

PURPOSE:

Our club is dedicated to developing paddlers to their ultimate potential. We pride ourselves on developing home-grown junior paddlers all the way through to International Australian Team success. We offer nationally certified coaches with programs aimed towards paddlers of all abilities.

SQUADS:

We offer 2 separate training squads with specialised sub-groups in the older squads.

- National and Pathway Squads (including paracanoe)
- Torpedo Squad (beginner/intermediate)

Squad placement is based on the athlete's level of skill, maturity, learning abilities, experience, behaviour, attendance, fitness, speed & age. Squad placement will always be in the best interests of the paddler. As well as:

1. A demonstrated ability that paddler can handle the workload
2. The paddlers ability to handle the psychology of the group
3. The paddlers ability to compete well
4. Whether the paddler is prepared to make the commitment.

Participation in squads outside of the above and below criteria is available at Coach discretion.

Torpedo Squad (beginner/intermediate)

10yrs+ Introduction of club drills and basic competition skills.

Skill development is the primary focus along with learning to enjoy racing and setting Personal Best times (PBs). Competing at Avoca Kayak Club target Meets and State Championships. 1+ session per week with no minimum attendance.

Coach: Paul Hutchinson: 0414 630 012, pandka1@bigpond.com

National Squad

14yrs+ (including paracanoe) elite training group aiming for major Australian Team selection

Major focus is State, National & World Championships - Kayak, Ocean & Surf

6+ sessions per week with a minimum average of 4 sessions/week.

Head Coach: Scott Cunningham 0452430153, scottc.strategy@yahoo.com.au

Coach: Paul Hutchinson

Training Times

See Club Calendar on website for details.

Key Contacts



Email: membership.akc@gmail.com



OR go to www.avocakayakclub.com



OR go to <http://www.paddlensw.org.au/book/sprint>

JOIN NOW OR RENEW YOUR MEMBERSHIP

AKC offers a variety of annual memberships that include PNSW fees based on the financial year (1 July to 30 June). The following categories indicate the various membership types and the fee payable for a financial year membership.



AKC is now a NSW Government Active Kids Voucher Approved Provider

MEMBER CATEGORIES (Membership is to 30 JUNE 2021)

FULL MEMBER: eligible to participate in State, National or club competition events (inc time trials).
All FULL MEMBER rates include Paddle Australia and Paddle NSW - COVID-19 Paddle Support Package Discount

- Adult: \$260 (per year) inclusive of affiliation fees
- Junior 8 to 17 yrs: \$223 (per year) inclusive of affiliation fees
- Family Membership: \$400 (per year)
PLUS state/national affiliation (\$16.10 per Jnr, \$45 per Snr)
(Max 2 Adults and unlimited U18 children in same household)

Entitles access to these benefits:

- Access to Squad Coaching in allocated squad
- Access to AKC merchandise and Vaikobi discount
- Access to Member rates for activities (e.g. Pilates, award nights etc.)
- NSW Paddling Membership
 - Access to compete in state, national and international competitions
 - Discounted entry to PaddleNSW events including marathon, sprint, harbour and ocean races
 - Public Liability Insurance
 - Personal Accident Insurance whilst participating in endorsed/sanctioned PaddleNSW activities
 - Premium Access to the Waterways Guide
 - Monthly Email Newsletter
 - Additional Benefits under PaddlePals Program (see)
- State Championships, GP series and National Championships fees paid by member (except Pathways - see below)

ASSOCIATE / SOCIAL MEMBER: for non-competing family, friends and supporters of the club wishing to benefit from some of the available discounts and benefits available to our Full Members

- Adult: \$40 (per year)
- Junior 8 to 17 yrs: \$Free

Entitles access to these benefits:

- Access to AKC merchandise and Vaikobi discount
- Access to Member rates for activities (e.g. Pilates, award nights etc.)
- NSW Paddling Membership
 - Public Liability Insurance
 - Premium Access to the Waterways Guide
 - Monthly Email Newsletter
 - Additional Benefits under PaddlePals Program (see [Paddle NSW Benefits](#))

VOLUNTEER MEMBER: for volunteer family, friends and supporters not wishing to take advantage of the additional discounts and benefits available to our Full Members

- Adult and Junior 8 to 17 yrs: \$Free

Entitles access to these benefits:

- NSW Paddling Membership
 - Public Liability Insurance
 - Premium Access to the Waterways Guide
 - Monthly Email Newsletter

TARGET COMPETITIONS 2020/2021

(see club calendar for key dates)

NSW Sprint Series: 1/2-day events that are a great way to introduce paddlers into sprint racing, a very low key and fun program. Designed for paddlers of all abilities, see club calendar on website for latest competitions.

NSW State Championships

GP Series

National Championships

ADDITIONAL PROGRAMS

Pathways Group

Paddle Australia and Avoca Kayak Club are committed to the development of junior paddlers. As such our pathways program targets intermediate and above paddlers competing at State and National level with a focus to fast track AKC members onto National Australian teams.

Criteria, costs & benefits:

- 14yo and up (By invite from coach)
- Cost \$105 per quarter (Q1 Jul-Sep, Q2 Oct-Dec, Q3 Jan-Mar, Q4 Apr-Jun) (charged monthly)

In addition to membership benefits, entitles access to:

- K1 Sprint Kayak
- Full or partial subsidy of State Championships and National Championships entry fees (1 quarter @ 25% up to 4 quarters @ 100%) to a total of \$300.

Participants are expected to compete at State and National Sprint Kayak championships (excluding any clash with surf) and be attending a minimum of 2 paddle sessions per week.

Beginner / Intermediate Squad

Paddle Australia and Avoca Kayak Club are committed to the development of junior paddlers. As such we offer a beginner / intermediate squad to develop our younger and/or less experienced paddlers with a focus on skill development and readiness to compete at NSW Sprint Series and State Championships.

Criteria, costs & benefits:

- 10yo and up (By invite from coach)
- Cost \$60 per quarter (Q1 Jul-Sep, Q2 Oct-Dec, Q3 Jan-Mar, Q4 Apr-Jun) (charged monthly)

In addition to membership benefits, entitles access to:

- K1 (12yo+) or Torpedo / TK1 (10 to 12 yo) [indicative]
- Full or partial subsidy of State Championships entry fees (1 quarter @ 25% up to 4 quarters @ 100%)

Participants are encouraged to compete in NSW Sprint Series and State Championships (excluding any clash with surf) and be attending an average of 1 paddle session per week.

Skills Development Course

(\$150*)

Six-week beginner/development course recommended for non-experienced paddlers. Great for beginners, technique correction or just to get a taste of what AKC and kayaking is all about. Boats, paddles and life jacket (where required) supplied.

**\$100 credit for membership or pathways if join AKC post course*

Please contact Scott Cunningham (0452 430 153) or Paul Hutchinson (0414 630 012) for details

AKC TEAMWEAR AND OTHER VAIKOBI GEAR/EQUIPMENT



At Avoca Kayak Club we want our paddlers to look good and feel good when they paddle, so we have worked with Vaikobi to increase your performance and comfort by developing our very own AKC Teamwear range of apparel.

Everyone is expected to purchase a competition singlet for when representing the club.

All Vaikobi gear is offered at a special AKC discount price and includes AKC logo where noted.

If you're interested in any of the other Vaikobi range of apparel or accessories (incl Life Jackets) at our discounted rate, call Craig Pollington on 0439 246 972.

PADDLES

We have a number of paddles available to borrow during your respective training session for those starting out. Please speak to Scott Cunningham, Rob Armstrong or Greg Bennett from Bennett Paddles for information on suitable paddles for purchase, including for cross over with surf ski.

Also try usual online marketplace and Facebook sites

LIFE JACKETS

It is a Maritime safety requirement for Lifejackets to be worn in the following circumstances (except where exemption provided).

- Children Under 12 years - Level 50S or greater:
 - At all times on a vessel less than 4.8m
 - When in an open area of a vessel less than 8m that is underway.
- Enclosed Waters (Canoes and Kayaks) - Level 50S or greater at all times when:
 - Boating between sunset and sunrise
 - Boating on alpine waters
 - Boating alone (without an accompanying person 12 yo or more on the same vessel)
- Open Waters (Canoes and Kayaks) - Level 50S or greater at all times