

Members

11

BURLEY GRIFFIN CANOE CLUB INC

Members Handbook



Members Handbook



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Members Handbook

BGCC
PO Box 341, JAMISON CENTRE, ACT, 2614

www.bgcc.org.au

info@bgcc.org.au

Burley Griffin Canoe Club Incorporated on 14th January, 1991 under the *Associations Incorporation Act 1991*
Association Number A01989

 **SPORT & RECREATION ACT**

The ACT Government assists this organization through Sport and Recreation ACT

Table of Contents

History	1
Welcome	2
Objectives	2
Committee	2
Membership	3
Fees	4
Benefits - PNSWI/AC, BGCC	5
Protocol/Conduct	6
Canoe Disciplines - Sprint	7
Canoe Disciplines - Marathon	8
Canoe Disciplines - Touring	10
Canoe Disciplines - Wildwater	10
Canoe Disciplines - Canoe Polo	11
Canoe Disciplines - Slalom	12
Canoe Disciplines - Freestyle	12
Club Activities	13
Coaching	14
Club Shed	15
Club Equipment	16
Funding our Equipment	17
Honour Roll - Presidents & Secretaries	18
Honour Roll - Treasurers & Editors	19
Contacts	20
Personal Notes	21

About the Club

History

The BGCC started life in June 1990, with 6 families who were committed to club paddling, rather than club politics. And here we are, 21 years later, still supporting all levels of paddler ability in most disciplines of paddling.

The early members were mainly interested in marathon canoeing and this interest has continued over the years, with many outstanding results. People are amazed at the number of paddlers who continue to train and compete through all weathers – the freezing Canberra Winters; the winds of Spring; the heat of Summer. Which just leaves us Autumn to enjoy! Over past years we have had marathon winners in the Hawkesbury Canoe Classic, the Murray River Marathon, the NSW State and the Australian Marathon Championships, and many other club races in between times.

From early on, some club members have been Canoe Polo players. This has gone from just the one team, the Smarties, through to having enough players for men's teams, women's teams and sometimes a junior team. In recent years, BGCC members have been chosen for NSW State teams, Australian teams, Oceania teams, and an Australian Junior Development Squad. The Canoe Polo players have earned glory on the water and in their ability to organise competitions in Canberra.

But, if competition is not your thing, then there are ample opportunities to go for recreational paddles on local lakes and rivers to enjoy the peace and quiet, the birdlife, our water rats crossing the river, Gippsland Water Dragons sunning themselves on branches over the water and even platypuses going about their own business.

Related to recreation rather than competition, is touring. This usually takes more time to organise and sometimes some car-shuffles, but it is a good way to get the whole family out on the water and enjoying nature while still getting plenty of exercise.

A small but not forgotten group are those who like steep, busy rivers, with lots of flow and obstacles – the Wildwater and Slalom group. These people have their paddling outings governed by the weather – or at least by the rainfall. They need the rain to make the rivers flow, with more of the rocks hidden under the water than sticking through it. Or they go to the Penrith WW course.

Other important club happenings are the Club Birthday Party, Canoe Polo Invitational, the 24 Hour Relay Challenge, the Club Christmas Party, triathlon assisting, the Burley Griffin Bash and when we can find the time, quiet tours.

Welcome to BGCC

Welcome to the 2011-2012 paddling season

We intend this handbook to be useful to you in understanding the background and history of our canoe club. We are proud of our achievements and in offering all paddlers a friendly face and inclusion in all events which you wish to take part. We are proud of our successes at competitions but do not insist on everyone competing. Recreation and touring are just as valid forms of canoeing as are marathon, canoe polo, slalom and sprint. If there is something you would like to know about the club but you can't find it in this handbook, please be helpful in letting us know what it is. If you can't find something, send an email to info@bgcc.org.au and let us know what it is.

Club Objectives

- i. The promotion and development of all aspects of canoeing.
- ii. To provide instruction, information and advice pertaining to canoeing.
- iii. To provide support and encouragement to members in both competitive and non-competitive paddling - subject to Club's discretion.
- iv. To encourage and support the protection and conservation of the natural environment around our waterways

Committee

Officers Bearers of the club for 2011 – 2012 are:

President	Bob Collins	president@bgcc.org.au
Vice-President	Alan Clark	vicepresident@bgcc.org.au
Secretary	Patricia Ashton	secretary@bgcc.org.au
Treasurer	Scott Hunter	treasurer@bgcc.org.au
Editor	Russell Lutton	editor@bgcc.org.au

The **BGCC AGM is held in September**, when all positions are declared vacant and all members are eligible to nominate for and to vote on these positions. General Meetings are usually held on the first Monday of each month, with all members invited to attend and to contribute to discussions and decisions on the running of our club.

Membership

First things first

All BGCC club members must first take out membership with Paddle NSW Inc. This is available at: www.paddlensw.org.au/membership.html BGCC needs all club members to have insurance cover, via PNSW and Australian Canoeing.

BGCC members can then visit www.bgcc.org.au/membership.html and join on-line via Register Now, or may choose to complete the paper Membership Application Form and pay by cash, cheque, Money Order or EFT.

Types

Individual membership:

Entitled to participate in all PNSW & club-sanctioned events in ACT & NSW

Entitled to attend all annual and special general meetings

Entitled to one vote at meetings

Family membership:

1 or 2 adults plus any number of related children (juniors) living at the same address.

Entitled to participate in all PNSW & club-sanctioned events in ACT & NSW

Entitled to attend all annual and general meetings

Entitled to a maximum of two votes at all annual and general meetings

Junior: Under 18 at 1st January in year of joining

Adult: 18 before 1st January in year of joining

PNSWI Premium Membership: is for paddlers who wish to participate at national level competition or to undertake national training accreditation. Currently registered coaches, instructors and officials do not need premium membership.

Standard PNSWI Membership: Standard membership gives you access to all State-level events, as well as insurance and many other benefits. Non-paddling club volunteers do not need to take out Paddle NSW membership.

Trial Member: is a short-term member who wishes to trial the sport for a maximum of 3 paddle trials. This membership is only available once to a non-member, who must then decide to either become a full time member of the club and PNSWI, or that BGCC is not for them. A Trial Member is not permitted entry in advertised events, e.g. tour trips, canoe polo games, time trials, etc.

Single Event Member: is provided for people wishing to take part in a single event (such as the Canoe Polo Invitational, an advertised tour or the Burley Griffin Bash marathon races.) This membership is only available for one event, after which it expires and the person would be required to become a normal BGCC member if they wish to continue paddling with the BGCC.

Fees for 2010 – 2011

Subscriptions are due and payable by 1st July each year.

Paddle NSW Inc Membership

Premium	Adult	\$99
Standard	Adult	\$66
Premium	Junior	\$77
Standard	Junior	\$49.50
New Member	Joining Fee	\$11

(Children under 12 years are free if included on their parent's membership application.)

BGCC Membership

A01	Adult	\$45
J01	Junior	\$20
F01	Family	\$65

Trial Member (3 X sessions)

T01	Adult	\$30
T02	Junior	\$20
T03	Family	\$50

Single Event (1 off)

E01	Adult	\$15	Plus \$10 for the use of a club boat
E02	Junior	\$10	Plus \$5 for the use club boat used

BGCC Member's Club Shed Key-hire

K01	Continuing	\$25
K02	First year	\$55

(N.B. – BGCC members who wish to hire a Club Shed key need to download an “Application to become a Club Shed keyholder” Form from www.bgcc.org.au/forms.html and follow the instructions for applying, including attending a club meeting.)

Members Extra

For club members who use boats stored in the club shed 12 or more times/year. This may be paid later in the year once you have established yourself as a regular user of club boats.

ME01	Person	\$110
ME02	Student	\$65

Racking Private Boats in Club Shed

BGCC members who wish to use a rack in the Club Shed need to apply to boatcaptain@bgcc.org.au

Benefits

Paddle NSW Inc and Australian Canoeing

Your membership with PNSWI covers your affiliation to Australia Canoeing which includes your insurance. (PNSWI also insures the club as a whole.) It is a condition of the club's affiliation that all our members be individual members of PNSWI. For further information see the PNSWI web page at - www.paddlensw.org.au/PNSWinsurance.html

and for PNSWI Premium Members, the AC web-page at :
<http://www.canoe.org.au/default.asp?MenuID=Insurance/86/0>

Members are also entitled to protection from any form of discrimination. See the AC web page at – http://www.canoe.org.au/site/canoeing/ac/downloads/pdf_rules/bl-04%20Member%20Protection%20By-Law%20Ver.5%20effective%2017.4.2009.pdf

For further information on Australian Canoeing, see www.canoe.org.au

For further information on Paddle NSW Inc, see www.paddlensw.org.au

BGCC

Membership of the Burley Griffin Canoe club allows:

Access to equipment

Access to boat rackage in the shed – subject to availability

Access to coaches – but please remember that all our coaches are volunteers

Club activities

Regular club newsletter – *Blazing Paddles* - available electronically



Dedication is Coaching the Coaches in mid-winter, 27th June, 2010.

Protocol/Conduct

On the water

International waterways conventions apply at all times. These include keeping to the right (opposite to driving your car,) always turning anti-clockwise and always stopping to offer assistance to someone in trouble whether during a race or just out for a social paddle. Canoes and kayaks always give way to all other types of water vessels. The area upstream of the second bridge is closed to paddlers – it is for the water ski boats.

For a full suite of rules, visit <http://www.canoe.org.au/> and go to “Disciplines” in the yellow bar under the web-page heading. From there, go to the “Competition Rules” in the left-hand list.

When paddling, be aware of others on the water and considerate of their welfare. Arrive in plenty of time to get your gear ready, register for the activity and prepare yourself. Make sure you are hydrated, lubricated and motivated. Take notice of the briefing before your event. Safety is always important. Every event is run under different water and weather conditions and the life you save could be your own. It is recommended that members wear a PFD – however in winter they are compulsory.

On the shore

Wash and dry any club equipment that you have used and return it to the club shed. Report any damage that you can see (or heard) no matter how small and insignificant you think it is. It is better to repair a small ding before it becomes a major break. There is space in the log book and on the white-board to record these problems. Help others struggling with a heavy or long boat. Report all boat damage to boatcaptain@bgcc.org.au When selecting a club boat, make sure it is suitable to your level of experience; if in doubt check with a coach or another more experienced club member. TK’s and K’s may only be used after an initial induction by a coach. Return boat to the correct rack. Sign out in the log book/register on the bench.



Mothers' Day Mayhem - start, 8th May, 2011



Trish and Mickayla Clark cross the finish-line.

Canoe Disciplines

Sprint

Flatwater (Sprint) Racing is one of the best-known competitive canoeing disciplines in Australia. This is probably due to its inclusion in the Olympic Games since 1936 and Australia's involvement in all Olympic Sprints since the 1956 Melbourne Olympic Games. Flatwater Racing is all about speed on flat water, over distances of 200, 500, 1000 and 5000 metres. The craft that have developed are sleek and fast but unstable. Flatwater kayakers use specially designed paddles allowing for extra power and efficiency. K1, K2 and K4 are the most popular classes of Flatwater kayaking but there are also canoe classes of C1, C2 and C4. Both men and women compete in both kayaks and in canoes.

The club is active to a small extent in sprint racing at the state and national level. Club members compete at state and national championships and at the Grand Prix events held through out the season.

In past years in February the club trailer has been hitched up and pulled to Nagambie, so club members can take part in the Victorian State Sprint Championships. This is a fun meeting to attend and we have taken along a full contingent of TC2s and TK2s so our newly fledged beginners can take part in the races. And we have come away from these meets with fists full of medals, plus the coveted Nagambie Trophy for mixed K2 200m.



500m start : Lorraine Harper, Margi Bohm, Lisa Curry-Kenny, 2006

Mark Halpin in Grand Prix Sprint regatta, 2006.



Marathon

Australia has many long rivers well suited for Marathon canoeing with races conducted over distances of 10 km and greater. There are various levels of competition for marathon paddlers.

National Championships are raced over various distances depending on age category. The races are organised in traditional canoe classes e.g. K1's and TK1's etc. The 2011 National championships were held in Geelong, Victoria and a number of BGCC members won medals. The National Championships are conducted by Australian Canoeing. More information can be found at www.canoe.org.au

State Championships are also held in age categories and traditional canoe classes as for Nationals. PaddleNSW conduct these races. In 2011 the State Championships are to be held at the Olympic Rowing Course in Penrith on 2nd and 3rd July.

The Vadja Marathon 9 Series is conducted by PaddleNSW and involves 9 races at different locations in mostly eastern NSW. In 2011 we successfully conducted Race 2 of the series based at the club house at Molonglo Reach. 130 paddlers competed in the 9 divisions over 10, 15 or 20 km distances. For more information about Marathon 9 go to www.paddlensw.org.au



BGCC conducts the **Burley Griffin Bash** races on the Sunday of the weekend of our Marathon 9 Series race. 2011 was the 35th time the race has been conducted. This year there were races over distances of 30 km and 2, 5 and 14 km for the Mini-Bash. See BGCC website for more details www.bgcc.org.au

BGCC also conducts a **24 hour race** in November. The race is paddled over a 5 km course on the Molonglo River from the club house. Paddlers have a choice of competing as individuals or in various relay teams. In 2010 a number of stand-up paddlers swelled the ranks of the traditional canoe/kayak types. For further information go to www.bgcc24.blogspot.com



BGCC members have a long history of attending a number of classic long distance races:

VicSuper Murray River Marathon (404 km over 5 days) The Murray Marathon race, one of the longest annual ultra-marathon paddling events in the world, has taken place every year (since 1969) between Christmas and New Year. See www.murraymarathon.ymca.org.au for information about the race and how to enter. Past and current BGCC members with records which still stand include:

Tony Barthelson & R. Loader,	TC2	1992	31:18:32;
Tony Barthelson & R. Loader,	V40C2	2000	31:15:14;
Nina Leuning & Margery Tongway,	LJ14K2	1994	5:33:28;
N. Hargreaves, M. Leverett, Simon Stenhouse & T Naughtin,	K4	2006	24:18:47;
Jill Roberts in Aunty Toby's Women's relay	TK1	1995	35:24:34;
Dave Hiatt & M. Jerram,	TK2	1992	26:17:32;
and even Jane Robinson,	Single Scull	1995	38:55:29.

The Hawkesbury Canoe Classic is an interesting race held in late October each year (22/10/11) with most of the paddling taking place overnight. One of our founding members, John Harmer, has paddled in each of the 34 events held so far. See www.canoeclassic.asn.au for information about the race and how to enter. Past and current BGCC members who have records still standing include:

Sally Godtschalk & A. Sherriff,	LTK2	1996	10:48:45;
Scott McDermid & Sabina Prusa,	=XJTK2	2008	10:38:27;
Frank Kingma	V50TC1	2008	11:55:45;
Frank Kingma & R. Williams,	TC2	1998	10:13:36;
Nina Leuning,	JK1	1998	13:32:52;
Jane Lutrell, J. Brennan, Dave Hiatt & R. Pacey,	XK4	1990	8:18:05;
Frank Kingma & R. Williams,	V40C2	2003	10:02:00;
Jill Roberts, Helen Tongway, Frank Kingma & R. Williams,	XV40C4	2000	10:00:47;
Danny Galbraith & John Jackson	V50Rec2	2008	11:16:56.

The Myall Classic is a race which is often used as practice for the Hawkesbury and Murray marathon. It starts and finishes at Tea Gardens, Central Coast on the 17th of Sept, 2011, and has race distances of 12, 27 and 47 km. Go to www.paddlensw.org.au closer to the event for more details.

An increasingly popular racing format that has developed in recent years is the Bing Lee / L.G. **Harbour series**. This series is conducted over 6 races at various locations (mainly in Sydney) between February and June. For more information refer to www.harbourracing.org.au



Club Time Trial racing is conducted on Wednesday evenings during Summer Daylight Saving Time at 5:30 p.m. for a 5:45 p.m. start. In Winter we compete on Sundays at 9:30 a.m. for a 9:45 a.m. start. This time trial format offers racing over 3.5, 7 and 10.5 km. Each paddler leaves in a wave of paddlers who expect to finish the chosen course in around the same time. The waves leave at 5 minute intervals. The aim is to have everyone finish their race at a similar time.

The club also offers other fun events on Mothers' Day and Fathers' Day. We also participate in clean up Australia Day by cleaning up a part of the lake or river system.

During summer BGCC also provides assistance at a number of triathlons held in the A.C.T. We use this as a fund raiser but many also use it to spend some time on the water in sea kayaks and the like. BGCC's contact for marathon racing is John Preston, who can be contacted at paddlerjohn@hotmail.com

Touring

Touring is conducted on both local and “away” waterways, on an *ad hoc* basis. Over the years club members have ventured to Googong Dam, Durras Lake, Tallowa Dam, Nelligen and Kangaroo Valley. Lately some BGCC members have joined up with groups from other clubs for some overnight camping trips. See *Blazing Paddles* and www.bgcc.org.au upcoming trips.



Trip to Googong Dam, 28th May, 2011; Paddling and Lunch Stop.

Wild Water

Wildwater is the ultimate combat, human versus river. Athletes must manage a 4.5 metre long, 11 kilogram, very unstable, composite craft down a river anywhere from flatwater up to grade 4 rapids. Paddlers fight the river, obstacles, lactic acid, other competitors and themselves to be the fastest. Courses can be as short as 90 seconds for Rapid Sprints, while Classic courses range around the 9 - 30 minute mark or go hard for the ultra distance 133 km. Events are usually held as a time trial format, paddlers leave individually with between 30 to 120 seconds separating them from the paddler in front. Where every second counts, athletes look for the fast line whilst delivering maximum power. Wildwater is one of the most physiologically and psychologically demanding of all the canoe/kayak disciplines, as athletes remain 100% focused on an ever changing river whilst redlining their body.

Burley Griffin Canoe Club members paddle in wildwater, subject to water levels. Lately this usually means a trip to the Sydney Olympic Aquatic Centre at Penrith.



Canoe Polo



Women's Canoe Polo Team 'Penguins', 2001.

Canoe Polo is a fast and exciting team ball sport played in teams of five at a social and competitive level in Canberra.

It is played on a 35 m x 23 m field set up in a swimming pool or on flat stretches of water. Teams of five paddlers endeavour to score goals in a net suspended two metres above the water, the ball being thrown by hand, or 'flicked' with the paddle. Games are played in two halves of 10 minutes.

A weekly competition is held at the Lakeside Leisure Centre, Anketel St, Tuggeranong on Wednesday evenings from 7.30 p.m. until 9.00 p.m. Players of all ages and abilities are able to participate. The club has boats and gear at the pool for use by club members.

Canberra players compete in both social and competitive competitions across Australia and internationally. Burley Griffin Canoe Club has had a large number of players that have represented Australia in Men's, Women's, Under 21 years and "emerging" teams.

Occasional 'learn to play polo' and rolling sessions are advertised on the club website.

If you are interested in trying canoe polo or returning to polo please contact the Canoe Polo Convener via the club website.



The Mighty Cream Puffs in the 2005 Canberra Invitational Competition

Slalom

Slalom racing is the second of the Olympic canoeing disciplines. Women race only in single kayaks, while men compete in singles and doubles in both canoes and kayaks. Races are held at local, state and national regattas at junior and senior level, in classes for men and women in various age groups. Over the years club members have competed in many Slalom events and in fact BGCC used to host the Southern Area Slalom Championships, usually on the Murrumbidgee River. Two of the earliest club members, Mark and Kai Swoboda, were very serious about this discipline and competed around both Australia and the rest of the world. Kai was selected for the Australian Olympic team and competed in the Sydney 2000 Olympics, with some very creditable results.



Some busy big water in Tasmania



On the Goulburn River, Victoria

Freestyle

Freestyle (or rodeo) kayaking is a new and exciting canoeing discipline. Each competitor has 45 seconds to perform tricks using the water to help maneuver themselves about and to complete as many moves as they can on each ride. The more complex the athlete's routine is, the higher their score. New developments are happening and Freestyle now encompasses exciting aerial moves and it is not uncommon to see athletes propel themselves into the air and rotate their kayak the way a gymnast would their body. The Freestyle kayakers' flat hull and different volume displacement enables greater overall control, which has meant an increased standard in the moves created by competitors.

One of the club's former juniors, Tom Robb, regularly travelled to Penrith for coaching and practice in freestyle. He was part of the competitive junior squad being coached at the New Zealand Kayak School paddling New Zealand's west-coast rivers and receiving freestyle coaching.



Club Activities

Handicap Races/Time Trials

The club runs 2 time trials series during the year. During summer daylight savings the club runs 10.5, 7, or 3.5 km time trials on Wednesday evenings from 5:30 p.m. at Molonglo Reach. During the winter time trials are held from 9:30 a.m. on Sundays, also from Molonglo Reach. The time trial course is a looped course, marked out by buoys on the Molonglo River.

Canoe Polo Games

Canoe polo is held at the Lakeside Leisure Centre, Anketel St, Tuggeranong. Competitions are held on Wednesday evenings from 7:30 p.m. until 9:45 p.m. during the school terms. There are regular games and skills development sessions.

BGCC Bash and PNSW Marathon Series Race

The club hosts the Annual Burley Griffin Bash during February or March, the Bash offers competitors two distances – 30 km and 13 km.

24 Hour Relay

The club runs the annual 24hr relay Challenge, usually late in November. Teams from BGCC and clubs around Australia complete on their own home water for the greatest number of laps of a 5 km course in the 24 hours.

Club Birthday Party and Awards Night.

In June of each year we celebrate the club's birthday with an evening of tall stories and award presentations to accompany a good meal.



Russell Murphy about to present the Life-Membership Paddles to John Harmer and Helen Tongway, at the 20th birthday party.

Coaching

Flatwater

The club has a number of qualified coaches. The majority hold Level 1 qualifications, with one coach holding Level 2 accreditation.

Coaches aim to assist members with the development of their paddling, beginning with stroke correction.

Canoe Polo

Coaching in Canoe Polo is conducted before and after the regular games on Wednesday evenings or at specified other times and places throughout the year.

Wild Water

Newly re-instated into club disciplines, trips are taken to local waterways when the rain falls and provides suitable water.

Beginners' Courses

The club has successfully hosted a number of beginner courses over the last few years with the aim of introducing new members to the joys of kayaking and canoeing.

The club aims to run a number of courses from early November each year.

Training Times

Club members train at all times throughout the week with a number of members meeting at the Molonglo Reach for flatwater training sessions on Monday, Wednesday and Fridays from 4:30 p.m. Members also train regularly from 8:00 a.m. on Saturday mornings. For safety reasons paddlers should not paddle alone and during winter, everyone is required to wear a PFD. Hypothermia is a real possibility in our cold waterways, with only five to ten minutes to get to safety, depending on your fitness, age and physiology.

Current Club Coaches

Level II	Margi Bohm	
Level I	Helen Tongway Karen Balderson Alan Clark	Patricia Ashton Russell Lutton Russell Murphy
Instructors	James Suthern	Alan Clark
Coaches in Training	Roslyn Hickson Carolyn Williams Michael Taylor	Ross Chard Madeline Chard
Coaching Assistants	John Lockie Roland Mangos Lynne Robertson	James Harmer Bob Collins

Contact at: info@bgcc.org.au

Club Shed

Club Extras - Frequent Boat Use

BGCC members who use club boats 12 or more times per year are asked to pay for this frequent use of club equipment. The fee is \$110 p.a., with pro rata for new, shorter memberships.

The club also provides a number of racks in the shed for active members to keep their private boats. Members who use boats racked in the Club Shed pay \$110 per 12 months to do so. The club has no insurance to cover private boats and makes no assurance as to the safety of equipment left in the shed. Members wishing to rack their boats in the shed need to contact the club Boat Captain boatcaptain@bgcc.org.au and complete the Application for Boat Rackage form (available on request). The Boat Captain will advise members of any racks available or the current waiting list. Rack spaces are available for active paddling members, i.e., those who paddle at least 8 times per month. It is not for storing unused boats.

Access Restrictions

Current members are able to hire a key to the shed after 3 months of membership provided they have shown themselves to be of good character and proficient in the use of club equipment. The fee for the key to the shed is \$30 plus \$25 p.a. Hirers are required to apply to the Boat Captain and to sign the club's register. Everyone is required to sign the log book whenever they enter the Club Shed to use their own or BGCC boats and/or equipment, the shower or sink facilities. Failure to sign the book could lead to them losing the right to hire a key to the club shed.



13th November, 2010 - Club Shed Extension – The Grand Opening!

Bob (the builder) Collins with ACT Minister for Sport, Andrew Barr.

Club Equipment

Only financial members are permitted to use club equipment and/or to take part in club events.

Boats

The club provides boats to members for the following purposes.

- i) To allow new members to trial the sport without having to outlay the cost of a new kayak/canoe.
- ii) Provide boats for members to compete at events, particularly in doubles boats.

Members using club boats are encouraged to wear a PFD at all times and required to wear them in winter. All members need to sign the log book before taking a boat out.

Paddles

The Club has a number of paddles for members to use. The club encourages members to purchase their own paddles, as the setup of paddles is unique to each individual.

PFD's

The club maintains a supply of Personal Floatation Devices for members to use while using club equipment and for use at club events. Again, as with boats and paddles, members are encouraged to purchase their own suitable PFD.



Club equipment in use at a Beginners' Course, 10th December, 2006

Funding our Equipment

Aside from membership fees, our major sources of income are from assisting at numerous triathlons each summer season and from ACT Government Grants. Over the years many stalwart club members have spent many hours bobbing about on the water acting as assistants to the swimmers and now it is your turn to contribute to your club's fundraising efforts. We expect you will help whenever possible and if every capable member assists at four triathlons then the load is shared and no-one is called on too often.

Financial Assistance

In fact, if you intend competing in National or International events the club may be able to assist you financially with your entry fees and/or travel expenses. Having helped at triathlons over the past season is just one of the ways of demonstrating that you have contributed to your club's wellbeing. Anyone wishing to receive club financial assistance needs to come to a club meeting to state their case. You need to be able to show that you have contributed your time and efforts into helping to run the club in any/many of the ways that the club needs.



Getting ready for a triathlon

Honour Roll

Past Presidents

1990 -1991	Frank Stevens
1991 – 1992	Frank Stevens
1992 – 1993	Terry Marsh
1993 – 1994	John Harmer
1994 – 1995	John Harmer
1995 – 1996	Peter Davies
1996 – 1997	John Harmer
1997 – 1998	John Harmer
1998 – 1999	James Harmer
1999 – 2000	Garry Aisbitt/Jane Hiatt
2000 – 2001	John Harmer
2001 – 2002	John Harmer
2002 – 2003	Helen Tongway
2003 – 2004	Helen Tongway
2004 – 2005	John Harmer
2005 – 2006	Jason Kendall
2006 – 2007	Mike Wootten
2007 – 2008	Mike Wootten
2008 – 2009	Bob Collins
2009 – 2010	Bob Collins
2010 – 2011	Russell Murphy
2011 – 2012	Bob Collins

Past Secretaries

Rainer Swoboda
Rainer Swoboda
Stella Hooper
Helen Tongway
Helen Tongway
Jill Roberts
Helen Tongway
Helen Tongway
Anne Schubert
Nicole Danaher
Antonia Harmer
Antonia Harmer
Stuart Midgley
Stuart Midgley
Patricia Ashton
Patricia Ashton
Helen Tongway
Helen Tongway
Patricia Ashton
Patricia Ashton
Richard Fox
Patricia Ashton

Honour Roll

Past Treasurers

1990 -1991	Andrew Stimpson
1991 – 1992	John Stimpson
1992 -1993	Ursula Swoboda
1993 -1994	Don Cheong
1994 -1995	Don Cheong
1995 – 1996	Eunice Logan
1996 – 1997	Mark Raymond
1997 – 1998	Kiaran Lomas/Janet Smith
1998 – 1999	Erica Marsh
1999 – 2000	Erica Marsh
2000 – 2001	Anna Tearne
2001 – 2002	Anna Tearne
2002 – 2003	Greg Wicks
2003 – 2004	Greg Wicks
2004 – 2005	Phil Griffith
2005 – 2006	Greg Wicks
2006 – 2007	Greg Wicks
2007 – 2008	Jacqueline Wicks
2008 – 2009	Jacqueline Wicks
2009 – 2010	Russell Murphy
2010 – 2011	Greg Wicks
2011 – 2012	Scott Hunter

Past Editors

Cherie & John Stimpson
Helen Tongway
Helen Tongway
Phil Stockdale
Marc Murphy
Angus O'Shea
Margery Tongway
Margery Tongway
Helen Tongway
Wendy Marcelline
Helen Tongway
Helen Tongway
Wayde Margetts
Wayde Margetts
Kirk Groombridge
Nicole Danaher
Patricia Ashton
Patricia Ashton
John Preston
John Preston
Craig Kentwell
Carolyn Williams & Russell Lutton

A Little Extra

While the Learner Coaches were using all their powers of concentration



The Lecturers were much more relaxed!

Scenes from the June 2010 Coaches' Course.