

**Colin Broadway**  
**Regional Coaching Organiser – East Midlands**

5, Holmfield Road, Leicester LE2 1SD  
Phone 07768 876 756 Fax 0116 244 8145  
Email [opencanoeman@btinternet.com](mailto:opencanoeman@btinternet.com)  
[colinbroadway@hotmail.com](mailto:colinbroadway@hotmail.com)



February 2010

To all members of the coaching scheme.

**Coaching Updates:**

As you will be aware, to keep your current coaching qualification valid, you are required to attend a coaching update day at least once every three years. Your Regional team of Local Coaching Organisers and I have agreed a format of three updates a year spread across the region; one of these days to be part of a weekend of activities and opportunities.

The Dates set for this year are:

**March 20 and 21<sup>st</sup> at Quorn Hall, near Loughborough, Leicestershire**  
**(The Saturday being the official update day)**

**Saturday 11<sup>th</sup> September in Nottinghamshire**

**Sunday 31<sup>st</sup> October in Lincolnshire**

Programmes for the Nottinghamshire and Lincolnshire days will be arranged nearer the time, and will be sent out

The Day consists of the Keynote Speech, which informs you of the latest changes to the Coaching Scheme, and we offer a number of workshops, some informal and others as BCU Foundation Modules, aimed at enhancing your coaching knowledge.

If attending, please book in advance, so we can match up staffing with numbers.

I look forward to meeting up with you, maybe on one of our update days.

Keep coaching.

Colin Broadway RCO East Midlands

# East Midlands: Update and Coaching Weekend: Spring 2010

**Saturday March 20<sup>th</sup> and Sunday March 21<sup>st</sup>**

**Quorn Outdoor Base, Quorn Hall & The Boat House, Barrow upon Soar, Leicestershire**

## The Programme:

**Saturday**      **(Saturday is the official update day, for it to count as your update must attend from 9 – 4.30)**

09.00	Arrive	Tea & Coffee on arrival
09.30 – 11.00	Key Note	An overview of current BCU Developments Delivery Stuart Briggs Senior Paddlesports Development Officer
11.15 – 12.15	Open Forum Where Next For the East Midlands	An opportunity to find out what is planned by the RCO/LCO Team and more importantly the chance for you to put your thoughts, requests and needs into the programme and to get your questions answered
12.15 – 1.30	Lunch	Bring your packed lunch or check out the paddlers lunch at the Boat House
1.30 – 16.30	Workshop One	Paddling Indoors An East Midlands pilot Module Dr. Gillian Mara
	Workshop Two	Mentoring An official BCU Foundation Module Stuart Briggs SDO Central
	Workshop Three	Fundamentals Workshop On and off the water Andy Oughton & Steve Newton
	Workshop Four	Messing about in boats John Likko, Stewart Malcolmson and the bearded one will be on hand to answer your questions, and to assist putting your butts in craft you may not have paddled before, or just need to spend more time in
16.30 – 17.00	Official Update Closes	

## The Fun Begins

17.30 -19.30	Workshop Five	An informal workshop run by the team, messing about with Big sticks, poling, stand up paddling & an intro to punting.
--------------	------------------	---

## Overnight Camping is Free at the Boat House

### The fun continues

Sunday

09.00 – 17.00	Racing	The 8 Hour Racing Discipline Support Module. <b>Candidate Pre registration required with Canoe England</b>
09-30 – 17.00	Coracle	A coracle paddling workshop and an opportunity to take the unofficial Coracle 3 star award
09-30 start	2 Star Assessment	
09-30 start	3 star touring assessments	
09-30 start	Messing about in boats. Try something different	

# Workshop Information

**Paddling Indoors**  
**Presented by Dr. Gillian Mara**

**An official East Midlands Module, not approved by the BCU**

**3 hours**

This is a pilot module developed by Gilly which she delivered for us last year to a small group of coaches attending our Tuesday night modules. They said I must get Gilly to present this again – it's brilliant, and so much fun.

So what's it about, simply put, retaining your membership and keeping up the training over the winter months when the weather is so bad, just nobody wants to get on the water.

**MENTORING FOR PADDLESPORT COACHES**  
**Presented by Stuart Briggs**

**A BCU Foundation Module**

**3 hours**

The module intends to equip coaches with a definition of modern mentoring. Identifying its principles, elements of best practice and the vocabulary which current mentor education embraces.

Becoming a mentor is challenging and rewarding in equal measures. It is challenging because you are actively involved in the professional development of the coach and the long term improvement of paddlesport coaching. There is therefore a responsibility to be as knowledgeable and enthusiastic about recent developments in coaching and coach education. It is rewarding because as a mentor you will have opportunities to articulate your own perspective, views and beliefs about coaching to another coach effectively reflecting on your own thinking and practice. As the mentor to another coach you will inevitably become involved with their delivery of coaching, touching along the way on personal and professional activities associated with the coaches development. This interaction will stimulate your own understanding of coaching, bringing professional activity and debate into the process. In conclusion there is a profit for both parties engaged in a mentoring process and it should be appreciated that this is an exciting and demanding context in which a coach can develop professionally.

**Fundamentals Workshop**

**Presented by Andy Oughton & Steve Newton**

**Thinking of Transferring to the UKCC Coaching Scheme – This is a must for you.**

**3 hours**

This workshop is a brush up for all those Fundamental coaching skills and concepts that underpin quality coaching of paddlesport skills. In three parts it will cover the Fundamentals, (active posture, connectivity, power and feel), Observation, Analysis and Feedback. And of course Coaching.

Covered by the new Coaching Award scheme, if you haven't done it, you should, and if you've entered the new coaching scheme and want to brush up – this is an ideal opportunity.

**Racing, THE BCU Discipline Support Module**

**Presented by John Handyside**

**8 hours**

This is an introduction to Coaching Racing. It is open to anyone who holds a BCU Coaching Qualification and is designed to help current coaches bring racing into their regular coaching sessions and to help those who might already be involved with the discipline to start coaching.

This workshop will be on and off the water, with no requirement to go in it! The use of ergo's will be included.

## **Please Note:**

**Pre registration using a CR form is essential for the Racing Discipline Support Module.** In return for the £ 17.50 BCU fee which you must send with your CR form, they will return this with a Racing Workbook which you will need for the course. Please bring with you both the CR form and the workbook.

The CR form is downloadable from the BCU or Canoe England Web sites. Please do it today, it takes time to get the paperwork processed and the workbooks out to you.

If you can't find it on either the BCU or Canoe England websites, email me and I'll forward you a copy.

[Colinbroadway@hotmail.com](mailto:Colinbroadway@hotmail.com)

# Update and Coaching Weekend Booking Form

I .....( Print Name)

Address.....

..... Post Code.....

Phone..... BCU Number .....

Email .....

\*Will be attending the Update Weekend

• \*Please delete one

\*Will not be attending the update weekend

I would like to book a place on the following:

**Cost Please tick**

BCU Update Day	£ 20.00
----------------	---------

Saturday Afternoon Workshop: Choose Only One of these four	
Workshop One: Paddling Indoors	£ 5.00
Workshop Two: Mentoring	£ 5.00
Workshop Three: Fundamentals	£ 5.00
Workshop Four: Messing about in Boats	£ 5.00

Workshop Five: Big Stick Workshop	£ 5.00
-----------------------------------	--------

## Sunday Workshops

Racing Discipline Support Module BCU Registration fee £ 17.50 plus	£ 10.00
--	---------

2 Star Assessment	BCU Fee £ 5.00 plus BCU Fee only payable if you pass	£ 10.00
-------------------	---	---------

3 Star Touring Assessment	BCU Fee £ 10.00 Plus BCU Fee only payable if you pass	£ 10.00
---------------------------	--	---------

Coracle Workshop	An opportunity to take the unofficial Coracle three star award	£ 10.00
------------------	---	---------

<b>Total</b>	<b>£</b>
--------------	----------

**Fees on the day need to be paid by cash or cheque. Cheques payable to Canoe England**

**Please return this form to Colin Broadway**  
5, Holmfield Road, Leicester LE2 1SD

or Email to: [colinbroadway@hotmail.com](mailto:colinbroadway@hotmail.com)

I confirm that I want to be kept informed by email of all opportunities being offered in the region and am happy to allow my email address to be stored and used by the East Midlands Regional Committee and the team of RCO and LCO's.

Name.....

Email address.....

County.....

Signature.....

**Please return this form to Colin Broadway  
5, Holmfield Road, Leicester LE2 1SD**

or Email to: [colinbroadway@hotmail.com](mailto:colinbroadway@hotmail.com)