

# SCC JUNIORS

## INTRODUCTION AND MY TOP 5 TIPS!!!



PICTURE CAPTION: Taylor Horsley (13) SCC Junior Representative

### Introductions

#### TAYLOR HORSLEY

My name is Taylor Horsley and I am one of Sudbury Canoe Clubs Junior Representatives. My role as a Junior Rep is to help new youth paddlers to build on their skills and to establish fun and exciting activities for youth members at the SCC events, like the annual BBQ and bi-annual taster sessions. My experience as a paddler is, I have taken part in competitions in most aspects of freestyle kayaking including Young Guns and the European Open/Inter-Club Championships in which I came 4th in my category, the Backyard Rolling World Championships (created during Covid-19) which I became World Champion in both C1 and K1. I paddle at Lee Valley White Water Centre, where I am also a member, every week and paddle at the Cornard Weir most days. My greatest achievement so far is being accepted to the GB Freestyle Academy and becoming an Ambassador of Freestyle Kayaking this year.



PICTURE CAPTION: Taylor Horsley (13) training on the Legacy Course at Lee Valley White Water Centre.



PICTURE CAPTION: Left: White Water Freestyler, Top Right: White Water River Running, Bottom Right: White Water Freestyle (Images sourced from the internet)

## White Water Freestyle and My Top 5 Tips!

#### TAYLOR HORSLEY

My discipline within kayaking is White Water Freestyle. It is a fabulous sport that is extremely fun and entertaining with massively supported competitions where you can win plenty of prizes. Freestyle can also be done on flat water without a wave or hole, although this is much harder, but it is also very fun and just as competitive.

As well as whitewater freestyle there is also White Water River Running where you get in a Creek Boat that is mainly used with beginners on the flat water but can also be used when running waterfalls or massive volume rivers.

As well as freestyle there are also competitions called boat across which also get you prizes.

So, my top 5 tips for those of you just getting started are...

1. Make sure you fit your boat correctly, feet on the foot pegs and knees in the braces, back supported.
2. Keep a good posture.
3. Ensure that you are holding your paddle evenly.
4. Keep your arms in front of you.
5. Look where you want to go.