

# Canoe England

## 2011 Coach Conference

### Information Sheet

**Saturday 3<sup>rd</sup> & Sunday 4<sup>th</sup> December 2011**  
**Wyboston Lakes Conference Centre, Bedfordshire**

Paddlesport is enjoyed by people with a massive range of motivations...this year our conference focuses on developing your knowledge base and skills to help you expand the breadth of who you can engage with, and how to better support those who you normally coach. This two day Coach Conference aims to capture the imagination and help with the continuing development of **all** Paddlesport Coaches working across every aspect of the sport to help ensure we maximise our impact.

On Saturday we've got some exciting keynote presentations focusing on our role within talent development. We kick the conference off with a presentation looking at paddler pathways and the role of coaches working with newcomers to the sport; whilst at the end of the day we'll be taking a view from high level performance. Hopefully these two presentations will help you in your normal coaching environment, whilst also giving you a perspective of the two extremes and how you fit in!

In between these keynotes, delegates are able to attend two workshops from an exciting choice of 17 different 90-minute workshops. The selection is designed to provide options for everyone involved in coaching Paddlesport; from those just starting out, to those with many years of experience, with lots to offer both competition and recreational coaches.

**Registration:** Registration is now open, download a booking form from our website, or contact [maria.winfield@bcu.org.uk](mailto:maria.winfield@bcu.org.uk)

**Keeping informed:** If you would like to join our email distribution list to be kept up-to-date with current developments please email [karen.bagshaw@canoe-england.org.uk](mailto:karen.bagshaw@canoe-england.org.uk)

**Venue:** We are returning to the fantastic conference facility using the Robinson Executive Suite at Wyboston Lakes, in Bedfordshire. There is an onsite water facility, high quality conference facilities and excellent accommodation.

The venue is just off the A1 between Bedford and Cambridge  
Address: Wyboston Lakes, Great North Road, Wyboston, Bedfordshire, MK44 3A.

**Cost:** The conference packages range from £45 to £135 depending on the workshop/meals/accommodation options you choose

**Revalidation:** Attendance at the Conference on Saturday will credit delegates for their 3-yearly coach update requirement.

**Lunchtime stands:** During the breaks on Saturday you'll have the opportunity to visit a number of stands, providing a variety of information from Canoe England and external partners.

**Download a booking form;**  
[www.canoe-england.org.uk/coaching/canoe-england-coaching-conference/](http://www.canoe-england.org.uk/coaching/canoe-england-coaching-conference/)

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#### Provisional Programme

##### Friday;

1900 – 2200 Registration  
Bar meals are available to purchase

##### Saturday;

0700 Registration open (tea and coffee available)  
0915 Welcome and conference introduction - Main Conference Room  
0930 – 1030 **Coaching real people - Sporting pathway; or multi lane highway?**  
1030 – 1100 Break  
1100 – 1230 **Workshop options** (see page 5 – 9 for details)  
1230 – 1400 Lunch  
1400 – 1530 **Workshop options** (see page 5 – 9 for details)  
1530 – 1600 Break  
1600 – 1700 **Talent Identification**  
1730 – 1830 **Battle Back – Anything is Possible**  
1900 Dinner, bar and general socialising!

##### Sunday;

0700 Registration for new arrivals (tea and coffee available)  
0900 Welcome and introductions for new arrivals  
0930 – 1230 **Half-day workshops** (see page 10 – 11 for details)  
0930 – 1600 **Full-day workshops** (see page 12 – 13 for details)

The Saturday presentations and workshops will be all indoors. The Sunday workshops are a mix of practical and classroom sessions; the practical sessions will be run at the on-site Lake (unless it's frozen!!)

##### Stands (in main foyer Saturday)

- Outdoor Centre Badge Schemes – your questions answered (BCU Paddlesport Provider, LOTC, Adventure Mark, ALAA)
- PGL Recruitment Stand
- Canoe England Reps (Disability, Women & Girls, Environment, Go-Canoeing)
- Performance People (Mark Woodhouse)

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<b>Saturday Workshop Options</b> You can attend two workshops	
1.	Coaching the whole child
2.	Hydration and nutrition – Developing positive attitudes
3.	Coaching paddlers when they are out of their comfort zone
4.	Coaching female paddlers – Good practice to maximise learning
5.	Passion & professionalism.....
6.	Slalom and Racing at the Olympics – What's it all about?
7.	Running Olympic linked events
8.	Talent Identification – Experiences from the slalom & racing experts
9.	Biomechanical screening
10.	Environmental awareness
11.	Outdoor education – Maximising the learning experience
12.	The art of assessing
13.	Mentoring and developing BCU (UKCC) Coaches
14.	Developing your Level 2 Assessment Portfolio
15.	BCU Qualifications – My coaching pathway, what should I do next?
16.	Coaching female slalom canoe paddlers (AM only)
17.	Coaching female racing canoe paddlers (PM only)

<b>Sunday Workshop Options</b> You can attend one workshop - either half day or full day	
<b>Half Day Workshops</b>	
20.	Essential open canoe skills - personal or coaching skill development
21.	Adaptive paddling - Inclusion for all
22.	Coaching freestyle
23.	Sea kayak skills
24.	Working on open water
25.	Games with an aim
26.	The emerging disciplines - Stand up paddle board, sit-on-tops.....
27.	BCU Foundation Module - Fundamental paddlesport skills
<b>Full Day Workshops</b>	
30.	Essential open canoe skills- personal or coaching skill development
31.	Coaching freestyle
32.	BCU Intermediate Module - Optimising fitness for performance (1)
33.	BCU Intermediate module - Coaching the mind
34.	BCU Intermediate module - Strength and conditioning (PILOT)

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#### Saturday Keynote Presentations

##### **Martin Chester - Coaching real people; Sporting pathway, or multi lane highway?**

Whether you choose a high pace sprint to elite performance; or a steady meander through a life-time of recreational paddling; there is no single pathway through our sport(s). From laying down the first exciting foundations, through to helping people fulfil their dreams and potential (whatever they may be) it is essential to remember that we are coaching real people - with real lives, real issues, real constraints and a real mix of objectives. Starting with our own diverse experiences; throughout the session we will draw on inspiration from other disciplines, and other sports, to look at how we adapt our theoretical coaching and developmental models to support a lifetime of paddling.

Delivered by Martin Chester, Chief Instructor at Plas y Brenin, National Mountain Centre. Martin has over twenty years experience in the industry, having worked across the full spectrum skills and coaching courses from beginners to experienced performers, from the first rung on the ladder to the highest qualifications in paddling, climbing, ski touring, and walking. Martin will be able to bring this massive range of experience, share with us his views, and challenge our own!

##### **Dr. Chris Cushion – Talent Identification**

Chris is currently employed as a senior lecturer at Loughborough University; being appointed as the pathway leader for the MSc in Sports Coaching. Chris has a wide interest in coaching being involved as an external reviewer in the UK Coaching Certificate endorsement process and a range of coaching related consultancy projects for both the public and private sector. Within sport and industry, his clients include Chelsea F.C., Fulham F.C., Bath R.F.C., Tottenham Hotspur F.C., The Football Association, Sport Universal (Amisco) Sport Coach UK, Skills Active, Department of Culture, Media and Sport, OPTA, Elite Analysis, Sport Scientific and Sports Hub. Chris is actively involved in coaching practice being a UEFA qualified football coach.

Chris has a number of research interests and specialism's, and is sharing his thoughts with us on talent identification.

##### **Ashley Clare - Battle Back, Anything is Possible**

Ashley Clare is sharing his experiences with Battle Back. Battle Back is a defence initiative that uses adventure activities and sport to compliment and accelerate the biological, psychological and social rehabilitation of wounded, injured and sick service personnel. It helps them to take on the new challenges that these activities provide, helping them return back to both physical and mental fitness. Many are so enthused with the new sports they try that they continue them after leaving the program, some going on to become adaptive instructors themselves. The program is made possible in large part by the generous support of Help For Heroes and other service charities.

'Anything is Possible' if you are given the chance – this presentation aims to help us appreciate what can be achieved, and celebrate some truly inspirational success!

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#### Saturday Optional Workshop Details;

##### **1. Coaching the whole child**

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As coaches, we have all been in situations where all we could do was scratch our head and look pensively into the horizon waiting for an answer that never came... and how often do those we are coaching look to be experiencing similar emotions? More times than none, these moments are down to one single fact; a mismatch between the needs of the children taking part, the level of demand of the task in question and/or the methods used by the coach. An awareness of how children learn and develop physically, mentally, emotionally and socially, and its implications for coaching will certainly guarantee any coach that those instances where hopelessness takes over become less and less for both the children and coach. This workshop is being run by Paul Connolly from ScUK.

##### **2. Hydration & nutrition - developing positive attitudes**

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This workshop will explore how we can support paddlers with appropriate advice on hydration and nutrition depending on the type of activity they are taking part in. The workshop will help delegates develop their understanding of the theory, but also how they can change the behaviour of their paddlers so they actually do eat and drink appropriately! Knowing the theory is the easy part – helping paddlers put it into practice is often more challenging.

Delivered by Phil McDonagh Slalom Club Coach and Kevin Currell EIS Senior Performance Nutritionist.

##### **3. Coaching paddlers when they are out of their comfort zone**

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Controversial for so many reasons, yet there are few coaches who honestly say they have never done this, be it planned or unplanned! Most students cannot switch off fear at will and so no matter how well we plan, break down tasks, build perfect progressions, or gradually change the environmental influences, there will come a time when the person you are coaching is out of their comfort zone.

Can a coach be effective here? Can the student still modify and adapt their performance here? Can they even recall their actions, feelings and decisions? Is it right to be taking them there? If it is not right, then how do we coach the river paddler to run their first big drop, prepare a racer for their first international where the spectators are not just mums & dads, or help someone overcome their claustrophobia to achieve a successful roll?

Together you'll explore these and other topics and along the way establish some core principles of coaching out of the comfort zone that can apply to any level in any discipline.

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#### **4. Coaching female paddlers – good practice to maximise learning**

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Taking the learning from adult education, emotional literacy, neuroscience and sport science the workshop will explore the theory and practice of coaching women in both single sex and mixed groups. Delivered by Mags Duncan, an experienced Inland Kayak Coach who will share her experiences and help you develop coaching strategies for the women you coach. The workshop is open for all levels of coach, all disciplines, males and females!

#### **5. Passion & Professionalism: CPD opportunities outside the context of sport**

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It goes without saying that every paddlesport coach has a real passion for coaching and getting the best out of people. Yet whilst the knowledge, skills and attitude of coaching can be applied within multiple contexts, how many paddlesport coaches have considered the Continuing Professional Development (CPD) opportunities outside of their sport? In the past 10 years coaching has become a buzzword both inside and outside of sport, with CPD opportunities in corporate, performance and life coaching, amongst others. This workshop considers the coaching industry at large and the range of CPD, qualification and career opportunities available for those with a real passion for coaching and getting the best out of people. This workshop is designed for those committed to their own CPD, it will be relevant to those wanting to develop their core coaching competencies, mentor the development of less experienced coaches, or better support Long Term Paddler Development. It will be particularly attractive to those wanting to explore the coaching industry at large, gain a professional qualification in coaching & mentoring, or considering a complimentary career as a corporate, performance or life coach. Delivered by Mark Woodhouse of Performance People.

#### **6. Slalom & Racing at the Olympics - what's it all about?**

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Don't miss out on the big event! This workshops aims to help our coaches better understand our Olympic events and to be able to enjoy watching them during the Games. We aim to give coaches the knowledge to answer questions, and also help inspire their paddlers to engage and enjoy watching the event. The workshop will cover topics like;

- The structure of the events, i.e. how the heats/semi's/finals work
- Basic rules
- How our athletes are going to be selected
- How many paddlers we are likely to have competing
- Who some of our paddlers may be, and their ambitions
- The venues being used, some background to the sites

#### **7. Running Olympic linked events**

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This workshop is aimed at coaches within clubs or centres who may wish to explore the idea of running some kind of event on the back of the Olympic Games. Two Canoe England Senior Development Officers will share their ideas and help with some of the practicalities of running such events. How about a social event with a large screen TV watching the paddling events together, come and try it sessions, or your own local competition?

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#### **8. Talent Identification – experiences from the slalom & racing experts**

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During this workshop you will be able to share in the experiences of our Slalom and Racing experts and the Talent ID programmes they have been involved in. You'll be able to reflect on how you may be able to learn from these projects and ask questions.

Mark Hoile (National Junior Racing Coach) shares the journey Rachel Cawthorn has made from being selected from 1000's of young hopefuls at her first Talent ID screening to the point at which she has now been identified as an Olympic hopeful for the London Games in 2012. The use of Talent ID as a way of bringing new paddlers into Flatwater paddling is also discussed.

Richard Ramsdale (Slalom Club Coach) introduces Talent ID in the context of Canoe Slalom, and discusses the contrast between an open skilled sport approach and a more traditional approach. He'll include an overview of the recent set up of the Nottingham Talent ID academy with an explanation of the early findings.

#### **9. Biomechanical screening**

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This workshop explores functional and biomechanical screening and training; these are very important aspects of an overall conditioning program. Correct biomechanical function is a critical factor in injury prevention and optimal performance. A biomechanical screen will highlight the flaws in your pelvic, shoulder and knee function, as well as check whether the athlete has any low-grade muscle spasm in key muscles, which may be restricting both movement and the correct functioning of a joint. Biomechanics will enable coaches to set exercises that will help prevent breakdown and will avoid the need to compensate. Run by Jo Waites, Level 6 Biomechanics Coach.

#### **10. Environmental awareness**

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This workshop aims to inform and help delegates identify potential environmental impacts and issues they may come across whilst paddling in the UK's natural environment. Topics include;

- Climate change
- Impacts on fisheries and requirements of fish
- Impacts on Wildlife
- Impacts on hydromorphology (natural river processes)
- Impacts from invasive species and how to control the spread
- Impacts on other water users and how we should work together to protect the environment
- Environmental legislation protecting wildlife and habitats throughout the UK and Europe
- Working with statutory and non statutory conservation bodies to help protect the aquatic environment.

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#### **11. Outdoor education – maximising the learning experience**

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Coaches providing an outdoor education experience are faced with the challenge of ensuring that their sessions meet wider learning goals. Paddlesport provides a great opportunity for wider development, for example;

- Physical health
- Personal development
- Behavioural development
- Social skills
- Leadership skills
- Environmental awareness
- Understanding of curriculum topics

The Learning outside the Classroom (LoTC) badge scheme accredits providers who are able to offer such experiences, but what can you do at the coalface? This workshop will explore the differing learning experiences that can be provided through paddlesport sessions and practical support to help you run sessions with wider aims. If you work in the industry of Outdoor Education this workshop is for you.

#### **12. The art of assessing**

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This workshop investigates the process of assessment, useful for coaches offering star awards or assessing BCU/UKCC coach awards. You will explore best practice and core principles in a number of areas;

- how to set up an assessment
- the use and choice of formative and summative assessment
- the importance of a valid and reliable assessment to the criteria / standards
- creative methods of assessing
- current approaches to recording

Delivered by Lee Pooley BCU Level 5 Coach, Level 1 and 2 Director, and CE Quality Assurance Officer.

#### **13. Mentoring and developing BCU (UKCC) Coaches**

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It is a really important part of a Coaches development to have the opportunity to learn and seek advice from more experienced coaches. If you feel able to help, but would like to know more about the new BCU qualifications – this workshop is for you. You will have the chance to explore the syllabus of the different levels, what is involved with training and assessment courses, and what candidates need to do in-between. We hope you will go away able to provide sound advice and support to the coaches you are working with, sharing your knowledge and experience to help them progress.

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#### **14. Developing your Level 2 Assessment Portfolio**

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This workshop aims to help coaches who have completed the BCU (UKCC) Level 2 Training (or Transfer Module) with their portfolio in preparation for assessment. Many coaches find the portfolio element of BCU (UKCC) Level 2 daunting and difficult to understand. This session will look at each individual element, clarify what is required, and give you strategies on how you can complete the various parts. The workshop will be classroom based and you'll find it useful if you bring your Level 2 paperwork with you.

This workshop is also open to Level 2 Tutors and Assessors; it is being delivered by a team with proven tips and tricks for making the process as painless as possible for candidates, it is an opportunity to develop your own delivery skills and steal their ideas!

#### **15. BCU Qualifications - my coaching pathway, what should I do next?**

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This workshop aims to help coaches figure out which of the many BCU Qualifications are best suited to help them progress; the workshop will explore the participants aspirations, what/who/where do they coach and how would they like to develop this – with this information we can explore the relevant qualifications, making sure the prerequisites are clear, individual development plans established and questions answered.

#### **16. Coaching Female Slalom Canoe Paddlers (AM Only)**

#### **17. Coaching Female Racing Canoe Paddlers (PM Only)**

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In both Sprint Racing and Slalom the Canoe Disciplines have been opened up to female competitors. This workshop will explore some of the specific coaching points, and learn from the experience of Gareth Wilson (Women's Slalom C1 Coach), and Sam Rippington (Women's Racing C1 Coach). Both Gareth and Sam are C1 paddlers themselves, and have significant experience recruiting, and developing paddlers in these new disciplines.

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#### Sunday Half Day Optional Workshop Details;

#### **20. Essential open canoe skills – personal or coaching skills development**

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This session is open to any Coach wishing to develop their open canoe skills or knowledge. The session is staffed by some of our most experienced open canoe specialists, they will be able to help develop all levels of coaches/paddlers in a wide range of topics, for example;

- Coaching tandem skills
- Developing your own personal solo skills
- Using rafted canoes
- Coaching themes
- Flat-water canoe rescues
- Running FSRT
- Assessing 2 Star

Come to this session with any areas you would like to work on, and our team will do their best to help you out!! You'll be on the water, please make sure you bring personal paddling kit (boats are potentially available to borrow on request). There is also a full day option available if you want more!

#### **21. Adaptive paddling - inclusion for all**

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An engaging and thought provoking workshop that will look at how we can enable paddlers with disabilities to take a full part in a wide range of paddlesport and club events, from pool sessions, paddling on lakes to running alpine rivers.

The session will look at different types of disabilities and practical solutions coaches can use to adapt off the shelf everyday equipment and normal session plans to work for disabled students.

The benefits of participation in sport as part of an overall rehabilitation program and to promote ongoing healthy lifestyle are well known. The session will look how this works in the three spheres of physical, psychological, and social rehabilitation and interaction for the individuals benefit. The session will be classroom based and lead by Ash Clare and Gary Archer.

#### **22. Coaching freestyle**

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A fun day of learning how to coach freestyle in a club environment. This workshop covers a broad range of skills required to provide the best start for beginners wanting to explore the possibilities of freestyle paddlesport. The course will provide an insight into competitive freestyle, associated equipment, coaching methods and how best to use the resources available to clubs. The course will be run by Dennis Newton (GB coach) and Claire O'Hara (World Freestyle Champion 2011). As long as the weather is kind this will be a practical session so bring your paddling kit, if not it will run indoors! There is also a full day option available if you want more!

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#### **23. Sea kayak skills**

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This session is open to any Coach wishing to develop their sea kayaking skills or knowledge; the session will focus on efficient and effective flat-water boat handling skills, such as; forward and reverse paddling, stopping, steering and turning. The key technical components can be explored, with personal skills coaching, or a focus on coaching progressions. You'll be on the water, please make sure you bring your paddling kit.

#### **24. Working on open water**

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If you operate or deploy others on open water other than a small enclosed bay where the safety of the shore can be reliably sought, be that a lake, harbour or reservoir, then this is the workshop for you. Drawing on a wide range of Inland, Sea and RYA syllabi, paddlers of all disciplines will be presented with the relevant skills and knowledge and encouraged to exchange their own ideas and experiences. Content includes forecasting, the effect of wind & waves, towing & rescues, useful equipment to carry, rafting boats, managing other lake users and how to evidence this competence. This session will be a mix of classroom and outdoor work (depending on the weather delegates will have the option of doing some practical activity in boats, or observation from the shore).

#### **25. Games with an aim**

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A chance to get on the water and look at how we can develop our student skills in a fun structured way. The aim of this session is to understand how can games can fit into practice to develop, test and challenge paddlers techniques and help turn them into skilful performance. You will need paddling kit, a positive attitude to paddling around like a loon and a creative imagination! How can this session not be FUN!

#### **26. The emerging disciplines**

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This practical workshop will explore stand-up- paddle boards, sit-on-tops, and coracles. There will be the opportunity to paddle a range of boats, look at the generic skill set as well as some of the safety implications. Fishermen, police, search & Rescue Teams, disability groups, families and individuals are all getting into these – now it's your turn!!! Bring your paddling kit, we'll provide the boats.

#### **27. BCU Foundation Module – Fundamental paddlesport skills;**

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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, you'll need to bring your paddling kit, any type of boat is fine.

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#### Sunday Full Day Optional Workshop Details;

#### **30. Essential open canoe skills – personal or coaching skills development**

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This session is open to any Coach wishing to develop their Open Canoe Skills or Knowledge. The session is staffed by some of our most experienced open canoe specialists, they will be able to help develop all levels of coaches/paddlers in a wide range of topics, for example;

- Coaching tandem skills
- Developing your own personal solo skills
- Using rafted canoes
- Coaching themes
- Flat-water canoe rescues
- Running FSRT
- Assessing 2 Star

Come to this session with any areas you would like to work on, and our team will do their best to help you out!! You'll be on the water, please make sure you bring personal paddling kit (boats are potentially available to borrow on request). There is also a half day option available if you want a bit less!

#### **31. Coaching freestyle**

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A fun day of learning how to coach freestyle in a club environment. This workshop covers a broad range of skills required to provide the best start for beginners wanting to explore the possibilities of freestyle paddlesport. The course will provide an insight into competitive freestyle, associated equipment, coaching methods and how best to use the resources available to clubs. The course will be run by Dennis Newton (GB coach) and Claire O'Hara (World Freestyle Champion 2011). As long as the weather is kind this will be a practical session so bring your paddling kit, if not it will run indoors! There is also a half day option available if you want a bit less!

#### **32. BCU Intermediate Module - Optimising fitness for performance (part 1)**

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Optimum efficiency and effectiveness will lead to your optimum performance. How? By improving performance and reducing the risk of injury in your preparation towards your goal. This module follows on from the BCU Foundation Modules 'Fitness for Paddlesport' and 'Performance Planning for Paddlers' and explores our physiological understanding of paddlesport, the relationship between how our body creates energy for exercise and diet and looking at how this may change for different population groups (child to the elite). You will cover methods of profiling and look at how all of the above are linked and can be put into planning. Finally, you will go away with some take away tasks to put your new knowledge into action and be left with some food for thought! (Classroom based).

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#### **33. BCU Intermediate Module - Coaching the mind**

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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.

#### **34. BCU Intermediate Module - Strength and conditioning (PILOT)**

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This workshop is designed to provide an introduction to the basic movements of strength and conditioning. The workshop content has been put together following discussions with many GB Canoeing coaches and focuses on building the paddler as a whole so as to maximise long term paddler development. There are both theory and practical elements covering areas such as resistance training, safety concerns, effective exercises to use and suggestions on how to format sessions. This workshop should provide useful information regardless of equipment or facilities available at a particular club/facility. (Classroom based).