

# Canoe England

## London Region Coach Update



### West Reservoir Centre, Hackney, Sunday 14<sup>th</sup> March

BCU coaches, no matter what your level of award or experience, are invited to the Coach Update at West Reservoir Centre, Hackney, N4 2HA on Sunday 14<sup>th</sup> March 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 – Introduction to Freestyle Coaching (Wet)  or Workshop B – Coaching Forward paddling (Dry)  or Workshop C – Pathway to Level 2 Assessment (Dry)	A practical workshop looking at how to develop beginner freestyle coaching.  A practical workshop looking at identifying and correcting forward paddling techniques.  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 – Introduction to Freestyle Coaching (Wet)  or Workshop 2 – Coaching Young Paddlers* (Dry)  or Workshop 3 – Open Canoe for Kayakers	A practical workshop looking at how to develop beginner freestyle coaching  A Foundation module looking at the importance of providing the best support to young paddlers needs.  A 2 Star level module for those wanting to do a coach transfer course
16:30	Depart	

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

\*Please note there is a maximum 12 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

<b>Date:</b> 14 <sup>th</sup> March 2010 <b>Venue:</b> West Reservoir Centre, Hackney, London, N4 2HA <b>Max Numbers:</b> 50 coaches <b>Closing date for applications:</b> 5 <sup>th</sup> March 2010	<b>Other Updates across Team South in 2010</b> <b>20<sup>th</sup> March</b> – West London <b>25<sup>th</sup> April</b> – Dorset <b>17<sup>th</sup> July</b> – Gloucestershire
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**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:

Andy Noakes  
 LCO East London  
 C/o West Reservoir Centre  
 Green Lanes  
 Hackney  
 N4 2HA

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 Andy Noakes, LCO East London, c/o West Reservoir Centre, Green Lanes, Hackney, N4 2HA

I ..... (print name) would like to attend the coach update on Sunday 14<sup>th</sup> March at West Reservoir Centre.

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 – Introduction to Freestyle Coaching	
Workshop B – Coaching Forward paddling	
Workshop C – Pathway to Level 2 Assessment	
Afternoon Workshops	
Workshop 1 – Fitness for Paddlesport – Foundation Module*	
Workshop 2 – Safeguarding Young People and Vulnerable Adults	
Workshop 3 – Delivering Paddlepower	

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

\*Please note there is a maximum 12 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