

Sam Stephenson  
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mudandwater.com



# Sam Stephenson





# Biography

**Name:** Sam Stephenson

**Age:**14

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I've been kayaking since I was just 5 years old, and loved it right from the beginning, I never really started to take it seriously until our family joined North Avon Canoe Club. Soon after I started to take an interest in whitewater kayaking, freestyle in particular.

I started competing in the Youth Freestyle Series three years ago and although I had no experience of competition before, I managed to place on the podium in one of the events and take a solid 4th place in the series overall, despite only entering 3 out of the five events. The following year yielded much better results for me when I finished 1st in all but one of the events I entered and 1st overall in the series, making me UK Youth Freestyle champion in the 12 and under category. As well as competing I have helped to coach beginners out our club's summer training weekend.

In November 2007 I signed up for the Junior Burners youth development programme run by Kayakojacko. Kayakojacko have trained, coached and worked with 8 world champions as well as coaching the British and Swedish freestyle teams. Through this coaching programme I want to become an international level athlete and a member of the British team. As long as I work hard I feel I can achieve this goal.

I recently set up a website - [mudandwater.com](http://mudandwater.com) to help promote myself and to keep a record of my paddling. My website includes a gallery with a collection of photographs, a paddling blog and contact details.



**mudandwater.com**

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# Biography

**Years Paddling:** 13 years general, 3 years freestyle

**Boats Paddled:** Wave Sport Project 45, Jackson 2fun

**Canoe Club:** North Avon Canoe Club

**Favourite River:** Alt Meuhren, Fort William, Scotland.

**Favourite Playspot:** Holme Pierrepont, Nottingham

**Awards:** 4 Star Kayak

# Competition Results

## **2007 - 12 and under category:**

Llangollen Youth Freestyle: 2nd Place

Nene Youth Freestyle: 1st Place

HPP Youth Freestyle: 1st Place

Boulters Youth Freestyle: 1st Place

12 and under overall: 1st Place

## **2008 - 15 and under category:**

Llangollen Youth Freestyle: 7th Place

Teesside Youth Freestyle: 7th Place

Nene Youth Freestyle: 7th Place

Boulters Youth Freestyle: 9th Place

HPP Youth Freestyle:

15 and under overall:

## **Alpkit Series - Open to all ages**

HPP Alpkit: 33rd Place





# Training Plan

With the help of Kayakojacko I have developed a training plan to help me make the most of my time on the water and to assure I have the strength and stamina to perform high scoring competition runs.

## On Water:

**Aim to paddle at least once a week.**

### Warm-up:

Run - 100m

3 Upper body stretches

2 Lower body stretches

### While Paddling:

Hold Left edge - 5 mins

Hold Right edge - 5 mins

Cartwheels - left and right

Fast forward paddling - 10 mins

## Off Water:

50 Press ups - 4 times a week

50 Sit ups - 4 times a week

Hamstring Stretches - 4 times a week

Cycling - twice a week

# Coaching

## Coaches

Jacko – L5 Coach – GB team 97, 99, GB team coach 03, trained, coached and worked with 8 world champions.

Dennis Newton - L5 Coach – SW team 06, 08, Performance Coach for GB team athletes including world and European Champions.

Tom Wostenholme – Program co-ordinator and assistant coach – former GB team athlete.



## About Kayakojacko

KJO is a specialist paddlesport coaching and holiday provider. They are at the forefront of the paddlesport, leading the way with coaching and holiday experiences. Their expertise provides services of the highest quality to recreational and competitive paddlers, the BCU and government lead initiatives.

The Young Burners training program is a packed program, specifically designed for young boaters like me aged 13-16. The KJO team provide individual advice and coaching tailored to each one of us to help us develop our skills in the competitive sectors of freestyle and river running, as well as the physical, psychological and tactical sides of freestyle. The focus of the training is on optimising performance towards a specified outcome whilst providing ongoing support and development through e-mentoring and the appropriate resources.

## Courses attended this Year

**Hurley Specialist workshops** - Held once a fortnight throughout the winter, 2 hours paddling on hurley weir followed by an hour of theory and follow up from the session.

**HPP Freestyle week** - 5 days of intense freestyle training and developing competition runs.

**Scotland Young Burners** - 5 days of steep creeking and river running in the Fort William area in Scotland.

**Phyrahna Fest Freestyle sessions** - 2 three hour sessions throughout the weekend on the river tryweryn.





# Aims

## **Short Term - the end of this year.**

Consistent scoring cartwheels in the hole

Work towards back loops.

Use splitwheels to link left and right cartwheels.

Place within the top 10 in the Youth Freestyle Series.

Consistent scoring blunts on a wave.

Attend competitions including British Team selections.

Gain funding from the Wiltshire County Council to assist with costs of coaching and travel.

Get article published in kayaking magazines.

Run "introduction to kayaking" courses.

## **Medium Term - 3 years**

Learn higher scoring moves.

Place within the top 3 in the youth Freestyle series.

Develop Combo moves.

Gain sponsorship to assist with the costs of kayaking.

Place within the top 20 in the Alpkite series.

Continue to improve competition results and variety of moves.

Develop skills in other aspects of paddling such as river running and creeking.

Continue to get articles published in kayaking magazines.

## **Long term - Longer than 3 years.**

Gain a position in the British Team

Compete at an international level.

Continue to learn more advanced moves such as lunar orbits, phoenix monkeys and aerial wave moves.

Become an accomplished kayak coach.

