

Canoe England Coaching Conference

“Knowing me, knowing You”

Being performer centred is one of the key principles of Long Term Paddler Development (LTAD) and quality coaching; focusing in on the needs of the performer is only one part of the story. The time has come to direct the focus towards the coach and the critical role they have to play in shaping performance outcome and fully engaging in the principles of ‘how to coach’

January 17th & 18th 2009
National Watersports Centre, Nottingham
9.00am start Saturday, 9.00am start Sunday

A two day Conference including a number of workshops aimed at coaches from all paddlesport disciplines

Accommodation is not included in the package. There are rooms available at the NWSC on a self-book basis. Lunches, coffee and tea will be provided in the subsidised conference delegate fees of £70 for the whole weekend or £40 for either day.

Registration is open to all coaches, and will be on a first come first served basis so please register as soon as possible to avoid disappointment.

REGISTRATION FORM

Name:

BCU number:.....

Address:.....

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Best Tel. Number:..... Mobile:..... Discipline:.....

Email:.....

I wish to register as follows: Please circle as appropriate

Full Conference - £70 Saturday only - £40 Sunday only - £40

(NB Full conference package to include all presentations, workshops, lunches each day)

Please fill in your details above, **and the information asked for overleaf.**

NB We hope everyone can get the workshops they want – however numbers may require that the session you have requested could change on the day. Please also ensure you bring paddling and gym kit where appropriate.

PTO

Workshop Choices:

Please tick	Saturday Afternoon Workshops 1:30 – 4:30, Choose 1
	Forward Paddling Clinic for Recreational Coaches <i>Gareth Field & Len Hartley</i>
	Forward Paddling Clinic for Competition Coaches <i>Ian Wynne</i>
	Coaching Flat Water Slalom, Tools for Coaches <i>Greg Hitchen & Scott Bradley</i>
	Coaching Young Paddlers <i>Phil Hadley</i>
	Working towards successful coach / paddler relationships <i>TeamShot</i>
	Performance Planning for Paddlesport Coaches <i>Gilly Mara</i>

Please tick	Full Day Options Sunday 10:00 – 4:30
	An Introduction to Coaching Racing <i>John Handyside</i>

Please tick	Sunday Morning Workshops 10:00 – 12:30, Choose 1
	Coaching the Mind <i>Paul 'Reg' Gray</i>
	Fitness for Paddlesport Coaching <i>Gilly Mara</i>
	Coaching FW Freestyle – Tools for Coaches <i>Matt Chadder</i>
	Using an Ergo in your Coaching <i>James Hinves</i>

Please tick	Sunday Afternoon Workshops 1:30 – 4:30, Choose 1
	Club Head Coach Workshop <i>James Hinves</i>
	Working Towards Successful Coach Athlete Relationships <i>TeamShot</i>
	Forward Paddling Clinic for Recreational Coaches <i>Gareth Field & Len Hartley</i>
	Forward Paddling Clinic for Competition Coaches <i>Ian Wynne</i>

To reserve your place - please return this form the address below as soon as possible enclosing a cheque payable to Canoe England.

Return to: English Coaching Conference, Canoe England, 18 Market Place, Bingham, Notts NG13 8AP.