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Issue: 10

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Our Summer Classroom! - Nice photo Trish

**Dear David,**

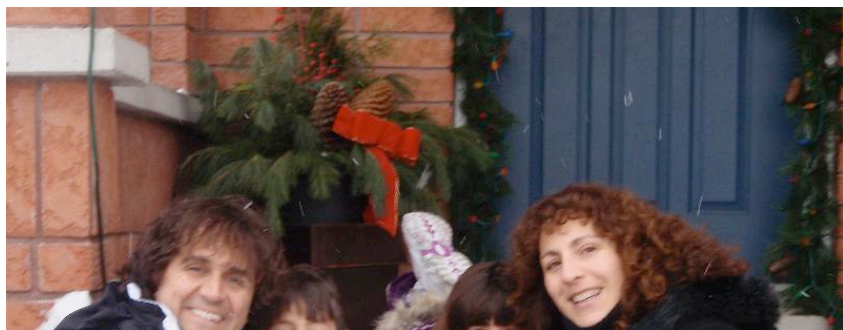
THANK-YOU SO MUCH!

We hope that when you reflect back on your summer, you'll remember some nice paddling memories that bring a smile to your day. Possibly something new that you accomplished, feeling welcomed by friends at the lake, or just an inspirational moment as one has from time to time that may be associated with our little shop down here on the big water.

From all of us down here at the water, have a wonderful Christmas holiday, and we hope to see you in the pool, and at the indoor socials this winter!

All the best for 2011,

James K, Dave, Clare & Kids, and the whole gang!  
(e-mail: [ask@paddletoronto.com](mailto:ask@paddletoronto.com))





PS: Our New Zealand registration has sold out and we wish James, Lien and the gang safe travels as they embark on a tour of a lifetime paddling, hiking and exploring this enchanted land. Look out for the hobbits boys!



Ready for Fall Paddling in Drysuits - Neat photo James

treat this winter. (e-mail: [ask@paddletoronto.com](mailto:ask@paddletoronto.com))

### **POOL KAYAKING THIS WINTER:**

We now have our new 2011 dates and times for all our programs, including the winter pool schedule for Rolling, Rescues and Open Practice Sessions (this is also where you can book a private lessons) on our website. We hope many of you will take advantage of your down-time off the lake to learn new skills in the pool, and be ready for this summer. Besides, kayaking in a 30C pool in the middle of winter can give your soul a relaxing break from our long Canadian winter. Book online and give yourself a

**WINTER ICE PADDLING:** As some of you may already know, many of our instructors paddle year round. There are some beautiful paddles once the ice starts to take over the Harbour. However, you need to be properly prepared and outfitted and have acquired a certain level of skill; minimum SK3. This winter, by special invite, we will be opening up our doors for a winter paddling program. Paddlers must have a 100% bombproof roll, top rated rescue skills and use of a properly fitted drysuit. If this sounds like you and something you may be interested in, let us know (e-mail: [ask@paddletoronto.com](mailto:ask@paddletoronto.com)) and we will put you on a distribution list for when the "conditions are right". Cheers!  
James

### **Harbourfront Winter Social Dinners 2011**

**MONTHLY SOCIAL DINNERS:** Building upon our very successful dinner and talk series from last winter, we will once again hold a once a month gather at the Queens Quay Sailing and Powerboating building next to us. Join us on Wed Jan 12, Wed Feb 9, Fri Mar 25, Mon Apr 18. Send us an email and let us know which dates you can attend, we would love to see you. A great dinner, great friends, the short paddling presentation, lots of paddling talk, and all proceeds from the \$20 door fee, less the cost of food ingredients go to the Daily Food Bank. Continue with the great community that has built up over the years, and meet some fellow paddlers you haven't had the opportunity to get to know yet. (e-mail: [ask@paddletoronto.com](mailto:ask@paddletoronto.com))

## **New Training Opportunities for Paddlers ...A Training Gym From OPA**

As a competitive athlete I was always looking for ways to be the best, to get a leg up. Whether it was through nutrition or equipment, different training methods, or simply by sneaking in extra training sessions my training partners didn't know about. I did whatever I could to reach my goals. I am still competitive and enjoy racing but I consider my primary roll now to be that of the trainer and coach. As such I am still constantly looking for the best and most efficient ways for my clients/athletes to reach their goals. And so I invent, or provide new methods that were previously unavailable that could make a great impact in an athlete's training regime.

Paddle sports are a way of life for my family and me. I was born in Hungary and lived there for the first nine years of my life. During this time my father was training, traveling and competing as a member of the Hungarian National Sprint Canoe Team. He is a two time Olympic bronze medalist and four time World Champion. My father's involvement in the sport was a huge influence in my life as well as my two older brother's (Attila and Tamas) lives. We grew up watching him train, visiting him in training camps, and travelling across the country to watch him race. When he did have time off from his commitments to the team, we would spend it together at the family cottage or going on weeklong canoe camping trips. As a result we grew up near, on, or in water. He retired from competition in 1986 and soon after was asked to be the Canadian National Team coach which involved moving to Canada. He accepted this with the condition that he could come with his family, so in September of 1987 we moved to Canada and he has been the national team coach ever since.

Attila and Tamas were old enough to start canoeing back in Hungary so when we moved to Canada they continued their training at the Mississauga Canoe Club and quickly rose through the rankings to be among the best in their age categories. Two years later when I started, I didn't want to compete against them since they were already so established, so I chose to kayak instead. I still wanted the bragging rights of being the fastest. For the next 10 years we ate, slept, and drank paddling together. Our lives consisted of school bookended by twice a day practices six days a week, 11.5 months a year. We loved it, couldn't get enough and we wanted to be the best, to be in the Olympics like our father.

It was during these years that I learned the true meaning of sport, what it means and takes to be an athlete along with the virtues that will help you reach your goals. Commitment, belief, discipline, sacrifice, talent, consistency, perseverance and sometimes a little luck. Let's not forget the physical attributes needed, some of which are genetic while others we improve with training. I also learned that it's not always about winning and the prestige that comes with it. Although I must admit it's nice.....but what I meant to say is that it wasn't until more recently that I learned to appreciate the full meaning of the journey. In the beginning it was all about the result, being the best, and for a while I was, winning multiple National Championship titles, making the Junior National Team, but in the end it was this same result oriented attitude that turned me off. Because I placed such high value on results, the pressure to perform became debilitating. I started dreading the next workout as soon as I was finished with the one I was doing, the same sort of dread like writing an exam you must pass but didn't study for, or an overdue bill payment that you don't have money for. The quality of the training sessions went down and the results dropped, and when the results weren't there the desire and commitment to train slowly disappeared as well. I love kayaking and will be forever grateful for the friends and experiences it has brought and taught me but I also knew that I will never be an Olympic sprint kayaker. Attila and Tamas on the other hand went on to represent Canada in three separate Olympics from 1996 in Atlanta - 2004 in Greece. Many people have asked how come I never made it to the Olympics. If we put aside all the other possible reasons like physical attributes and the virtues or lack of them my answer is simple. I was always motivated by the result and felt I needed to prove something while my brothers were motivated by the challenge of it all. To push themselves harder, faster and let the results take care of themselves.

With the pressure to perform gone I started enjoying training again, being on the water with friends, pushing ourselves to the limits to shave an extra second here, two seconds there. This positive competitive spirit convinced me to switch disciplines and compete again. I started Dragon boating which is a team sport and made the National team. I travelled all over the world and competed in 4 different World Championships from 1997 - 2004 and became a 6 time World Champion.

In the spring of 2008 while I was coaching in a Dragon boat training camp in Florida I met Outrigger

In the spring of 2003 while I was coaching in a Dragon boat training camp in Florida I tried Outrigger canoe (OC1) for the first time and immediately loved it and saw the potential benefits of using them as coaching tools to teach people a more complete understanding for the feel of the water. Soon afterwards I bought a fleet of OC1's and started coaching people one on one and in small groups. In the spring of 2006 I started running week long outrigger training camps near Tampa, Florida. Modeled after the training camps I used to attend as a sprint kayak athlete, the focus is on technique and developing base endurance. We paddle twice a day for approximately 10km each time so by the end of the week we cover over 110km. The combination of the hot warm sun after such long dark winters and the advantage of getting on the water so early in the season have made this program a favorite.

Being on the National team required me to compete all over the world and I've always enjoyed travelling so it was a great match with paddling and travelling. I decided to put together paddling excursions where we get to explore a country and its sights while paddling. Imagine going away on a vacation where you not only have exclusive access to some of the world's most breath taking scenery, but you get in shape while seeing them. To date we have been to France, Spain, Greece, Hungary, Italy and Hawaii. In September of 2011 we are going back to Greece and Italy.

After all this time I am still learning, I am still enjoying and I still can't get enough of paddling. I know I'm not unique in this and I know I'm not the only one who feels our paddling season is too short here in Southern Ontario. So I decided to do something about it, this fall (October 2010) I opened an indoor paddling training center. Fully equipped with the latest KayakPro paddle machines for outrigger, dragon boat, kayak, canoe, and concept II rowing ergs. The other half of the gym is fully equipped with Life Fitness weight equipment, free weights, Hampton dumbbells, medicine balls and TRX straps. I wanted a place where everyone can come to learn and improve technique through sport specific training even between the months of October and May.

These are just some of the programs I offer through my company Outrigger Performance Advantage in the belief that I am providing an opportunity for everyone regardless of skill levels. You can experience paddling and everything it has to offer while making sure athletes who train with have all the tools they need to reach their maximum potential. I hope that one day you will join us. For more information about the paddling instruction classes, training camps, paddling excursions, or the paddling training center please look us up on line at [www.OPAdvantage.net](http://www.OPAdvantage.net)

## 1 Free day pass to OPAdvantage.net Paddling Gym

**Offer Expires: February 1st 2011**

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