

KKC Slalom Paddlers

Kingston Kayak Club have a strong slalom team. Some (listed below) race regularly others just race when they can make time or for fun. The highlight of the year is the Interclubs where teams from all regions of the country race each other to see who is the best.

K1W

Hannah Burgess
Nikki Rudkin
Jenny Berriman

K1M

Dave Rawding
Duncan Berriman
Jordan Allan
Samuel Burrow
Jack Burrow
Edward Lart
William Boynton
Jacob Boynton

C1M

Jordan Allan
Jack Burrow
Samuel Burrow

The latest individual and club rankings can be found on the canoe slalom web site
www.canoeslalom.co.uk.

Calendar

The KKC slalom team race at events all over the UK throughout the year.

A full list of events can be found on the canoe slalom web site
www.canoeslalom.co.uk

Division 4 events are suitable for all. Once you have gained promotion from Division 4 you can then go on to compete at Division 3.

Contact Duncan Berriman well before an event if you would like to race so we can arrange equipment and coaching.

Check out the slalom notice board in the club house for details of up and coming events.

Join The KKC Slalom Team!

The KKC Slalom Team currently train on Tuesday evenings on the outdoor pool.

Come and try slalom

- improve your paddling skills -
- experience the thrills of moving water -
- have fun with your friends –
- make new friends -
- compete against other paddlers -

**For further details please contact
Duncan Berriman**

Sessions

Every Tuesday from 7pm – 8pm on the outdoor pool

We also provide coaching at events and organise training trips during the school holidays and over the winter when we are not competing.

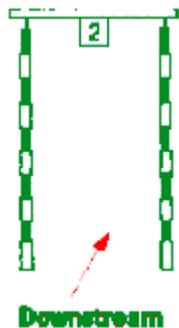
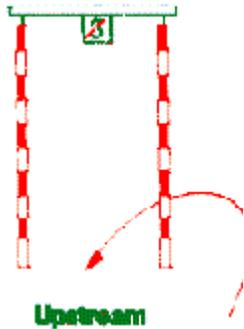


What is canoe slalom?

Canoe slalom is one of the most spectacular watersports, demanding skill, stamina and courage. The aim is to run a rapid river course marked by "gates" fast, and without touching.

A "gate" is two poles, suspended over the water. Green and white gates are negotiated in a downstream direction, red and white gates upstream. The gates are placed so that you must make tricky cross-current moves and use the eddies and waves.

If you touch a pole with anything - paddle, boat, buoyancy aid, helmet or any part of your body - a 2 second penalty is added to your time. If you miss a gate out, or go through in the wrong direction, the penalty is 50 seconds! The aim is *fast and clean*.



The gates are positioned to test your skill in using, and coping with, the water. This is perfect training for running big whitewater rivers.

In Division 4, where you start, it won't be too hard - a rush of water from a weir, or moving water in a stream. When you get to Division 1 it will be big and tricky.

There will be an upstream gate to test your ability to break out into the eddy behind a rock; then a downstream gate the far side so that you must ferry glide or surf a wave to reach it before the river pushes you past. It takes skill, as well as speed.

You must pick, and paddle, a line that turns the current to advantage. You must learn to *read the water*.

This is a sport in which Britain excels. Richard Fox was 5 times World Champion; Lynn Simpson (from Hull) was Ladies World Champion; and Paul Ratcliffe has held the World Cup and took the silver medal at the Sydney Olympic Games. Campbell Walsh won the K1m silver medal at Athens, and Helen Reeves the K1W bronze.

How do I get started?

As soon as you can paddle forwards and backwards in a straight line, turn and stop your boat you can paddle slalom. You should know your capsize drill and be able to swim your boat and paddle to the side.

We will provide the boats, paddles and spraydecks required, all you need to do is bring your normal outdoor canoeing clothing, suitable footwear, a cag/spray top and a helmet if you have one.

During the sessions you will learn to navigate your way round a slalom course and practice all the maneuvers to become a successful slalom paddler.

Every few weeks we will go to a suitable slalom race as a team so that you can try your new skills on moving water and race against other paddlers.

Who knows perhaps the next World or Olympic champion paddles at KKC already. Could it be you?