



Newsletter July 2006

Baby News

Jane and Darcy are delighted to announce that Rita arrived last Sunday weighing in at 6 pd 11 oz.

New Race Shop at Fergs Kayaks

Some of us made it to "Fergs Racing Concept Centre" on Wednesday 14th June. If you are shopping around for a new ski (or multi-sport boat) it would pay to visit Ferg's specialist shop to check out the latest craft. The team at Ferg's also offers training programmes and training advice. As Ian himself says most paddlers "waste one to two training sessions a week by not doing it right". Ian is into the quality, measurement, and science of kayak paddling, he even has a specialist computer graphic program he uses to measure a paddlers length of stroke (reach) and point by point rotation through the full cycle of the stroke. Ian will offering coaching camps to all paddlers if you are keen on having your stroke and overall technique sorted out I would say this is must have (see below).

Surf Ski Training Camps

Fergs Kayaks will run a surf ski training camp on the 7/8 of October, in Rotorua the cost of which is \$650 including food and accommodation.

Fergs Training Programmes

The training programmes are available from Ferg just email Alan with a brief overview on where you are at experience and fitness wise and where you would like to be, how much time you can commit to paddling and what days. Ferg will tailor the best programme to suit your needs. The cost of this is \$60.00 per programme and each programme lasts a month.

Alan Ferguson
Fergs Racing
alan@fergskayaks.co.nz
ph (09) 524 9460
www.fergskayaks.co.nz

Female only ski / kayak weekend

Fergs is also planning a female only ski / kayak weekend run from Orakei. This will be available to a maximum of 20 female paddlers who have been paddling for at least 1-2 years, where the following will be covered:

- Paddling skills – review of current technique; in small groups critique technique giving feedback during the session; video analysis to review in a group session; drills to help paddlers retain a correct stroke; how to get the most out of your race by effective rounding of markers, race starts and drafting.
- Training – paddlers will gain an understanding of when in the year to focus on strength, conditioning and speed; how to use lactate and VO2

tests to get the most out of each training session; the importance of keeping a training diary, what specifically to record and what to take notice of.

- Nutrition – how food can enhance performance (before and during) and how to recover efficiently; how to maintain balanced nutrition on the run (balancing university / work / training).
- Sports Psychology – learn the skills and techniques to prepare for racing; how to stop negative thoughts and focus on the task at hand; how to deal with failure and how to build on successes.

We are still deciding on a date, but it is likely to be after exams in October or early November. If you would like to register your interest, please contact Tracy Wilson on 528 2556, 021 0270 1545 or email tracy.wilson@clear.net.nz

Saturday and Sunday Training Groups a Takapuna

There is a group of paddlers that meet every Saturday and Sunday at 7am from Takapuna Boating Club. All paddlers are welcome and make sure they stick around for breakie after!

CRNZ news:

Surfski World Cup Durban SA. This event was held off the Natal coast on July 1 and 2. Day 1 was a 4 person x 4km relay, day 2 was 32km in the big ocean swells. Simon Mclarin and Steve Sly represented Canoe Racing NZ, both performing extremely well. Simon was 16th overall and 4th over-40, while Steve was 41st overall and 4th under-20.

Full results and details on www.surfskiworldcup.com or www.surfski.co.nz

King of the Harbour News

KOH featured on Sky Sports with a 60 minute package. We will be getting hold of the DVD and arranging a special showing at Takapuna Boating Club in the near future.

Ferg's Kayaks Autumn Paddle Series Race 2 - Sunday 18th June

This race was called off but I (garren cooper) missed out on the group text message. It turned out to be an excellent day for a paddle with some good runners all the way back from the Harbour bridge.

Epic V10 Orders from Fergs Kayaks

The exchange rate has 'killed' the price on the Epic V10s, making the price up to around \$4000 for the standard lay-up. Fergs have stopped the bulk order at this stage. If people are still keen they can contact Alan (see above for phone numbers) who will be happy to take orders.

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