

PaddlePlus

Newsletter September 2008

Autumn Training Opportunities



Lots of courses on offer for personal paddlesport development

With apologies for short notice on some of the courses, here is a list of opportunities to improve your paddling and progression to the coaching scheme.

Freestyle Festival

When: 5th-7th September

Where: Nottingham HPP

Link: www.festivaloffreestyle.com

As a part of the Freestyle Festival Pete Catteral, the UK Freestyle Team Coach and Head Watersports Coach at PYB, is offering two free coaching sessions to show how freestyle coaching may be introduced and/or how to introduce freestyle in the club environment. We have now had the following coaching sessions confirmed. Registration for the sessions will take place on the Saturday morning during competition registrations and will be first come first served.

Aquatic First Aid L1

When: 8th & 15th October

Where: LOPC - book direct

Cost: £30

The two evening course (6-10pm) provides those involved with water borne activities with the basic knowledge and skills required to render first aid should the need arise.

The award is valid for three years from the date of the course.

Holding this award meets the requirements that all BCU Level 1-5 coaches hold a current first aid certificate.

Surf kayak coaching for next to nothing!

When: Last w/e September

Where: Bude

Cost: £5!!

Paul Hurrell and Simon Hammond are running a Level 3 surf kayak coaching assessment during the last weekend in September. We need a variety of surf kayak paddlers that are happy to be

coached by the candidates. It doesn't matter if you are a complete novice in the surf, in fact it doesn't matter if you haven't been in the surf as long as you have kayaked before and are about 2 star standard. You also need to have all your own equipment, be prepared to take a swim and are happy to be coached for at least one 2 hour session. The sessions will take place at various times over the weekend in Bude. The candidates are already experienced coaches and the whole event will be overseen by high level surf coaches. There is a £5 administration charge per person. Contact: hurrell@madasafish.com

Paddling With Disabled People Workshop

When: 24th Sept 6.30-8.30pm

Where: LOPC - book direct

Cost: £3

This course is aimed more at coaches or people aspiring to become a coach or anyone who wants to learn more about how canoe and kayaking can be adapted for people with impairments

The two hours will be an informal workshop looking into the types of boats that can be used, types of rescues and other ways paddling can be adapted to suit people with disabilities.

Level 1 & 2 Coaching Courses

See overleaf for list of courses available. Members of PaddlePlus wishing to attend can apply for bursaries in return for a commitment to become a active coach within the club.

Level One training and Assessment

The Level 1 is the first step on the Paddlesport Coaching Pathway. The qualification introduces new coaches to the concepts underpinning good coaching practice and helps them understand and coach technical and tactical elements of the sport.

The two weekend course includes both training and assessment.

PRE-REQUISITES: Candidates must be the minimum age of 16 on the first day of the course and have filled out the necessary paper work registering with the BCU (£39.00). To be a boat based coach the candidate should either have the new BCU UKCC 2 Star or the old BCU 2 star in both craft. There will be opportunities to gain a 'new' 2 star between the first and second weekend of some courses.

Although not required for the course itself it is recommended that candidates should acquire a first aid award and the Foundation of Safety and Rescue Award.

Three courses are available:

COURSE ONE

When: 13th - 14th Sept
27th - 28th Sept

Where: LOPC - book direct

Cost: £150 plus BCU fees

COURSE TWO

When: 4th - 5th Oct
29th - 30th Nov

Where: Multi Centre

Cost: £75 plus BCU fees

Course provider: Colin Broadway

COURSE THREE

When: 18th - 19th Oct
6th - 7th Dec

Where Multi Centre

Cost: £75 plus BCU fees

Course provider: Colin Broadway

Level Two training

When: 26th - 26th Oct
22nd - 23rd Nov

Where: Multi Centre

Cost: £75 plus BCU fees

Course provider: Colin Broadway

As with Level one, the level two is a generic award to coach both canoe and kayak. The course is being run as a modular course, and on this occasion is aimed at boat-based coaches only. You are required to attend all modules.

Pre-requisites are BCU Registration, age 17 or over, Old BCU Trainee Level 2 Coach or above, or New Coach level One. New 2 star (or old 2 star both Canoe and Kayak) and any 3 star.

This course (as with two of the L1 courses) will be based at different Centres in Leicestershire to give candidates the opportunity to see a range of paddlesport provision.

Unlike the L1 this is two weekends to complete the training which will need to be followed by a period of practical experience delivering and logging coaching before presenting for a separate assessment.

Canoe Clinic & Star Tests

When: 2nd Thursday of month

Where: LOPC

Ian Dennies is continuing to run the canoe clinic at the club on the second Thursday of each month. All members are welcome to join in and Ian will work through Star assessments for those who want them.

Coracle Building Weekend

When: 20th - 21st September

Where: Boat House Barrow

Cost: £190

Kevin Grimley will be leading a group building their own Coracles. Spaces are limited for what promises to be an enjoyable course, camping overnight is available and at the end you get to take home your coracle.

Contact

Stuart Malcolmson 07830 254 192

Email stu@inspire-outdoors.co.uk

BCU Foundation Safety & Rescue Coach Orientation

When: 4th October 9am - 5pm

Where: LOPC - book direct

Cost: £30

This course is for the orientation for people wishing to deliver and assess the Foundation of Safety and Rescue Award. This award is the replacement for the old canoe safety which will soon no longer be running in accordance with the new changes that have been made to the coaching system. At the end of the course a personal action plan will be made and agreed in accordance with your previous experience.

Pre-requisites Current canoe safety providers and L3 Coaches who also have a 3 star award in another discipline.

LOPC Users Meeting & AGM

Wednesday 1st October 7pm.

This is an important forum for the Centre users and clubs to meet with the Trustees to review progress and hear about plans for the coming year.

Our Partnership with the Centre provides the club with an excellent base to operate from.

Any club member is welcome and encouraged to attend the meeting. Sean O'Brien was a Trustee until his recent move to Oxford, if anyone else from the club would like to consider supporting the Centre as a Trustee please speak to Andy or Mark Youd (Centre Manager) for more details.

Booking Contacts

LOPC courses:

Angie Hampton

Tel: 0116 268 1426

email: leicesteropc@btconnect.com

Colin Broadway

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