

East Coaching Team

Canoe England East Coach Update Spring 2010

Saturday 20th March 2010

Waveney Valley Canoe Club, Bungay Riverside Centre, Staithe Road, Bungay, Suffolk, NR35 1NF.

For a link to Google maps http://www.waveneyvalleycanoecub.org.uk/contact_us.html

All BCU coaches, no matter the level of award or experience, are invited to Eastern Region Coach Updates. These Updates aim to provide an excellent opportunity for coaches to:

- Update your BCU Coaching Awards and work towards your UK coaching certificate
- Meet other coaches and share ideas
- Participate in workshops to develop coaching & paddling skills
- Try and/or learn from other parts of paddlesport
- Get your Coaching & Canoeing questions answered

Programme and workshop options

09:00 – 09:30	Arrivals	<i>Tea and Coffee</i>
09:30 – 10:30	Key Note Delivery	<i>An overview of current BCU developments.</i> Canoe England Staff
10:30 – 12:30	Workshop A Forward Paddling	Indoor analysis of forward paddling using Ergo machines, relevant to all disciplines of paddlesport. (Land Based) Ian Hayward
	Workshop B Rescue Techniques for all open and closed cockpit craft	A chance to see the latest thinking in rescue techniques, both on and off the water. (Land & Water Based) Andy Ing
	Workshop C What's in a game?	How to use games as a Coaching tool. (Land & Water Based) Keith Shuttleworth
12:30 – 13:30	Lunch	(Please bring your own packed lunch!)
13:30 – 15:30	Workshop D Forward Paddling	Indoor analysis of forward paddling using Ergo machines, relevant to all disciplines of paddlesport. (Land Based) Ian Hayward
	Workshop E Rescue Techniques for all open and closed cockpit craft	A chance to see the latest thinking in rescue techniques, both on and off the water. (Land & Water Based) Andy Ing
	Workshop F What's in a game?	How to use games as a Coaching tool. (Land & Water Based) Keith Shuttleworth

The workshops are intended to give a flavour and insight into various aspects of coaching activity whilst creating opportunity for coaches to gain a greater understanding of the changes within the coaching service. You must bring with you paddling kit and a boat for the practical workshops. Tea and coffee will be provided, however you will need to make your own arrangements for Lunch.

Please note the following dates have been identified for Coach Updates;

12th/13th June, East Region Coach Update, Mepal

25th September, Essex Coach Update

Please note that Workshops and Deliverers may change and are subject to availability.

To book your place, complete the reply form below and return it, with your fee, to the
LCO Suffolk.
 7 St. Edmunds Close, Beccles, Suffolk, NR34 9EH
Applications can be via email but payment should be received by cheque within 3 days.
lco.suffolk@hotmail.co.uk
Closing Date for returns is Saturday 13th March 2010 ; Telephone: 07887871198
Acknowledgment of receipt will only be sent by email
Unless you provide a *Stamped Addressed Envelope*

REPLY FORM: EAST REGION COACH UPDATE Spring 2010

NAME (Print name)

Would like to attend the East Region Coach update on Saturday 20th March 2010
 Please complete all details and check your membership is in date!

My address is:

.....

.....Post Code:

E-mail:

Tel: Membership no:

My Coach Update fee of £20 is enclosed / posted.
 (Cheques drawn in favour of **Canoe England East**)

Signed: Date:.....

To help us organise the Update, please list your choices in order of priority:
1 to 3 for the morning and 1 to 3 for the afternoon

Workshops		Priority
Workshop A - Forward Paddling	MORNING	
Workshop B - Rescue Techniques for all open and closed cockpit craft		
Workshop C - What's in a game?		
Workshop D - Forward Paddling	AFTERNOON	
Workshop E - Rescue Techniques for all open and closed cockpit craft		
Workshop F - What's in a game?		

Please note that Workshops and Deliverers may change and are subject to availability.