



Special Issue

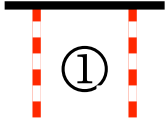


Eoin Rheinisch 2008 Olympic Competitor Men's Kayak Slalom Shunyi Olympic Park



皮划艇激流回旋
Canoe/Kayak Slalom





Presidential Address



OLYMPIC VALUES AND THE CORINTHIAN SPIRIT Some would say the Olympic spirit can be condensed into the words *higher, stronger, faster* while others may say it's more appropriate to say *fast and clean*. We know it is much more than that! Eoin's road to Beijing via Athens has taken him many places he didn't expect to go. The incident on the river Oetz, when our Olympian dislocated his shoulder and was at risk of being trapped in his boat, took Eoin into uncharted territory. His recovery involved 30 minutes of exercise every day for over a year; it was months before he could take to the water again. His courage and persistence at that stage was exemplary- his physiotherapist commented that they had never seen such adherence to their recovery programmes.

Four years ago he faced two further challenges, firstly, racing his brother Aidan and rival Neil Caffrey for Olympic selection, which he came through to line up in Athens. And then, his own disappointment at the Games, when he didn't perform to his own expectations. In my World, it is the person who is knocked down and gets back up again that deserves the respect. And since then, he has again earned the Olympic spot and can be grateful to his team mates, Ciaran and Neil, for pushing the standard in the team trials which have certainly helped him learn to be a better racer.

In Eoin's career, he will have learnt about teamwork, sacrifice and I hope above all enjoyment of the sport. Eoin has had tremendous support from the Irish Sports Council due to his performances. I am not going to add to the pressures he will face at the Shunyi Olympic Stadium, he has his own aspirations and targets, all that I have left to say is: Bain taitneamh as!

Eamon Devoy

President ICU



Canoeing
Ireland



You Know the Rules?

Race - Slalom races consist of negotiating 18-25 gates as fast as possible.

Gates - The course is marked by gates which are completed in either an upstream (red poles) or downstream (green poles) manner.

Penalties - For touching the poles penalties are accrued (2 secs.) and a 50 sec. penalty is given for missing a gate, incorrect negotiation or deliberate displacement (moving the pole deliberately).

Protest - A paddler may appeal the decision of the gate judges with a written explanation.

Total Score - Results are based on time for two runs combined (time and penalties).

Numbers - 21 boats will start the Men's K1 event with the top 15 qualifying for the semi-final and 10 compete in the final.

Finals - A different gate sequence will be used for the semi-final and the final run repeats this.

Olympic Rules: Special rules apply for advertising, branding of equipment and competitors must wear tops that cover at least half the area between the shoulder and the elbow.

• **Gate Line** - The term used to describe an imaginary line between the two poles of a slalom gate.

• **Inside Pole** - The pole on the inside of any turn and closest to the fastest racing line-Eoin will stay as tight as possible to it.

• **Outside Pole** - The pole furthest from the racing line.

• **Power Face** - The curved face of the paddle used for forward paddling and all forward power, forward sweep, steering sweep/stern rudder, bow rudder, bow pivot, drawing and slicing strokes.

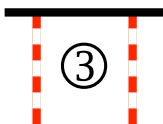
• **Back of the Blade** - The opposite side of blade to the drive face – used for all reverse power, reverse sweep, reverse pivot and pry strokes-Eoin often does upstreams this way.

• **Onside Edge** - This refers to the edge of the boat on the inside of a turn (the onside in C1/C2)

• **Offside Edge** - This refers to the edge of the boat on the outside of a turn (on the offside in C1/C2)

• **Flat Boat** - This refers to the neutral position when the boat is sitting flat with neither edge active-This is Eoin's style.





Media Coverage



IRELAND'S OLYMPIANS
BEIJING & BEYOND

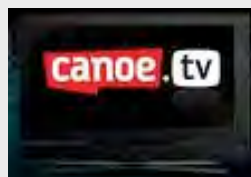
The Olympic Council of Ireland in cooperation with RTE Irish have produced a new five part series on our Olympic team. Eoin is featured in two of the shows, which are broadcast on the 14th and 21st of July.

PROGRAMME 3 AN ISLAND NATION-Puts canoe-slalom in the context of our watersport heritage.

PROGRAMME 4 NO PAIN NO GAIN-explores Eoin's near death experience on the river Oetz.

Available to Download:

<http://www.rte.ie/sport/irelandsolympians/tv.html>



Monday August 11th (times in GMT)

08:50-09:42 Men's K1 Run 1

10:42-11:34 Men's K1 Run 2

August 12th

08:40-09:17 Men's K1 Semi-Final

10:17-10:42 Men's K1 Final

Canoeing
Ireland



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About Eoin Rheinisch



Date of Birth: 21st Feb., 1980

Height: 183cm **Weight:** 72kg

Starting Age: 12 (slalom at 13)

Born: Dublin, Ireland

Club: Salmon Leap Canoe Club

Coach: Han Bijnen

Team Leader: Deaglan O'Drisceoil

Strength & Conditioning Coach: Karl Gilligan

Hobbies: Surfing, reading (Wilbur Smith) and sport psychology

Why this Sport? The feeling of doing something precisely right is a great feeling! That's what you get from Slalom!

Sporting Influences: Ian Wiley, my family and Brendan Hackett.

Most influential person(s) in career: Han Bijnen & Aidan Rheinisch



Boat: Double Dutch Scimitar designed with input from Eoin (very quick in straight line and turns rapidly).

Paddles: Double Dutch Kinetics.

Paddling Gear: Sandiline spraydecks

Results:

1st 2004 World Cup Seu, Spain.

21st 2004 Olympic Games Athens.

6th 2007 European Championships.

7th 2008 Pre-Worlds, Seu, Spain.

12th 2008 World Ranking

Six Finals in World Cups in career

Canoeing
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The Focus



"Better to be a wolf for one day, than a sheep all your life"



"I would like to make a final –and after that with the margins being so tight-anything can happen"



The Road to Beijing

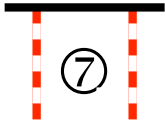


Neil Caffrey, who qualified the Irish place for the Athens Games, and who by providing World Class competition inspired Eoin to higher standards in the race for Olympic selection.

Eoin qualified a place for Ireland at the 2007 World Champ in Brazil (finishing 17th). The selection process then started to see which Irish paddler would earn the right to the spot for Beijing. While the Worlds result would count in Eoin's favour he still had to race in the USA (US team trials held in Charlotte, NC) and at the 2008 Europeans to finalise his spot.

Ciaran Heurteau created a stir placing first among the Irish in round one at Charlotte. If Eoin won any of these events he would confirm his seat for China. In the next event Neil Caffrey put down an excellent time and really put the pressure on Eoin. Eoin responded with a time 1.28 secs. ahead. Eoin went on to improve steadily in the World Cups finishing in the final at the Pre-World Championships.





Shunyi Slalom Course



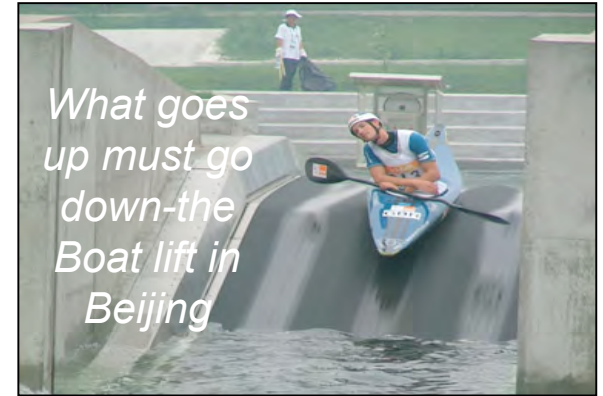
Impression of the Shunyi Olympic Park

About the Course:

17 Cumecs

5.5m Drop

380 metres



What goes up must go down-the Boat lift in Beijing



The Slalom course under construction

"There are so many stoppers and curly waves on this course it is a real challenge to keep the boat on a good dry line."

-Eoin Rheinisch



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The Favourites



Peter Kauzer (SLO)



Fabien Lefevre (FRA)



Campbell Walsh (Scotland)



Daniel Molmenti (ITA)



Scott Parsons (USA)

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Ireland



Molmenti, Walsh & Lefevre



Daniel Molmenti has youth on his side and took silver in the Europeans this season. Last year he won the European U23 Championships. Power and timing are his keys, and watch how he often enters upstreams like a C-boat, paddling on one side.

Campbell Walsh (30), pictured right, took silver in Athens, 2004, and as current European Champion he has the form to take gold. His snappy style enables him to react better than his rivals. He hails from the Bridge of Allan, Perthshire, in Scotland. He is based in Nottingham, is coached by Jurg Gotz, and has come second to Neil Caffrey in the British Championship in the last 2 seasons.



Like our Celtic cousin Campbell, **Fabien Lefevre** (right) was on the podium in Athens and stormed to victory in the last race prior to the Games this year. At the Pre-World Championships he won easily showing technical prowess over the whole field.



Parsons & Kauzer



Scott Parsons **Age:** 29

Form: 3rd Augsburg W.C.

Home: Washington, D.C.

Lives in basement of Mike Corcorans house in Bethesda, MD.

One of two American finalists in Augsburg World Cup race (his team mate is World ranked 2) who have been part of a close-knit training group in the last 2 years based in Charlotte, NC. An artificial slalom course there was designed by Scott Shipley.



Charlie Brown PhD

Thousands of spectators thronged the banks for the US team trials creating an Olympic type atmosphere. Scott is predicted to make the podium by former Olympic Champion Ferrazzi. This is based on the evidence of Scotts performance over the past decade and the level of professionalism adopted by the US athletes. With both excellent coaching and sport science back-up they are producing a whole generation of World beaters. Charlie Brown is their sport psychologist and works with the paddlers on a weekly basis.



Peter Kauzer **Age:** 24

Form: 1st World Cup Tacen

Peter Kauzer is the latest World class athlete to hail from Slovenia following a long lineage of boats from Skok to Marusic. He is coached by his father and trains on the river Sava. A World Championship medallist he devastated the field at



World Cup race in Tacen, in June. His first run was five seconds faster than anyone else, winning with a margin of X secs. A big water specialist who paddles with a smooth style and perhaps the potentially quickest racer on the circuit.



Predictions

1st

a/c.Molmenti
b.Lefevre d.Walsh

2nd

a.Popiela b/c.Walsh d.Lefevre

3rd

a.Walsh b.Kauzer c.Parsons d.Kauzer



92 Olympian
Polish Coach
Director
Krakow C.C.

A. Zbigniew Miazek



Sloveian Coach
World Cup
Medallist K1

B. Fedja Marusic



92 Olympia Gold
96 Sydney Bronze
Italian Coach

C. Pier Paolo Ferrazzi



GB coach
World Cup
winner

D. Ian Raspin



Other Favourites



K1W

Stepanka Hilgertova



C2

Hoschorner Brothers

WHO WILL TAKE THE GOLD?

Hilgertova paddling a Nutron (co-designed by Neil Caffrey) is likely to take another Olympic medal (1992, 1996) and Pavai and Peter, Champions from Athens are unstoppable. Only hundredths will separate reigning champion from France (he's the French flagbearer at the Opening Ceremony) from Martikan (current European Champion).



C1

Tony Estanguet



C1

Michal Martikan



Previous MK1 Olympians



1972 Munich	<i>Gerry Collins (SLCC)</i>
1992 Barcelona	<i>Ian Wiley (WWKC)</i>
1996 Atlanta	<i>Ian Wiley (WWKC) & Andrew Boland (SLCC)</i>
2000 Sydney	<i>Ian Wiley (WWKC)</i>
2004 Athens	<i>Eoin Rheinisch (SLCC)</i>

Good Luck To Eoin

