



CANOE ENGLAND COACH CONFERENCE

17TH & 18TH JAN 2009

Programme

Saturday Morning 09:00 – 12:30

09:00	Registration opens	
09:30	Welcome & introduction	Lara Tipper Canoe England Coaching Manager
10:00	The Olympic Experience	(to be confirmed)
11:00	Coffee	
11:30	Knowing me – knowing you	Craig Handford, Sport Science Consultant
12:30	Lunch	

Saturday Afternoon Workshops 1:30 – 4:30

(Choose 1)

Forward Paddling Clinic for Recreational Coaches	Gareth Field & Len Hartley
Forward Paddling Clinic for Competition Coaches	Ian Wynne
Coaching Flat Water Slalom – Tools for Coaches	Greg Hitchen & Scott Bradley
Coaching Young Paddlers	Phil Hadley
Working towards successful coach / paddler relationships	Dave Larkin – TeamShot
Performance Planning for Paddlesport Coaches	Gilly Mara

Saturday Late Afternoon 4:30 – 6:00

(No need to book these sessions in advance)

Level 3 Racing / Slalom Drop in Centre:	Individual advice and action planning for coaches who are part way through their Level 3 Racing or Slalom Award. Coaches need to book a 15-minute time slot.
Canoe England Admin Drop in Centre:	Get your individual questions answered, or admin issues resolved
Canoe England Update:	An update on Canoe England and BCU Developments, and Vision by Lara Tipper, English Coaching Manager
Canoe England Volunteer Awards:	Awards presentation for the winners of the Canoe England Volunteer and Recognition Awards

Saturday Evening 7:30 – General Interest Lecture

(No need to book in advance)

ISLANDS AT THE BOTTOM OF THE WORLD:	MIKE DEVLIN, SEA KAYAKING EXPLORATION
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Sunday Morning:

09:00 – 10:00 Registration & welcome (for those not in attendance on Saturday)

Sunday Morning Workshops 10:00 – 12:30

(Choose 1)

Coaching the Mind	Paul 'Reg' Gray
Fitness for Paddlesport Coaching	Gilly Mara
Coaching FW Freestyle – Tools for Coaches	Matt Chadder
Using an Ergo in your Coaching	James Hives

Sunday Afternoon Workshops 1:30 – 4:30

(Choose 1)

Club Head Coach Workshop	James Hives
Working Towards Successful Coach Athlete Relationships	Dave Larkin
Forward Paddling Clinic for Recreational Coaches	Gareth Field & Len Hartley
Forward Paddling Clinic for Competition Coaches	Ian Wynne

Full Day Options Sunday 10:00 – 4:30

(Choose 1)

Racing Discipline Specific Modules – An Introduction to Coaching Racing (Candidates must hold a BCU Coaching Qualification)	John Handyside
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WORKSHOPS

FORWARD PADDLING CLINIC FOR RECREATIONAL COACHES - GARETH FIELD & LEN HARTLEY

Developing Efficient forwards paddling in recreational kayak and traditional canoe. How to get yours and your students forwards paddling efficient and effective. This is a practical session and coaches will need to bring kit and stuff to get on the water (exceptions can be made if required, please notify at the time of booking).

FORWARD PADDLING CLINIC FOR COMPETITION COACHES - IAN WYNNE

Developing efficient forwards paddling for Racing Coaches. The science and the art! This workshop will be a mix of indoor and outdoor work – bring your bankside clothing!

COACHING FLAT WATER SLALOM, TOOLS FOR COACHES - GREG HITCHEN & SCOTT BRADLEY

Greg and Scott will be running a session for coaches to give them some tools for coaching slalom, including the Cross Stream Challenge. No previous experience is necessary! This workshop will be run outside and can accommodate those who want to get wet, or would rather stay on the bank!

COACHING YOUNG PADDLERS - PHIL HADLEY

Coaching Young Paddlers..... because children aren't mini adults! Looks at the physiological, psychological and sociological reasons why youngsters participate in paddlesports, and how we as coaches can adapt our sessions to best suit their needs. (This is a BCU Certificated Module). This workshop is classroom based.

WORKING TOWARDS SUCCESSFUL COACH / PADDLER RELATIONSHIPS – TEAM SHOT

This session will explore the coach/athlete relationship introducing practical techniques for inspiring athletes. It is being run by TeamShot, and embodies the philosophy of 'Positive Reinforcement', one of the most powerful sport psychological approaches to athlete development you can use, and surprise surprise, positive isn't always positive! This session will explore coach/athlete communication that leads towards athlete-self belief, and develop ways of creating motivational influences to strengthen positive behaviors in young athletes. This workshop is classroom based.

PERFORMANCE PLANNING FOR PADDLESPORT COACHES - GILLY MARA

This module intends to develop a vocabulary in coaches to understand how to articulate a three phase breakdown of the performers needs. Firstly the accurate breakdown of the type of paddling in focus, secondly complete a performance profile of a paddler and thirdly to the construction of a development plan to move the paddler accurately forward in the desired context. This ambition is not a narrow one and might be based purely a desire to be a 'better' paddler physically, skillfully or mentally or it may have competitive intentions. For instance it could be based on a future holiday trip for which fitness is an issue, a first attempt at a slalom event or the Exe decent or it may be that the jump to the next class of water needs a stronger mental attitude which at the moment is lacking. This workshop is classroom based. (This is a BCU Certificated Module).

COACHING THE MIND - PAUL 'REG' GRAY

This workshop aims to introduce paddlers to the role of mental skills in paddlesport development and performance, relating the area of mental skills training to coaching and paddler development, and provide some working definitions. By the end of the workshop introduces; the concept of mental skills training to coaches in the paddlesport environment; the basic concepts of imagery training, and concentration training, and the basic concepts of optimal arousal and arousal control strategies. This workshop is classroom based. (This is a BCU Certificated Module).

FITNESS FOR PADDLESPORT COACHING - GILLY MARA

This module is designed to introduce competition and recreational coaches to the key concepts of fitness for canoe sport – looking at training, nutrition, and physiology. The workshop is suitable for any coach, no prior knowledge of sports science is required. By the end of the workshop coaches should be able to; provide the details of a normal balanced diet; explain the links between diet and performance; discuss conditioning training for their canoesport discipline(s); identify the benefits of strength training for canoe and kayak, and describe the reasons behind planning for and regularly monitoring a fitness programme for a paddler. This workshop is classroom based. (This is a BCU Certificated Module).

COACHING FW FREESTYLE – TOOLS FOR COACHES - MATT CHADDER

Matt will be running a session for coaches to give them some tools for coaching flat-water freestyle, including a look at the new freestyle awards. This workshop will be run outside and can accommodate those who want to get wet, or would rather stay on the bank! No previous experience is necessary!

USING AN ERGO IN YOUR COACHING - JAMES HINVES

Most people look on the ergo as a tool for those who like getting hot and sweaty rather than a valid coaching tool. This module is to try and get coaches to look upon the ergo as a tool just like any other, why introduce paddlers in a challenging environment, when you can introduce it in a familiar environment and then build the challenge once they feel confident. This workshop is definitely not just for Racing Coaches! With 2009 hopefully seeing Canoe England introducing a new program for indoor paddling now is the time to get in on the action! This workshop will be run inside, there will be opportunity to get active so bring appropriate clothing.

CLUB HEAD COACH WORKSHOP - JAMES HINVES

This session is designed to support the lead coach in the club who has wider responsibilities than just delivering sessions. To this end Canoe England have drawn together a group of short presentations on subjects that would help the club develop its coaching provision. Subjects will include; practical working with schools and making it sustainable, volunteer support, promoting your coaching, BCU insurance and how it covers the coach and their deployers. It is hoped that coaches will find this session useful and will help them answer questions within their clubs such as am I insured? Why are we developing a school club link? And how do I tell people what a good job I am doing. This workshop is classroom based.

RACING DISCIPLINE SPECIFIC MODULES – AN INTRODUCTION TO COACHING RACING

(Candidates must hold a BCU Coaching Qualification)

This **full day** introductory course for coaches provides the nuts and bolts for running racing sessions. It will look at the technical aspects of the sport, how to design and run sessions, what to coach and when etc. It is a good starting place for people interested in coaching racing, or for recreational coaches who want to expand their toolbox. (This is a BCU Certificated Module). This workshop will be a mix of indoor and outdoor work, and can accommodate those who want to get wet, or would rather stay on the bank!