

# Canoe England

## London Region Coach Update



### Shadwell Basin, Sunday 12<sup>th</sup> September

BCU coaches, no matter what your level of award or experience, are invited to the Coach Update at Shadwell Basin, 3-4 Shadwell Pierhead, Glamis Road, London, E1W 3TD on Sunday 12<sup>th</sup> September 2010.

The forum provides an opportunity for coaches to:

- Update your BCU Coaching Award
- Meet other coaches and share ideas
- Participate in workshops to develop coaching and paddling skills
- Try and/or learn from other parts of paddlesport
- Have your coaching and canoeing questions answered

### Programme and workshop options

09:00	Arrival and registration	
09:30 – 9:45	Welcome and introduction	
09:45 – 10:45	BCU Key Note	Provides coaches with an overview of current BCU/CE developments
11:00 – 13:00	Choice of: Workshop A – Coaching Forward Paddling using Ergo Machines (Dry)  or Workshop B – Coaching Sea Kayaking (Wet)  or Workshop C – Pathway to Level 2 Assessment (Dry)	A practical workshop looking at how to use Ergo Machines for Coaching.  A practical workshop looking at how to develop beginner Sea Kayaking.  Aimed at UKCC level 2 trainees, BCU Level 2 wanting to transfer and UKCC Level 1 coaches looking at attaining level 2. This workshop is for demonstrating good practice and guidelines for what needs to be done before getting assessed.
13:00 – 13:30	Lunch	Please bring packed lunch
13:30 – 16:30	Choice of: Workshop 1 – Coaching Youth/Beginner Canoe Polo (Wet)  or Workshop 2 – Coaching Young Paddlers* (Dry)  or Workshop 3 – Coaching Mixed Craft Sessions (Wet)	A practical workshop looking at how to develop youth/beginner Canoe Polo.  A Foundation module looking at the importance of providing the best support to young paddlers needs.  A module for those wanting to or currently running mixed craft sessions
16:30	Depart	

Please ensure you bring a packed lunch and paddling gear for the wet workshops

\*Please note there is a maximum 20 places available plus a certification fee of £5 which will be payable on the day for those attending the Coaching Young Paddlers foundation module workshop

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## 2010 Team South Coach Updates

**Date:** 12<sup>th</sup> September 2010  
**Venue:** Shadwell Basin, 3-4 Shadwell Pierhead, Glamis Road, E1W 3TD  
**Max Numbers:** 50 coaches  
**Closing date for applications:** 3<sup>rd</sup> September 2010

**For a full list of the Canoe England Coach Updates please visit [www.canoe-england.org.uk](http://www.canoe-england.org.uk)**

To book your place, complete the form below and return it with your cheque (made payable to BCU) to:

Luke Smallman  
 LCO Central London  
 130 Thomas More House  
 Barbican  
 London  
 EC2Y 8BU  
 Email: [luke@smallman.org](mailto:luke@smallman.org)

Please note: bookings will close one week before the event to allow for an appropriate number of tutors/workshop leaders to be arranged



### REPLY FORM

#### Canoe England Coach Update

Please complete the details below and return this form to Luke Smallman, LCO Central London, at the above address.

I ..... (print name) would like to attend the coach update on Sunday 12<sup>th</sup> September at Shadwell Basin.

My address is: \_\_\_\_\_

Post Code: \_\_\_\_\_

E-mail: \_\_\_\_\_ Tel: \_\_\_\_\_

Membership no: \_\_\_\_\_

I also enclose my Coach Update fee of £20 (cheques payable to BCU)

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

To help us organise the update, please indicate your order of priority for each of the morning and afternoon workshop choices in the table below:

Morning Workshops	
Workshop A – Coaching Forward Paddling using Ergo Machines (Dry)	
Workshop B – Coaching Sea Kayaking (Wet)	
Workshop C – Pathway to Level 2 Assessment (Dry)	
Afternoon Workshops	
Workshop 1 – Coaching Youth/Beginner Canoe Polo (Wet)	
Workshop 2 – Coaching Young Paddlers* (Dry)	
Workshop 3 – Coaching Mixed Craft Sessions (Wet)	

Please ensure you bring a packed lunch and paddling gear for the wet workshops

\*Please note there is a maximum 20 places available plus a certification fee of £5 which will be payable on the day for those attending the Coaching Young Paddlers foundation module workshop