



August 2006 Newsletter

Hi all, this newsletter has turned into race calendar newsletter. But all communication is good right? And furthermore, any communication regarding more races is even better. So here we go

Female Only Kayak Technique & Race Training

A one day course available to females only. This course is designed for paddlers of intermediate standard wanting to further perfect their paddling technique for kayaking or surf lifesaving. The course will also establish a network for female paddlers for training and support.

Four instructors including Ian, Steve and Alan Ferguson along with Mike Walker will take paddlers through drills before individual video analysis on the water and critiquing in a group. This course will also cover race starts, finishes, drafting, sports psychology and nutrition.

Maximum of 20 females.

Price \$110 (Total value is over \$300, with Fergs Kayaks subsidising the cost)

Date 24th September 2006 - 9am to 5pm

Information

Price includes all instruction, video analysis, lunches and snacks. You will be given a list of what to bring on the day when you book.

Booking is essential

Phone: Alan Ferguson on 524 9460

Email: alan@fergskayaks.co.nz

Website: www.fergskayaks.co.nz

East Coast Challenge – Coogee

Is anyone interested in a Ski Race at Coogee Sydney on Sat 30th Sept?

This is a 20km (2 x 10km) race from Coogee to Bondi Beach and back. Should be interesting with the upwind leg hugging the coast and the downwind being very strait (the race will go clockwise or anti-clockwise depending on the prevailing swell/wind).

I have been in contact with the organiser who says he will try to arrange surf skis for any of us who would like to go but would need to borrow craft (note, there are no promises as to type. You could end up with a LD or a surf club spec ski).

I can also research accommodation in Coogee (Fri and Sat Night) for those interested and again, the race organiser said he can arrange billets for some people if required.

Please let me know by the end of next week 18th August if you are interested (Garren Cooper, garren.cooper@hanover.co.nz, 021 682 534) and include the following information;

1. Your height (if you wish to borrow a ski);
2. The nights you would like accommodation; or;
3. You would prefer to be billeted with our Australian friends;

Regarding travel, you can arrange you own but I suggest travelling to Sydney Friday afternoon of the 29th (at the latest) and returning Sunday 1st.

Check it out www.ecoc.com.au

Also at Fergs Kayaks the “Dip and Dash”

The “Dip and Dash” is on every Thursday at 6.15pm for Fergs Kayaks. This is a 5km paddle followed by a 5km run. The first race is on 12 October 2006.

Long Distance Races and Nationals

See below for a full race calendar for weekend Surf ski races at Fergs Kayaks and Terry's long distance races including Long Distance Nationals. Note; these are not including the North Shore City (Tuesday) series or the KOH. When we have dates we will let you know.

Check out the race website on www.surfski.co.nz

Long Distance Race Calendar and Nationals

Month	Date	Race venue	Distance	Start time	HT	Contact
Sept-06	Sun 24th	Fergs Kayaks	10km	9.30am		Alan – 524 9640
Sept 06	Sat 30th	Sydney Coogee Beach	20km	10am		www.ecoc.com.au
Oct-06	Sun 8th	Warkworth Kowhai Festival	20km	10.00		Jim 09 425 7371
Oct-06	Sun 15th	Fergs Kayaks	10km	1pm		Alan – 524 9640
Oct-06	Sun 22nd	Fergs Kayaks	10km	9.30am		Alan – 524 9640
Oct-06	Sun 29th	Judges Bay	20km	11.00	12.10	Terry – 021 074 8485
Nov 06	Sun 12th	Hamilton	20km			Craig – 07 8467633
Nov-06	Sat 25th	Maraetai Beach	20km	9.30	10.19	Terry – 021 074 8485
Nov 06	Sat 25th & Sun 26th	World Cup Race - Perth				
Dec-06	Sat 9th	NZ Long Distance Surf Ski Champs - Kohi Beach	20km	9.30	10.22	Terry – 021 074 8485
Dec-06	Sun 10th	Round the peninsula Te Atatu		10.30	WCMC	
Jan-07	Mon 29th	Round Herald Island		TBA	WCMC	
Feb-07	Sun 19th	Xmas Beach - Devonport	20km	9.00	7.43	Terry – 021 074 8485
Mar-07	Sat 24th	Kohi Beach	20km	10.30	11.27	Terry – 021 074 8485
Apr-07	Sun 8th	Manukau Harbour	20km	12.00	13.46	Terry – 021 074 8485

Note; Any changes or updates to these races will be posted on www.surfski.co.nz