

# **Forth Canoe Club**

## **AGM**

Scottish Canoe Association  
Kristina Medovcikova  
National Coach - Sprint

# Agenda

- After school activity 2011
- Summer courses 2011
- FCC sprint sessions 2011
- Results 2011

# After School Activity 2011

## ■ Spring/Summer/ Autumn

- Weaker than usual due to personnel changes at Active schools and the active school coordinators
- Spring/Summer - Sciennes/Gillespies PS
  - 1 group - 10 kids- £200
- Autumn - new cluster - 2 groups - 17 kids - £255

Health week for St. Peters PS - 58 kids -  
£116

# Summer Courses 2011

- Very popular - having a good reputation by now
- 6 weeks, 15 courses
- 1 course for 5 days
- 1 session = 2 hours
- 160 kids during the summer

Money in £5600 (paid £2250 to the coaches)

- Coaches – Philip, Poppy, Euan Hamill, Jack Brickell
- Already interest for 1 week for Excel Sports (they advertise etc.)

# FCC Sprint Sessions 2011

- Lightnings – During season – 2 paddling sessions a week + competitions with Colin Smail
- During winter - 1 swimming session a week on Wednesdays with Colin Smail
- K1s– 6-10 sessions a week with Kristina, Colin, John

During season – paddling , run and weights

During winter – swimming, running, weights and paddling machine

# Results 2011

- FCC members took part in many local competitions both sprint regattas and marathons
- 1 athlete in NPS, 1 in NDS, 2 as NDS Invites
- Scottish Champs – (9 paddlers)
  - 6 gold, 7 silver, 8 bronze medals
- British Champs – (5 athletes – Oliver Carruthers, Calum Brickell, Benjamin Carruthers, Ieuan James, Rachel Kneen)
  - Best results - Oliver Carruthers - 3 gold medals (K2 1000m, K4 500 and 1000m), 1 silver (K2 500m), 4<sup>th</sup> in K1 1000m and 5<sup>th</sup> in K1 500m
  - Ieuan James - 3<sup>rd</sup> in light. K1, 2<sup>nd</sup> in miniK2, 1<sup>st</sup>

# paddling Machines

- 2 Kayak Pro paddling machines at Meggetland available for use to any FCC member out of sprint group times - any day before 4pm and after 6pm
- One of the machines in the gym in front of the mirror, the other one stored in the hall area