

ABOYNE CANOE CLUB SCIO - Mini Programme – Jan 2023 – May 2023+

Day	Date	Event	Grade	Meet	Time	Coach/ Leader	Organiser	Contact details
<p><u>Trip numbers:</u> You must make sure you contact the person as per the details on this programme and explain your experience to date. Facebook events are for information only/handy reminders. Below is the guidance on ratios. Members will not be granted a space on the trip if the coach/leader decides that the number of paddlers is too high or your experience is insufficient for the trip planned. Trip Ratios - 8 Kayaks:1 Instructor, 6 Canoes: 1 Instructor, 4 Kayaks: 1 Leader</p> <p><u>Session Grades:</u> Novice Sessions – Suitable for all – Generally Flat Water or pool sessions Beginner Trips – Suitable for most – Less likely to capsize (Canoe), may need a spraydeck and ability to capsize with it (kayak) Improver Trips – Suitable for paddlers with some experience and comfortable with capsize (Canoe) or with a spray deck (Kayak) Intermediate/Advanced – More experienced/regular paddlers (Mainly in kayaks) – Beginning to roll on the river/roll required.</p>								
January								
Day	Date	Event	Grade	Meet	Time	Coach/ Leader	Organiser	Contact details
THU	5	<u>Pool session</u>	All	Aboyne Pool	6.30pm & 7.30pm	Jake and Emma (6.30) & Harry (7.30)	accpoolbookings@gmail.com	
THU	12	<u>Pool session</u>	All	Aboyne Pool	6.30pm & 7.30pm	Paul & Arlene (6.30) & Chris (7.30)	accpoolbookings@gmail.com	
SUN	15	<u>Frost Bite trip</u>	Beginners/ Improvers Grade 2	TBC	TBC	Chris	Chris Redmond - 013398 86241 aboynecanoecub@gmail.com	
THU	19	<u>Pool session</u>	All	Aboyne Pool	6.30pm & 7.30pm	Trevor & Jake (6.30), Chris (7.30)	accpoolbookings@gmail.com	
THU	26	<u>Pool session</u>	All	Aboyne Pool	6.30pm & 7.30pm	Sue & Trevor (6.30), Chris (7.30)	accpoolbookings@gmail.com	
MON	30	<u>Committee Meeting</u>		Zoom	8pm	Chris	Chris Redmond - 013398 86241 aboynecanoecub@gmail.com	

Joining instructions – common sense, warm clothing, change of clothing, buoyancy aid (if you have your own), waterproofs, footwear (you can get wet!). **You MUST also contact the event organiser at least 2 days in advance to book a place** on the event because numbers are limited due to leader / participant ratios. 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 at all times during the event. At the coaches discretion 16 and 17 year olds can attend events without an accompanying adult. The Club has cag tops, buoyancy aids, helmets, throwlines, drybags etc for use on these events.

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February								
Day	Date	Event	Grade	Meet	Time	Coach/Leader	Organiser	Contact details
THU	2	<u>Pool session</u>	All	Aboyne Pool	Jonny & Mark 6.30pm & Jonny & Mark 7.30pm			accpoolbookings@gmail.com
SUN	5	<u>River trip – Potarch to Banchory</u> <u>Opportunity for trainee leaders to build skills</u>	2/3 Improvers	Potarch	10am	Neil & Paul	Neil Gibson	neapgibbon@gmail.com
THU	9	<u>Pool session *School holiday*</u>	All	Aboyne Pool	Emma & Arlene 6.30pm & Chris 7.30pm			accpoolbookings@gmail.com
THU	16	<u>Pool closed</u> 😞						
SUN	19	<u>River trip – Canoes – mock students welcome</u> <u>Opportunity for trainee leaders to build skills</u>	Beginner/ Improver	TBC	TBC	Chris & Paul/Ben	Chris Redmond - 013398 86241	aboynecanoclub@gmail.com
THU	23	<u>Pool closed</u> 😞						
March								
Day	Date	Event	Grade	Meet	Time	Coach/Leader	Organiser	Contact details
THU	2	<u>Pool closed</u> 😞						
SUN	5	<u>River Trip</u>	Intermediate Grade 2/3+	TBC	TBC	Chris	Chris Redmond - 013398 86241	aboynecanoclub@gmail.com
THU	9	<u>Pool closed</u> 😞						
SUN	12	<u>River Trip</u>	2/3 Improvers	TBC	TBC	Trevor	Trevor Cardy	cardytc2@gmail.com

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THU	16	<u>Pool closed</u> 😞						
SUN	19	<u>Dee Maryculter to Aberdeen</u>	Grade 1	TBC	TBC	Harry Burnett	Harry Burnett burnett1dav@aol.com	
THU	23	<u>Pool closed</u> 😞						
SAT /SUN	25/26	<u>Canoe leader assessment</u>	Aspiring canoe leaders	TBC	TBC	Paul and Ben	Paul Smart psmart@metrol.co.uk 07710 463595	
SUN	26	<u>River trip</u> <u>Opportunity for trainee leaders to build skills</u>	2/3 Improvers	TBC	TBC	Neil	Neil Gibson neapgibbon@gmail.com	
THU	30	<u>Pool closed</u> 😞						
April								
Day	Date	Event	Grade	Meet	Time	Coach/ Leader	Organiser	Contact details
SUN	2	<u>River trip</u>	Beginners	TBC	TBC	Paul	Paul Smart psmart@metrol.co.uk 07710 463595	
SUN	16	<u>Litter pick</u>	All	Canoe Cathedral	2pm	Chris	Chris Redmond - 013398 86241 aboynecanoecub@gmail.com	
FRI- SUN	21-23	<u>CVC at Glenmore Lodge</u>	Coaches and Leaders and Volunteers	Glenmore Lodge	All day	Neil, Pablo, Josh, Sarah, Sue & Claire	SCA	
SUN	23	<u>Harry Trip - Location TBC</u>	Grade 1	TBC	TBC	Harry Burnett	Harry Burnett burnett1dav@aol.com	
TUE	25	<u>Trip planning meeting on Zoom</u>	Coaches and Leaders and Volunteers	Zoom	7.30pm	Neil	Neil Gibson neapgibbon@gmail.com	
SUN	30	<u>River trip</u>	TBC	TBC	TBC	Chris	Chris Redmond - 013398 86241 aboynecanoecub@gmail.com	

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May								
Day	Date	Event	Grade	Meet	Time	Coach/ Leader	Organiser	Contact details
THU	4	<u>River session</u>	1/2	Canoe Cathedral	6.30pm	Chris and Harry	Chris Redmond - 013398 86241 aboynecanoecub@gmail.com	
THU	11	<u>River session</u>	1/2	Canoe Cathedral	6.30pm	TBC	TBC	
THU	18	<u>River session</u>	1/2	Canoe Cathedral	6.30pm	TBC	TBC	
SUN	21	<u>Harry Trip - Location TBC</u>	Grade 1	TBC	TBC	Harry Burnett	Harry Burnett burnett1dav@aol.com	
THU	25	<u>River session</u>	1/2	Canoe Cathedral	6.30pm	TBC	TBC	
June								
Day	Date	Event	Grade	Meet	Time	Coach/ Leader	Organiser	Contact details
THU	1	<u>River session</u>	1/2	Canoe Cathedral	6.30pm	TBC	TBC	
THU	8	<u>River session</u>	1/2	Canoe Cathedral	6.30pm	TBC	TBC	
THU	15	<u>River session</u>	1/2	Canoe Cathedral	6.30pm	TBC	TBC	
SUN	18	<u>Harry Trip - Location TBC</u>	Grade 1	TBC	TBC	Harry Burnett	Harry Burnett burnett1dav@aol.com	
THU	22	<u>River session</u>	1/2	Canoe Cathedral	6.30pm	TBC	TBC	
THU	29	<u>River session</u>	1/2	Canoe Cathedral	6.30pm	TBC	TBC	

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