

# Canoe England 2010 Coach Conference

**“Coaching-helping you to be the best you can be.”**

The thrust of this two day Coaching Conference is an inclusive approach with a mixed menu of workshops and essential coach updates that aims to capture the imagination and help with the continuing development of your coaching toolbox for all Canoe England coaches from the newly qualified Level 1 Coach to the Level 5 Coach.

**Saturday 16<sup>th</sup> & Sunday 17<sup>th</sup> January 2010  
Wyboston Lakes Conference Centre, Bedfordshire**

## **Saturday Programme:**

0830	Registration (tea and coffee available)
0930	Welcome and conference introduction
0945-1030	Guest speaker 'Coaching for performance'
1100-1300	Workshops session 1 (see menu)
1345-1545	Workshops session 2 (see menu)
1610-1710	Guest speaker 'Great Coaching - being the change catalyst'
1715-1745	Canoe England Update
1745-1915	Canoe England Volunteer Coach Awards
1930	Dinner

## **Sunday Programme:**

0830	Registration for new arrivals (tea and coffee available)
0900	Welcome and introductions
0930	Full and half day workshops (see menu)

**Check out pages 4-6 for details about the individual workshops...**

**Venue:** For the first year we are moving to the fantastic conference facility at Wyboston Lakes, in Bedfordshire. With an onsite water facility, and the highest quality conference and accommodation on offer. Easy access just off the A1 between Bedford and Cambridge... check out <http://www.wybostonlakes.co.uk> for more details.



**Book Early!!** 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.

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## REGISTRATION FORM

Name: \_\_\_\_\_ BCU number: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Best Tel No.: \_\_\_\_\_ Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

Coaching Qualifications: \_\_\_\_\_

Special Dietary or Access Requirements: \_\_\_\_\_  
\_\_\_\_\_

**I wish to register as follows (see conference packages): Please tick as appropriate**

**Saturday full programme;**

- £40 - with lunch  
 £75 - with lunch and dinner  
 £100 - with lunch, dinner, and Saturday night B&B

**Saturday full programme, and Sunday morning workshops;**

- £55 - with lunch Saturday and Sunday  
 £90 - with lunch Saturday and Sunday, plus Saturday night dinner  
 £120 - with lunch Saturday and Sunday, Sat. night dinner, and Sat. night B&B

**Saturday full programme, and Sunday full day workshops;**

- £75 - with lunch Saturday and Sunday  
 £110 - with lunch Saturday and Sunday, plus Saturday night dinner  
 £135 - with lunch Saturday and Sunday, Sat. night dinner, and Sat. night B&B

**Sunday only;**

- £40 – full day programme with lunch  
 £20 – half day programme with lunch

**Now please tick your workshop preferences on the next page.**

**Please return the registration and workshop selection form to Maria Winfield at the address below as soon as possible enclosing a cheque payable to 'Canoe England'.**

**Return to:** Maria Winfield, BCU, 18 Market Place, Bingham, Notts NG13 8AP.

**Registration Closing Date: 9am 8<sup>th</sup> January 2010**

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## Workshop Menu:

Please tick	Saturday Morning Workshops 1100 – 1300: Choose 1
	Paddlesport FUNdamentals
	Traditional Open Canoe Skills
	Trainee BCU UKCC Level 2 Support Session (bring workbooks) <b>full day</b>
	Strength and Conditioning Philosophy
	Performance Analysis
	Wing Forward Paddling Technique – the Kayak Stroke
	BCU 2/3 Star Awards Accredited Providers Workshop
	BCU FSRT Accredited Providers Workshop
	Coaching skills - 'practice methods' for multi craft sessions
	Coaching skills – developing your observation skills
	Coaching Women & Girls

Please tick	Saturday Afternoon Workshops 1345 – 1545: Choose 1
	Paddlesport FUNdamentals
	Traditional Open Canoe Skills
	(Continued from am – Trainee BCU UKCC Level 2 Support Session)
	Strength and Conditioning Philosophy
	Performance Analysis
	Wing Forward Paddling Technique – the Canoe Stroke
	2/3 Star Awards Accredited Providers Workshop
	FSRT Accredited Providers Workshop
	Coaching skills - 'practice methods' for multi craft sessions
	Coaching skills - developing your observation skills
	Coaching Women & Girls

Please tick	Sunday Full Day Workshops 0930 – 1600: Choose 1
	BCU Slalom Coach Module
	BCU Racing Coach Module
	BCU UKCC Level 1 Coach Providers Essential Update
	BCU UKCC Level 2 Coach Providers Essential Update
	BCU Intermediate Module - Coaching the Mind

Please tick	Sunday Half Day Workshops 0930 – 1230: Choose 1
	Functional Stability in Paddlesport
	Paddle-Ability – Skills for coaching paddlers with disabilities
	BCU Foundation Module Coaching Young Paddlers
	BCU Foundation Module Performance Planning for Paddlers

NB We hope everyone can access the workshops they want, however, numbers may require that the session you have requested may have to change on the day. Please also ensure you bring your personal paddling equipment where appropriate.

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## Workshop details;

### **Paddlesport FUNdamentals;**

This workshop explores how to include key fundamental elements (active posture, being connected to the boat, using the core and being powerful) in your skills coaching. It is suitable for any coach who works with paddlers in their first three years of paddling or who coach the 1 - 4 star skills; appropriate for Competition and Recreational coaches alike. This workshop will be a mix of classroom and water based activity, bring your paddling kit.

### **Traditional Open Canoe Skills;**

This workshop will explore traditional open canoe skills, and coaching tips and tricks. This workshop will be predominantly water based, so bring your paddling kit.

### **Trainee BCU UKCC Level 2 Support Session;**

This full day workshop is designed for coaches who have completed the BCU UKCC Level 2 Training (or BCU UKCC Level 2 Transfer) providing guidance and support on key elements required before assessment (i.e. completing the workbook, action planning, feedback on your coaching, theory revision, chance to observe coaching etc.). This workshop will be a mix of classroom and water based activity, bring your paddling kit and workbooks.

### **Strength and Conditioning Philosophy;**

This workshop explores the philosophy of using strength and conditioning to set the correct foundation stones; including the philosophy of using Olympic Lifts. Presented by BCU World Class Head Strength and Conditioning Coach, Dave Clark. This is a classroom based session, but wear loose clothing just in case you need it!

### **Performance Analysis;**

Using performance analysis tools (e.g. in depth video or split analysis) to develop evidence based coaching; delivered by BCU World Class, Performance Analyst, Julia Wells. (This is a classroom based session).

### **The Wing Forward Paddling Technique;**

This workshop aims to help Racing Coaches further their knowledge of the Kayak (am workshop) or Canoe (pm workshop) Forward Paddling Technique, and ways to improve coaching of this vital skill. (Weather permitting some outdoor work will be included, bring your waterproofs!)

### **2/3 Star Awards Accredited Providers Workshop;**

This essential update is aimed at Coaches who can assess the BCU 2 and 3 Star Awards, it aims to explore the ethos of the awards, the syllabus, training ideas, assessment standards, assessment practice etc. This workshop will be predominantly water based, so bring your paddling kit.

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## **FSRT Accredited providers Worksop;**

This is essential update is aimed at Coaches who can deliver the BCU Foundation Safety and Rescue Training. It aims to explore the ethos of the award, the syllabus, kayak/canoe/composite boat specifics, and training ideas. This workshop will be predominantly water based, so bring your paddling kit.

## **Coaching Skills – ‘Practice Methods’ for multi craft sessions;**

This workshop will explore different methods of ‘practice’ (i.e. block practice, random practice, varied practice) looking at the theory of this area of Coaching Science, and then practice ways it can be implemented into your coaching. A range of boats will be on offer during the session to explore how you might use this skill when working with a range of boats. This workshop will be a mix of classroom and water based activity, so bring your paddling kit.

## **Coaching Skills – Developing your Observation Skills;**

This workshop will help coaches to develop their observational skills, looking at what to look for and how to look for it! Being able to observe accurately and effectively provides the base for helping paddlers improve their performance, some top tricks from the experts will be on offer! This workshop will be a mix of classroom and water based activity, so bring your paddling kit.

## **Coaching Women and Girls;**

Discussing the differences, understanding the barriers, exploring what it means for anyone who coaches Women and/or Girls – an interactive (classroom based) workshop from Liz Davidson, The Women’s Sport and Fitness Foundation.

## **BCU Slalom Foundation Coach Module;**

This is an introduction to coaching Canoe Slalom. It is open to anyone who holds a BCU Coaching Qualification, and is designed to help current coaches bring Slalom into their regular coaching sessions, and to help those who might already be involved with the discipline to start coaching. (Some outdoor work may be included, bring your waterproofs!).

## **BCU Racing Foundation Coach Module;**

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. (Some outdoor work may be included, bring your waterproofs!).

## **BCU UKCC Level 1 Coach Providers - Essential Update;**

This workshop is an essential update open to current BCU UKCC Level 1 Temporary Training Directors and Tutors. It will explore topics such as; ideas for delivering sessions, assessment standards, paperwork requirements, and will be an opportunity to share good practice. It will be classroom based.

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## **BCU UKCC Level 2 Coach Providers - Essential Update;**

This workshop is an essential update open to current BCU UKCC Level 2 Temporary Training Directors and Tutors. It will explore topics such as; ideas for delivering sessions, assessment standards, paperwork requirements, and will be an opportunity to share good practice. It will be classroom based.

## **BCU Intermediate Module - Coaching the Mind;**

This workshop will explore the role of mental skills in paddlesport development and performance, relating the area of mental skills training to coaching and paddler development. It will explore how these topics can be integrated in coaching practice. This workshop is aimed at coaches who already have a basic knowledge of the subject area, and is classroom based.

## **Paddle-Ability – Skills for Coaching Paddlers with Disabilities;**

This workshop will look to support coaches develop their skills and knowledge so they can better support and encourage disabled paddlers. The workshop aims to improve your awareness of the challenges and explore coaching tips and tricks, and is classroom based.

## **Functional Stability in Paddlesport;**

This workshop is aimed at all coaches, it gives an introduction to what functional stability is, why it's important, an introduction to assessments to use with paddlers, and ideas to work on practical exercise programmes. It's an indoor practical session so you'll need to wear loose clothing.

## **BCU Foundation Module - Coaching Young Paddlers;**

This workshop aims to help coaches deliver sessions in a way that meet young paddlers needs, so that they want to come back for more and that they help young paddlers to be the best they can be, whatever their ability or aspirations. It is relevant to any coach who works with young paddlers, (competition and recreational coaches alike) and is classroom based.

## **BCU Foundation Module - Performance Planning for Paddlesport Coaches;**

This module explores performance planning for coaches. It helps coaches to evaluate their paddlers strengths and weakness, and construct a relevant plan for them to progress, using a performance profiling tool. It is relevant to any coach who works with paddlers over a series of sessions, for competition and recreational coaches alike. It is a classroom based workshop.