

## ABOYNE CANOE CLUB PROGRAMME - April to June 2024

- **Joining instructions trips:**
  - You **must** make sure you contact the organiser **at least 2 days in advance** as per the contact details on this programme and explain your experience to date.
  - Please make the organiser aware of any additional support or medical needs to ensure safety.
  - If you need to cancel, please let the organiser know so not to block a spot.
  - You will be asked to sign in at the start of the event. Please remember that under 16's must be accompanied by an adult during the event. At the coach's discretion, 16 and 17 year olds can attend events without an accompanying adult.
  - Equipment needed: warm clothing, change of clothing, waterproofs, footwear (you can get wet!). The Club has cag tops, buoyancy aids, helmets, throwlines, drybags etc for use on these events.
- **Types of trip:**
  - Easy – Suitable for all – including complete beginners – basic instruction will be available, and the environment will be safe and unchallenging – for river trips spray decks are required – do a practice capsiz with a deck in the pool first.
  - Intermediate/Advanced – let the leader know your experience.
  - Polo skills in the first session for beginners, whereas the second session polo is for more experienced players – the leader can advise.
  - The leader will match the paddlers experience to the trip to ensure a safe and enjoyable outcome.

April						
Day	Date	Event	Type of trip	Meet	Time	Organiser to contact
THUR	4/4	River Coaching	Very easy	Club Shed	18:30	<a href="mailto:psmart@metrol.co.uk">psmart@metrol.co.uk</a> / 07710463595
SAT	6/4	Short River Trip River Nairn	Nairn Film festival	Contact leader		<a href="mailto:psmart@metrol.co.uk">psmart@metrol.co.uk</a> / 07710463595
THUR	11/4	River Coaching	Very easy	Club Shed	18:30	<a href="mailto:psmart@metrol.co.uk">psmart@metrol.co.uk</a> / 07710463595
SAT	13/4	DIV 2 League	POLO	Olympia Dundee		Ian Wilson <a href="mailto:slidderbrae@gmail.com">slidderbrae@gmail.com</a>
SUN	14/4	DIV 2 League	POLO	Olympia Dundee		Ian Wilson <a href="mailto:slidderbrae@gmail.com">slidderbrae@gmail.com</a>
THUR	18/4	Pool session (Polo/Polo)	Intermediate	Aboyne Pool	1830	Ian Wilson <a href="mailto:slidderbrae@gmail.com">slidderbrae@gmail.com</a>
THUR	18/4	River Coaching	Very easy	Club Shed	18:30	<a href="mailto:psmart@metrol.co.uk">psmart@metrol.co.uk</a> / 07710463595
SUN	21/4	JK Memorial Trip	Contact Organiser			<a href="mailto:davidwoodsart@gmail.com">davidwoodsart@gmail.com</a>
THUR	25/4	Pool session (Polo/Polo)	Intermediate	Aboyne Pool	1830	Ian Wilson <a href="mailto:slidderbrae@gmail.com">slidderbrae@gmail.com</a>
THUR	25/4	River Coaching	Very easy	Club Shed	18:30	<a href="mailto:psmart@metrol.co.uk">psmart@metrol.co.uk</a> / 07710463595

May						
Day	Date	Event	Type of trip	Meet	Time	Organiser to contact
THUR	2/5	Pool session (Polo/Polo)	Intermediate	Aboyne Pool	1830	Ian Wilson <a href="mailto:slidderbrae@gmail.com">slidderbrae@gmail.com</a>
THUR	2/5	River Coaching	Very easy	Club Shed	18:30	<a href="mailto:psmart@metrol.co.uk">psmart@metrol.co.uk</a> / 07710463595
THUR	9/5	Pool session (Polo/Polo)	Intermediate	Aboyne Pool	1830	Ian Wilson <a href="mailto:slidderbrae@gmail.com">slidderbrae@gmail.com</a>
THUR	9/5	River Coaching	Very easy	Club Shed	18:30	<a href="mailto:suechalmers@gmail.com">suechalmers@gmail.com</a>
THUR	16/5	River Coaching	Very easy	Club Shed	18:30	<a href="mailto:chr_red@hotmail.com">chr_red@hotmail.com</a>
SUN	19/5	Canoe Trip	Contact Leader			<a href="mailto:rachel.hannan@hotmail.co.uk">rachel.hannan@hotmail.co.uk</a>
THUR	23/5	River Coaching	Very easy	Club Shed	18:30	<a href="mailto:chr_red@hotmail.com">chr_red@hotmail.com</a>
THUR	30/5	River Coaching	Very easy	Club Shed	18:30	<a href="mailto:psmart@metrol.co.uk">psmart@metrol.co.uk</a> / 07710463595

June						
Day	Date	Event	Type of trip	Meet	Time	Organiser to contact
SUN	2/6	Ballater Ducks	Easy short River			To be confirmed
THUR	6/6	River Coaching	Very easy	Club Shed	18:30	<a href="mailto:chr_red@hotmail.com">chr_red@hotmail.com</a>
SUN	9/6	River Trip	Contact leader			<a href="mailto:chr_red@hotmail.com">chr_red@hotmail.com</a>
THUR	13/6	River Coaching	Very easy	Club Shed	18:30	<a href="mailto:chr_red@hotmail.com">chr_red@hotmail.com</a>
THUR	20/6	River Coaching	Very easy	Club Shed	18:30	<a href="mailto:psmart@metrol.co.uk">psmart@metrol.co.uk</a> / 07710463595
SUN	23/6	Canoe Trip	Contact Leader			<a href="mailto:rachel.hannan@hotmail.co.uk">rachel.hannan@hotmail.co.uk</a>