

The Morpheus Report (*Jimmy Heta*)

When Allan asked me if I'd like to take on the task of molding EW into a fighting-fit paddling squad for 2007, I thought to myself... 'umm, hmmm errr aaah...ok then' (he says, with a smile:) I was warned that there were some oldies in there who needed to be inspired again. *What Allan was trying to say was that "they"* (Martin Keep, Muzza, Amon and Dave B) just to name a few, needed a good kick up the bum! So how could I refuse an offer like that?

The trainings began and I was reminded that we had some 'newbies' onboard and that I should take it easy, so as to not scare them away. *Now that's the oldest trick in the book that all experienced paddlers like to say to the coach.* I thought no, this is a good opportunity to test the mental stamina not only of our 'newbies' but also those sly old foxes aka 'experienced paddlers' to see how far they could be pushed. And to be honest 'they'... (the newbies) did well.

As the trainings went on, a natural process of the 'numbers game' took place. We started off with a large number of paddlers then, once it became evident to many people how committed you really had to be to this demanding sport, we ended up with a core squad who were ready to prepare themselves for the task ahead.

Our goal for the season was pretty simple really, the process was to *'build up stamina which will then increase our strength which will in turn create speed in our boat'*. With this simple recipe in mind it was then given to the 'TEAM' to mix all of those ingredients to produce the final product. Which 'our TEAM' did at the Christchurch Nationals, securing Gold medals by winning first place in our Corporate division.

Our team has been successful due to a number of factors and I would like to pay tribute to all of the following: There are many people whom I'd like to thank, firstly my family for allowing me to coach a team that I have always had an infinity with. Secondly, the EW Management crew for your handling of the finer issues such as flights, accommodation and other finances, which is an arduous task in itself. To all of our friends, SG, and whanau, thank you for supporting us on and off the water. Our sponsors, without you, well you all know where we'd be without them?... *'up the creek without a paddle or a boat'* so a huge thank you to them. And finally, thank you to all of the paddlers for a very successful season, the bench mark and expectations have now been set and I do look forward to coaching the 2008 EW crew to success again.



Memorable Moments #4

Crossing the line in the Corporate B Final in Christchurch and hearing Rosco scream with joy after we all dug in hard for the final...

Nick losing his eyebrow after passing out in the lounge of our motel room...
Drinking from the Corporate Final cup at the after party...

Jay Dobie



Memorable Moments #5

After winning at Christchurch, Derek nearly throwing up because he had put everything in to the race. The guy's a legend.

Ross Wightman