

South East Coach Updates 2009

BCU coaches, no matter what your level of award or experience, are invited to and reminded of the South East Coach updates 2009. These Forums aims to provide an opportunity for coaches to:

- Update your BCU Coaching Awards
- 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	Arrivals	<i>Tea and Coffee</i>
09:30 – 10:15	BCU Key Note	Provide coaches with an overview of current BCU Developments. (Dry) James Hives
10:15 – 13:00	Workshop A Fitness for Paddle Sport (£5 Certification fee)	A Foundation module looking at diet and Fitness. A must for coaches doing UKCC Level 2. (Dry) Andy Hall
	Workshop B Head Coach Workshop	Designed to support the lead coach in the club who has wider responsibilities than just delivering sessions. including working with schools, promoting your coaching, volunteer support, & BCU insurance. (Dry) James Hives
	Workshop C 2 Star	For Coaches who don't hold 'old' star tests and want to assess the new generic 2 star (Wet) Graeme Moss
	Workshop D Cross stream challenge	For coaches wishing to develop some new challenges in paddle sport and how to go about it. (Damp) Andy Gray
13:00 – 13:30	Lunch	Including a drop in Session to answer your coaching queries James Hives
13:30 – 16:30	Workshop 1 FSRT Transfer	For existing CST assessors who want to assess the new Foundation Safety and Rescue Course but who do not hold 3 star in both canoe and Kayak. (Wet)
	Workshop 2 Fitness for Paddlesport (£5 Certification fee)	A Foundation module looking at diet and fitness. A must for UKCC Level 2 (Dry) Andy Hall
	Workshop 3 Coaching young Paddlers (£5 Certification fee)	Another Foundation module, looking at best practice for coaches working with young people. And also must for UKCC Level 2. (Dry) Paul Newman
	Workshop 4 FUNdamental Paddlesport Skills	This workshop will explore active posture, being connected to the boat, using the core and power transfer in coaching those new to the sport. (Damp) Andy Gray

The workshops are intended to give a flavour and insight into various aspects of coaching activity whilst creating opportunity for coaches to learn about the BCU coaching and personal performance awards. You must bring with you paddling kit and a boat for the practical workshops, and a packed lunch.

2009 South East Coach updates

South East Coach Update Venue: Cobnor Activities Centre, West Sussex PO18 8TE Date: 17th October 2009 Max Numbers 50 coaches Closing date for Applications 2rd October 2009	Other Updates in South East in 2009 Saturday 24th October fitness for paddle sport 13.30-16.30 Cobnor. Saturday 21st November coaching young paddlers 13.30- 16.30 Cobnor.
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For a full list of the Canoe England Team South coach updates please visit the Southern Region Website www.canoesouth.org

To book your place, complete the enclosed reply form and return it to:
 Graeme Moss 27 Clovers End, Horsham, West Sussex, RH12 4LU

Please Note there is a closing date for booking on the forum to allow the booking of an appropriate number of coaches 1 week before the update.

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REPLY FORM

Canoe England Update

Please complete the details below and return this form to Graeme Moss
 I, (Print name) would like to attend the update on 14th
 March at Bewel Water KENT TN3 8JH

My address is:

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

E-mail: Tel:

Membership no:

I also enclose my Coach update fee of £20 (plus any certification fees) **Cheques should be made payable to BCU

Signed:..... Date:.....

To help us organise the forum, please place your workshop choices in the order of priority we will attempt to meet your wishes, and then indicate this in the box below.

Morning Workshops	
Workshop A- (£5 Certification fee)	
Workshop B-	
Workshop C-	
Workshop D-	
Afternoon Workshops	
Workshop 1-	
Workshop 2- (£5 Certification fee)	
Workshop 3- (£5 Certification fee)	
Workshop 4-	