

ARUN CANOE CLUB SAMPLE EVENTS PROGRAMME

DATE	TIDE	EVENT	VENUE / MEET	CONTACT	TIME ON WATER	COMMENT
MAY						
WED	12:15 (5.8)	Arundel	Arundel	Martin	18:30	Suitable for Beginners
SAT	13:45 (5.7)					
SUN	14:17 (5.6)					
SUN	POOL	Juniors Session		Phil / Mike W	20:00	Under 16s
MON	14:53 (5.4)					
WED	16:41 (5.1)	Greatham to Pulborough	Greatham	Trevor	18:30	Suitable for Beginners
SAT	07:43 (5.0)	Bramber to Adur Centre	Bramber	Phil	09:30	Suitable for Beginners
SUN	08:47 (5.3)	Kayako Jacko Open Day	Hurley			
SUN	POOL	Practice Session		Trevor / Martin	20:00	
WED	23:45 (6.5)	Wide Water to Soldier Point	Wide Water	Mick	19:00	Suitable for Beginners
SAT	13:53 (6.2)					
SUN	14:42 (5.9)	River Mole – Brockham to L.Head	Brockham	Martin	10:00	Crash Hat Reqd
SUN	POOL	Rescues		Chris / Mick	20:00	
WED	17.13 (5.0)	Pulborough Trip	Black Rabbit	Dave W	19:00	Suitable for Beginners
SAT	07:57 (4.6)					
SUN	08:57 (4.6)	Burpham Loop	Black Rabbit	Trevor	10:00	See Newsletter
SUN	POOL	POOL CLOSED			20:00	
MON	09:47 (5.0)					
WED	23:25 (5.6)	Sea Paddle	Wide Water	Jacho	19:00	

To book on a trip please telephone the contact name at least 24 hours prior to the trip date (unless otherwise stated)

NOTE

The person in charge of an event has the right to refuse the attendance at that event, to any individual, if they consider the participant's experience is insufficient to cope with the prevailing or forecast conditions. The decision of the person in charge of an event is final and should be respected

ARUN CANOE CLUB SAMPLE EVENTS PROGRAMME

DATE	TIDE	EVENT	VENUE / MEET	CONTACT	TIME ON WATER	COMMENT
JUNE						
SAT	12:57 (5.7)	Hayling Island Trip	TBA	Chris	10:00	
SAT	12:57 (5.7)	Curry Nite	TBA	Mick	TBA	Book by 13 th May
SUN	13:33 (5.7)	Star Training	TBA	Chris	TBA	
SUN	13:33 (5.7)	Juniors Session	Southwater	Ed Jackson	09:30	Under 16s
SUN	POOL	Practice Session		Lynn / Darren	20:00	
WED	15.42 (5.5)	Pulborough to Stopham	Pulborough	Mick	19:00	Suitable for Beginners
SAT	06:00 (5.2)	Star Training	TBA	Chris	TBA	
SUN	07:06 (5.2)	Hurley and Thames Trip	Hurley	Peter M	10:00	Crash Hat 4 Weir
SUN	POOL	Polo (Over 14's – See Notes)		Dennis / Jacho	20:00	Buoyancy Aid Reqd
WED	22:36 (6.1)	Goring to Splash Point	Goring	Mick	19:00	
SAT	12:57 (6.1)	Adur Low Water	Adur Centre	Phil	16:00	Crash Hat Reqd
SUN	13.46 (6.0)	Whitewater Open Day	Shepperton			10:00 until 16:00
SUN	POOL	Practice Session		Mick / Trevor	20:00	
WED	15:56 (5.5)	Stopham to Pallingham	Stopham	Trevor	19:00	Suitable for Beginners
SAT	05:42 (4.8)	Bines Bridge to Bramber	Bines Bridge	Bruno	09:30	Suitable for Beginners
SUN	06:45 (4.6)					
SUN	POOL	Rolling		Guy / Martin	20:00	
WED	22:15 (5.2)	BBQ	Plantation	Peter M	19:00	
SAT	12:06 (5.6)	Nene	Nene	Chris	TBA	Book By 24 th June

To book on a trip please telephone the contact name at least 24 hours prior to the trip date (unless otherwise stated)

NOTE

The person in charge of an event has the right to refuse the attendance at that event, to any individual, if they consider the participant's experience is insufficient to cope with the prevailing or forecast conditions. The decision of the person in charge of an event is final and should be respected

ARUN CANOE CLUB SAMPLE EVENTS PROGRAMME

DATE	TIDE	EVENT	VENUE / MEET	CONTACT	TIME ON WATER	COMMENT
JULY						
SUN	12:45 (5.7)	Star Training	TBA	Chris	TBA	
SUN	POOL	Practice Session		Guy / Jacho	20:00	
WED	14:50 (6.0)	Adur Low Water	Adur Centre	Jacho	18:30	Crash Hat Reqd
SAT	04:34 (5.6)	Greatham to Black Rabbit	Greatham	Darren	09:00	Suitable for Beginners
SUN	05:28 (5.4)	Star Training	TBA	Chris	TBA	
SUN	05:28 (5.4)	Juniors Session	Southwater	Chris	09:30	Under 16s
SUN	POOL	Star Training 1, 2 and 3 Star		Chris / Dave W	20:00	
WED	21:21 (5.7)	Wide Water to Adur Centre	Wide Water	Phil / Ed Jackson	19:00	
SAT	12:01 (6.0)	Selsey Tide Race	Selsey	Dennis	10:00	
SAT	12:01 (6.0)	Skittles and Pizza Nite	TBA	Lynn	TBA	Book by 24 th June
SUN	12:51 (6.0)	Star Assessment	TBA	Chris	TBA	
SUN	POOL	Practice Session		Mick / Rob	20:00	
MON		COMMITTEE MEETING	TBA	CHRIS	20:00	
WED	14:51 (5.9)	Pulborough Trip	Pulborough	Martin	19:00	Suitable for Beginners
SAT	04:08 (5.3)	H.P.P	H.P.P	Chris	TBA	Book by 15 th July
SUN	04:48 (5.0)					
SUN	POOL	Games		Trevor / Guy	20:00	
MON		PLANNING MEETING	TBA	CHRIS	20:00	
WED	20:39 (4.7)	BBQ	Southwater	Rob	19:00	
SAT	11:05 (5.4)	Adur Low Water	Adur Centre	Jacho	14:30	Crash Hat Reqd
SUN	11:48 (5.7)	Chichester Harbour	TBA	Chris	TBA	
SUN	POOL	Practice Session		Chris / Martin	20:00	

To book on a trip please telephone the contact name at least 24 hours prior to the trip date (unless otherwise stated)

NOTE

The person in charge of an event has the right to refuse the attendance at that event, to any individual, if they consider the participant's experience is insufficient to cope with the prevailing or forecast conditions. The decision of the person in charge of an event is final and should be respected

ARUN CANOE CLUB SAMPLE EVENTS PROGRAMME

DATE	TIDE	EVENT	VENUE / MEET	CONTACT	TIME ON WATER	COMMENT
AUGUST						
THUR	14:33 (6.4)	Adur Low Water Rescues	Adur	Guy	18:30	Crash Hat Reqd
SAT	03:24 (6.1)	Sea Paddle	Climping	Ann	13:00	
SUN	04:04 (5.9)	Juniors Paddle	TBA	Ed Jackson		Under 16s
SUN	POOL	Single Blades		Mike W / Guy	20:00	
WED	19:54 (5.3)	Burpham Loop	Black Rabbit	Lynn	19:00	Suitable for Beginners
SAT	11:05 (5.7)					
SUN	11.56 (5.9)	Ouse – Barcombe Cross to Lewes		Chris	10:00	
SUN	POOL	Practice Session		Lynn / Darren	20:00	
LAST CALL FOR NENE TRIP ON SATURDAY 18TH AUGUST						
THUR	14:20 (6.1)	Adur Low Water	Adur	Dave W	18:30	Crash Hat Reqd
SAT	02:56 (5.8)	Nene	Nene	Dennis	TBA	Book by 12 th Aug
SUN	03:26 (5.5)					
SUN	POOL	Polo (Over 14's – See Notes)		Dennis / Jacho	20:00	Buoyancy Aid Reqd
WED	18:18 (4.6)	Trevor's Mystery Tour	TBA	Trevor	18:30	Suitable for Beginners
SAT	09:48 (5.0)					
SUN	10:39 (5.5)	Cuckmere Valley	Seven Sisters CP	Peter M	09:00	Suitable for Beginners
SUN	POOL	Practice Session		Mick / Rob	20:00	
MON	11:24 (5.8)	Phone Around				
WED	12:46 (6.5)	Pulborough to Greatham	Pulborough	Trevor	18:30	Suitable for Beginners

To book on a trip please telephone the contact name at least 24 hours prior to the trip date (unless otherwise stated)

NOTE

The person in charge of an event has the right to refuse the attendance at that event, to any individual, if they consider the participant's experience is insufficient to cope with the prevailing or forecast conditions. The decision of the person in charge of an event is final and should be respected

ARUN CANOE CLUB SAMPLE EVENTS PROGRAMME

POOL SESSIONS EXPLAINED

POOL SESSIONS EXPLAINED

Practice Sessions

These are sessions where members are free to do their own thing, whether it's practicing rescues, support strokes or attempting cartwheels etc. There will normally be coaches around the poolside to help anyone who requires assistance from beginners to the more experienced paddlers. Some sessions may be split in 2, one being for juniors, newcomers and inexperienced paddlers, the other for more experienced paddlers.

Polo

This is a ball game played by 2 teams. It can get somewhat boisterous at times so the session has been split in two. One session is for juniors, newcomers and inexperienced paddlers who find the adult session a bit intimidating. The other session is for adult and experienced paddlers. Only pool boats should be used for polo and a **crash hat and buoyancy aid must be worn for protection.**

Scotch

Another game played by 2 teams. A tennis ball is passed around the team, which is caught by players with hand held Velcro bats. The game is suitable for all members of all ages, from complete novice to experienced paddlers. No paddles are used and pool boats should be used at all times.

Games

In these sessions members are usually split into a number of teams and a range of kayak games are played. These will vary from one games session to another but all are suitable for all members of all ages, from complete novice to experienced paddlers. In general only pool boats are used for these sessions but check the program in case it states otherwise.

Single Blades

This session is for practicing single blade skills as used in open canoeing. This does not mean that it is limited to open canoes as most of the strokes can be done in a kayak. For kayakers this can be very useful to know because if you put out on a paddle and your blade gets broken you can at least finish the trip. This session is suitable for all members of all abilities.

Rescues, Rolling, Star Training

These are specific and structured skills training sessions suitable for all members of all abilities.

Coaches Sessions

This session is for coaches and trip leaders only, its purpose is to ensure that the coaches are all up to date with the latest thoughts and techniques and are teaching in a common way. It is also there for them to practice their own skills, as they don't usually get time to do this in general pool sessions.

To book on a trip please telephone the contact name at least 24 hours prior to the trip date (unless otherwise stated)

NOTE

The person in charge of an event has the right to refuse the attendance at that event, to any individual, if they consider the participant's experience is insufficient to cope with the prevailing or forecast conditions. The decision of the person in charge of an event is final and should be respected