



NEWCASTLE - AUSTRALIA

# NEWBY PADDLERS

FOUNDED - 2016



## Member Information Booklet



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## A Message from the President

Welcome to Newy Paddlers. We're a non-profit, community, paddling club affiliated with Paddle NSW. Our home base is Throsby Creek, Carrington. Throsby Creek is easily accessible, popular with other water sports and provides a safe paddling environment for our club members. We have big plans to develop our site there.

We are a racing and recreational paddle club. One of our clubs' goals is to provide an environment for members to get fit, have fun, learn new skills or simply hone old ones, regardless of ability, age or gender. Our trainers are passionate about their sport, accredited by Paddle NSW and have many years of paddling experience. They're keen to share their knowledge and experience in a supportive, non-intimidating environment; one that fosters friendship, well-being and healthy competition.

Another important goal is to grow our membership. Spring and summer provide fantastic opportunities for paddlers. No boat – no worries; we can help with that. No skills – no worries; beginners at all levels are welcome. You can build skills or improve your performance with a group of friendly, like-minded people. Ask us how!

Our club colours; vibrant orange and black. There is a range of club merchandise available for sale and of course, we would encourage you to wear our club colours; be part of a great team. Both on and off the water we are a high visibility group. We love it!

I also encourage you to read our Value Statement . I am proud to be associated with a group of people who strive to attain such worthwhile goals. On behalf of the committee I invite you to come and join us; be part of our dynamic Newy Paddlers community and keep updated with what we do by checking out our Facebook page.

See you on the water

Margie

# Our Mission, Vision and Values

## Mission Statement

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We are a non-profit organisation focused on developing athletes in the sport of Kayaking, Canoeing and all other Paddlesports. We strive for all paddlers, no matter what age or skill, to be connected with a desire to create lifelong friendships through paddlesports and nurture a “paddle for life” mentality.

## Vision Statement

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Our vision is to be a nationally recognised paddlesports club that offers our members an opportunity to learn in an encouraging environment, develop skills and passion to paddle to the best of their ability so they become champions both on the water as well as off the water.

To develop a strong and competitive junior membership that can compete at their highest level and to introduce new paddlers with fun and enjoyable paddlesports opportunities.

## Values Statement

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### Our Values are:

- To create a safe, competitive atmosphere where all members work together to develop outstanding junior and senior sportsmen and women of all abilities in all paddlesports.
- To encourage our young athletes to develop into an adult that knows how to find balance between family, sport and work.
- To provide our members with a sense of affiliation, respect for the environment, discipline, determination, dedication and sportsmanship that leads to respect for their teammates, their community and for themselves.

## Club Profile

The club was formed with the belief that there was a need for organised paddling and racing within the Newcastle area.

It was decided that Throsby Creek would be a great place as it is convenient and easy to access, has a number of other paddling sports (Outrigger Canoe Club, SUP paddlers, Dragon Boat Club and Rowing Club) operating from the same area.

Our emphasis is on racing (Marathon Racing) and the development of juniors, however we see Newy Paddlers as being for all members of the community, regardless of skill level, craft or experience coming together to have fun and meet like minded people.

One of the clubs major goals is to have Junior paddlers learn the sport and to compete at the highest level they can achieve.

Juniors paddling in a competitive environment is seen as a missing link in the sport of Marathon Racing and Newy Paddlers believes that they can make a major contribution in the Newcastle and Hunter area for junior development.

The club is set up on the belief of inclusion, respect for the community, respect for the environment and respect and tolerance of each other.



## Committee Members



**President  
Margie Wade**

**0437 401 617**



**Secretary  
Mark Bretag**

**0408 122 321**



**Treasurer & Public  
Officer**

**Trevor Jordan  
0412 675 015**



**Publicity Officer  
Darren Forbes**

**0405 180 986**



**Committee Member  
Cheryl Bretag**

**0419 694 524**



**Committee Member-  
Duncan Handley**

**0417 597 435**



**Committee Member  
Gay Robertson**

**0408 601 743**



**Committee Member  
Nicky Strachan**

**0429 425 619**

**Please feel free to contact any of the  
committee members, their contact  
details can be found on the  
[website: www.newypaddlers.org.au](http://www.newypaddlers.org.au)  
or just go up and say hello  
and introduce yourself.**

# Membership, Fees, Clothing & Equipment

## Membership and Fees

- \$50 Adult Member
  - Children under the age of 18 are **free** as part of family with adult members
- \$25 12– 17 years of age (Junior Membership is required when a parent or legal guardian are not NP members)
- If you are having difficulty paying the fee talk to a committee member to discuss your circumstances. We are always here to help and value you as a member. Concessions may apply.**

**Email:** [newypaddlers@gmail.com](mailto:newypaddlers@gmail.com)

## Time Trial Fees

\$5 Adult Member    \$2 Junior Member

\$15 Non Member (First 2 trials & then required to join club at a cost of \$30)

**If you wish to race in the Marathon Series you are required to join PNSW**

## Paddle NSW Membership 12 Month

- \$72 Adult
- \$58 Junior (8—18 years)
- Juniors under 8 are free if joining on their parents membership.

## Paddle NSW Race Fees

- \$30 entry fee to Paddle NSW Marathon Races

**Website:** [www.paddlensw.org.au](http://www.paddlensw.org.au)

## Clothing

The club requires that all participants representing the club wear the appropriate race clothing.

Further details and how to order clothing is in the clothing section of this booklet.

## Boat Hire:

A boat can be rented by a member for use from the club if one is available at \$10 per week for up to 2 months until they purchase their own boat. The member must have correct racks and cradles to transport the boat. Any damage incurred to be paid for by member.

## Safety Equipment

- It is highly recommended that all paddlers wear the appropriate Australian Standard safety equipment (flotation vests).
- It is compulsory to wear a flotation vest if you are under the age of 18.
- It is compulsory to have ample navigational lighting on your craft if paddling early mornings or late afternoons.
- Please visit the Maritime NSW website for further information and details on water safety, rules and regulations.

**Website:** [www.rms.nsw.gov.au/maritime/](http://www.rms.nsw.gov.au/maritime/)

**YOU ARE RESPONSIBLE FOR YOUR**

**SAFETY—BE AWARE**

**DO NOT PUT YOURSELF OR OTHERS IN DANGER**

# Club Pics



# Competition Fixtures & Events

The club will be supporting and competing in a number of events throughout the next 12 months, some important dates to remember are the following:

## **Newy Paddlers Time Trials: Oct - April**

Starting on the 1st week of day light savings our time trials will be held every two weeks on a Thursday evening starting at 6:00pm. This will run for the duration of day light savings culminating in 12 time trials overall with awards to Male, Female and Junior paddlers.

Points will be awarded for P.Bs (9 points), coming within 2% of your P.B (6 points), finishing more than 2% outside of P.B (3 points) and in the event of a DNF (1 point) for showing up.

## **Club Training: Oct - April**

Structured training days will be on Tuesday and alternate Thursday afternoons at Throsby Creek with longer distance paddles on the weekends at varying venues. With every second Thursday incorporating the Time Trial at 6:00pm.

## **Paddle NSW Marathon Series**

With 9 rounds in 12 divisions covering venues at Canberra, Wagga, Lake Macquarie, Wyong, Windsor, Sydney, Burrill Lake, Wagga Wagga, Greys Point, and Woronora, there is always a venue and division that suits all capabilities and all craft.

Starting on the 27th of February in Canberra the 1st round of the NSW Marathon Championships began with distances starting at 5klm for beginners and 20klm for the more advanced there will be 12 divisions that offer a fantastic introduction to new paddlers to Marathon racing.

## **NSW Marathon State Championships**

The State Championships are held at a different venue each year and the club is hoping to be part of this in 2017.

## **Kayak For Kids: March**

Starting just under the Sydney Harbour Bridge and then paddling Sydney Harbour for 18klm is a fantastic experience that shouldn't be missed, you can even complete the course in relay teams if you feel the 18klm is a bit much. Raising money for children to be supported by the Lifestart Foundation is an added bonus so come along and enjoy a wonderful day on Sydney Harbour.



## Events

### **A.C. (Australian Canoe) National Marathon Championship: March**

The Nationals this year were held at the Gold Coast and are held at a different venue each year We are looking forward to having a strong representation in 2017.

### **Winterfest: 7 August 2016**

Winterfest is a charity event run by Toronto Sunrise Rotary Club to benefit local nominated community groups. It starts at the Toronto Amateur Sailing Club and involves 5 & 10km races around Fennel Bay, catering for different paddling craft such as kayaks, SUPs , Dragon Boats & Outriggers.

### **Myall Classic: 17th September 2016**

Start of the Ultra Marathon events with the Myall Classic in September, by now we would have a few klm's under the kayak and ready to take on this great event. With 12klm,27klm and the 47klm distances there is again something for everyone. This is another key event along with the Hawkesbury Classic that the club wishes to be present at in big numbers.

### **Hawkesbury Classic: 29th October 2016**

The Hawkesbury Canoe Classic is a fun paddle with a serious purpose. Each year around 600 paddlers paddle 111 km overnight in the moonlight, down the Hawkesbury River from Windsor to Brooklyn, to raise money for charity.

Over the years the event has built into a great community event, with paddlers, their land-crew and hundreds of volunteers converging on the banks of the Hawkesbury River at Windsor on the day of the event to enjoy the camaraderie and spirit that the Hawkesbury Canoe Classic has built.

## Supporters



# Club Code of Conduct

All paddlers, members, spectators, officials and volunteers are expected to follow our Club's codes. Failure to do so could result in disciplinary action or expulsion from the club.

**Please ensure that you have read and understand the rules & constitution on our club website.**

**PARTICIPANTS** are required to:

- Respect the rights, dignity and worth of every person regardless of their gender, ability, cultural background or religion
- Play by the rules and respect the umpire's decisions
- Display good sporting behavior at all times
- Never use offensive language or behavior towards anyone or engage in sledging or bullying of any person
- Co-operate with your coach and club
- Adhere to club policies, rules & constitution
- Never behave in a manner that would damage the reputation of the club either on or off the water

**VOLUNTEERS and SPECTATORS** are required to:

- Act as good role models and ambassadors for the club at all times
- Always welcome opposition paddlers, spectators, officials etc to the club
- Never use offensive language or behavior
- Treat everyone including the opposition with respect regardless of their gender, ability, cultural background or religion
- Display consistently high standards of good sporting behavior including respecting the official's decisions
- Adhere to and support the Club policies
- Be trustworthy



# Code of Conduct

**COACHES** are required to:

- Respect the rights, dignity and worth of every person regardless of their gender, ability, cultural background or religion
- Support, encourage and involve all participants regardless of their talent level
- Never ridicule or yell at participants for errors or poor performance
- Always consider the wellbeing and safety of participants before performance and results
- Encourage participants to value their performances and not just results
- Encourage and guide participants to accept responsibility for their own performance and behavior both on and off the field
- Maintain respectful and appropriate relationships with all participants
- Ensure all activities are appropriate to the age, ability and experience of participants
- Promote the positive aspects of the sport (eg fair play)
- Always respect the official's decision and support them to carry out their role
- Display consistently high standards of good sporting behaviour and appearance
- Follow all guidelines laid down by the national governing body and the Club
- Hold appropriate valid qualifications before commencing to coach or to lead paddle groups
- Never condone rule violations, unfair or unduly rough play or the use of prohibited substances
- Never smoke or drink alcohol whilst in an official capacity
- Never use offensive language or behavior
- Adhere to club policies, rules & constitution
- To act as a role model at all times.



# Time Trial Etiquette

Newy Paddlers time trials encourage members to go hard and attempt to beat their best time in the conditions on the day, but it is important to show respect for other paddlers at all times. Time trials at Throsby Creek pose many different situations from weather conditions, tidal influence and other craft not involved in the time trial sharing the water way. Newy Paddlers has put in place guidelines for members to follow while paddling and the club recommends that you revisit these frequently.

The club has outlined etiquette and rules at an international level, which highlight the need for us to show respect to other paddlers and other craft, especially during time trials. The time trials **ARE NOT THE OLYMPICS**.

Many myths and false beliefs have been postulated over the years. There are also such things as good manners, etiquette and sportsmanship to consider. The purpose of this article is to dispel some of the myths and to give some guidance as to what is broadly recognised as acceptable and what defines a paddler as... well, a “bit of a Goose”.

There are only two rules in the ICF Canoe Marathon competition rules which pertain to bunch racing. They are as follows:

## 1. Group Racing and overtaking

*When a canoe or kayak is overtaking another canoe or kayak, it is the duty of the overtaking craft to keep clear of other competitors at all times. When a canoe or kayak is racing in a group of competitors it is the duty of all the competitors in the group to keep clear of other competitors at all times. This rule applies to any manoeuvring within the group. In other words **COMMUNICATE YOUR INTENTIONS**.*

What this rule implies is that there should never be any ‘squeezing’ of a boat off the first wave. The truth is that there will always be squeezing as boats jostle for position around the strongest boat, before buoys, etc. The start of any World Marathon Championship race is testament to the fact that it is generally accepted that once a boat is clearly ahead of another, they have right of way. This does lead to a second problem which is that any idea of ‘well ahead’ may be different from someone else’s. The second rule does give some guidance in this regard:

## Time Trial Etiquette

### 2. Collision or Damage

*Any competitor who is considered by a course umpire or race official to have been responsible for a collision, or who damages the canoe or kayak or paddle of another competitor or unnecessarily deviates from their course may be disqualified.*

This implies several things: that if a paddler ‘refuses’ to give way when another boat is overtaking or ‘squeezing’ them once well ahead, that paddler is in the wrong as they are causing a collision. However, if a paddler squeezes another unnecessarily aggressively, they are ‘responsible for a collision’. Again, this leaves the rules quite open to interpretation. It comes down to a case of showing respect for other people and their equipment. If you **intentionally** paddle into another paddler’s boat or paddle, you’re...well, you’re a bit of a Goose! This rule also suggests that paddlers should maintain their line when heading towards the finish line.

Basically, it seems to come down to this: there are few rules. If you cut the guy off unnecessarily hard on the buoy, you’re a “bit of a Goose” If you come racing up the inside of a buoy, ram into another paddler’s boat and use his boat to turn yours, you’re a “bit of a Goose”. With the price of some of the boats on the water these days, it makes sense to give each other a bit of room. One thing is for certain and that is this: boats or paddles colliding is never conducive to forward momentum.

So next time you start getting uptight about “cockpit rules”, or you start shouting at the junior or new paddling members, or you start swearing at the person who’s “squeezing”, first ask yourself the question...

“Am I being a bit of a Goose?”



# Clothing

For the club to be recognised it would be fantastic to see all our members in some form of club clothing. When competing it is compulsory for members to be in a club shirt and hat if possible. Competing in club colours brings a sense of belonging and pride in the club and Newy Paddlers endeavours to be one of the premier regional clubs in Australia.

Recreational paddlers are also encouraged to wear the club clothing as it is extremely visible and is a great safety precaution. No one is going to miss you in these colours, that's for sure.

The club does not profit from any of the clothing and have made it as easy as possible for you to order.

Pricing and sizing are as follows:

TASMAN SINGLET LADIES	4	6	8	10	12	14	16	18	20
1/2 CHEST MEASUREMENT CM	38.5	41	43.5	46	48.5	51	53.5	56.5	59.5



## Female Clothing Size Chart and Measurements

TASMAN SINGLET MENS	S	M	L	XL	2XL	3XL	5XL
1/2 CHEST MEASUREMENT CM	51	53.5	56	58.5	61	63.5	68.5



## Male Clothing Size Chart and Measurements

**Please Note: Add \$15 freight charge to your order**

All orders will be processed once details of your order have been sent to

**Cheryl Bretag, [clbretag@gmail.com](mailto:clbretag@gmail.com) and the monies paid into the club bank account:**

**Greater Building Society: Newy Paddlers**

**BSB: 637000 Account #: 721363929**

# Clothing



**Women's Polo**  
**\$34.00**



**Women's Singlet**  
**\$34.50**



**Women's Tee**  
**\$37.00**



**Men's Polo**  
**\$34.00**



**Men's Singlet**  
**\$34.50**



**Men's Tee**  
**\$37.00**



**Club Cap**  
**\$14.00**

## Recreational Paddles

Recreational paddles are a fantastic introduction to paddling. No matter what craft, kayak, canoe, ski, paddle board, that you decide to purchase, recreational paddles allow you to gently ease into paddling and get to know your craft.

Our rec paddles are usually organised by our members and are posted on our Newy Paddlers Facebook page, sometimes two people can make it and other times 20 people. No matter how many turn up there are always good times to be had and memories made.

From experienced paddlers to those having their 1st adventure our rec paddles are always inclusive no matter what level your ability. Enjoyment is the key and with a relaxed paddle in some amazing places with good people, you cant ask much more than that.

Here are some of the places we have paddled and we would love to have you come and join us:



**Newcastle Harbour**



**Cockle Creek**



**Myall Lakes**



**Karuah River**



# Essential Equipment

C-Kayak in Mayfield have a great range of equipment to help with your kayaking adventure., from roof racks to safety equipment, C-Kayaks understand the paddling world. Below is a small selection of their equipment, pop into the store or visit their web site for more details

Easy way of getting your boat on and off the racks.



Great value and so simple to use, will hold up to 40kg



Kayak Cradles



J Racks



Roof Racks



Kayak Straps



Cockpit Covers



Paddles



Paddle Floats & Pump



Life Jackets



Paddle Leash

[www.newcastlekayaks.com.au](http://www.newcastlekayaks.com.au)

Unit 3/56 Industrial Drive Mayfield

ph: 0249671947



Lake Macquarie Stand Up Paddleboard Club was established in 2016 to cater for a growing population of Athletic, Recreational and Junior SUP paddlers in and around the shores of Lake Macquarie NSW, Australia. Lake Macquarie and surrounding coast has at its disposal some of the best elements to enable us to deliver SUP in a wide range of conditions from downwinding and surfing to flatwater cruising and racing, Lake Macquarie has it ALL!

They hold regular time trials and recreation paddles and are based at Teralba Bowling Club which provides a great venue for racing, training and socialising. Refer to their facebook page Lake Mac SUP Club and website [www.lakemacsupclub.com](http://www.lakemacsupclub.com) for further details.

Newy Paddlers are proud to be associated with such a wonderful group of people and encourage all members to participate in their events. You will see that part of our training program incorporates their time trials which provides the perfect opportunity to compete with different craft and improve your fitness.



NEWCASTLE - AUSTRALIA

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## CLUB WEBSITE:

A regularly updated website is maintained at [www.newypaddlers.org.au](http://www.newypaddlers.org.au). The website gives latest news, current and future events and present and past editions of the club newsletter.

All our policies and procedures are listed on the website along with our constitution. All membership forms, photo gallery, clothing and club fee information are all on the website. Use it and give us feedback on how it can be improved, our club will benefit from any suggestions put forward.