the main team leaders in their appointed room. Please assemble by the Secretaries Desk.

At the team leaders meeting you will be given a programme for each day and crews for K2 and K4 will be finalised. You will also meet the coaches and the two Regatta Officials who will assist you throughout the weekend.

Ann Hoile/Malcolm Guy

