

2012 CE Coaching Conference Programme

Saturday 24th November 2012

07.30	Registration and Networking with Tea and Coffee
09.15	Welcome and Conference Introduction
09.30	Guest Speaker Jon Schofield Coached to Perform: Why coaching has been critical in my life and paddling career.
10.30	<i>Tea, Coffee and Flapjack</i>
11.00	Workshop Choice
12.30	<i>Buffet Lunch</i>
14.00	Workshop Choice
15.30	<i>Tea, Coffee and Cake</i>
16.00	Guest Speaker Anna Hemmings MBE Staying Afloat in Challenging Times
17.00	Guest Speaker Prof. Robyn Jones Inspiring and improving paddlers: How coaches can help.
19.00	<i>Dinner</i>

Sunday 25th November 2012

07.30	New Arrivals Registration and Networking with Tea and Coffee
09.15	Welcome and Conference Introduction for New Arrivals
09.30	Full-day & Half-day Workshop Choices*
12.30	<i>Buffet Lunch</i>
14.00	Full-day Workshops Resume*
16.30	Conference End

**Including Tea and Coffee Breaks*

Saturday Workshop Details

Workshop A.1

Balance and postural control in flat-water sprint kayak

By presenting the results of an experimental study on beginners training and perturbation study on elite kayakers, this workshop will help coaches understand the biomechanical aspect of balance and postural control used by flat-water sprint kayakers. The session will present working definitions and theoretical concepts of balance and postural control as well as strategies used to maintain or restore balance.

Benderi Dasril, Sport Biomechanics Research Student Loughborough University

Workshop A.2

Periodisation for recreational paddlers and coaches

This interactive workshop will provide an understanding of periodisation with a specific focus on how it can be applied to non-competitive and recreational disciplines. During the session a framework of planning towards a goal and 'peaking' performance at a specific time will be exemplified for coaches and paddlers to use.

Lee Pooley, Level 5 Coach and BCU National Trainer

Workshop A.3

Using indoor team building to enhance group dynamics

As water-based sessions become more challenging in the winter, this workshop presents indoor team building activities. These activities not only provide alternative activities for when the weather just does not suit paddling but by design help build teams and improve relationships with your participants. As well as giving practical examples of activities the workshop will also look at the effect of group dynamics on individuals' development.

David J. Redington, Canoe England Regional Coaching Officer for London

Workshop A.4

Supporting and developing paddlers achieving personal performance awards

This workshop is designed for those coaches who are actively working with paddlers who are looking to gain their Personal Performance Awards. It will provide coaches with the opportunity to use their observation and analysis skills and compare and contrast the paddler's technical skills with those required by the Performance Awards. This contrastive analysis is key to ensure coaches can make correct decisions about the paddler's competence and critically identify opportunities for the paddlers to develop their skills and progress on through the Awards scheme.

*Sarah McQuade, ETC Consultants
Andy Maxted, Level 4 Paddlesport Coach*

Workshop A.5

Making the most of available resources

This workshop has been designed to enable further understanding of the paddlesport resources available to support leaders and coaches in their activities and development. It will showcase a variety of web-based and print material and provide an opportunity to take a closer look. Delegates are invited to bring along resources they have found useful to share.

Scott Bradley, Senior Competition Development Coach Canoe England

Workshop A.6

Using *Angry Birds* to improve coaching

The three golden rules of games development are 1) start with a challenge 2) focus on replay-ability, and 3) provide a story narrative. These principles have brought great success in attracting people video games. This workshop draws on the lessons learned from the gaming industry and explores ways they can be applied to a coaching scenario. The focus is on structuring coaching and sessions to help your paddlers improve and be inspired.

Darryll Shaw, Activities Programme Training Manager PGL Travel

Workshop A.7

Marketing your skills to the right groups of paddlers

Aimed at freelance coaches and volunteer coaches who may be looking to widen their experiences or simply any coach who would like to coach more! This discussion-based workshop will provide an opportunity to share ideas about how to market your coaching services using modern methods, showing potential paddlers that you hold the skills to further their development in the sport.

Phil Hadley, British Canoe Union National Trainer

Workshop A.8

Youth Sport Trust 'Your School Games'

To support the delivery of the governments "School Games" Initiative the Youth Sports Trust in partnership with Canoe England have produced the "Your School Games" resources. There is a mix of land and water-based activity designed to engage and inspire school children, but to be delivered by school teachers with limited equipment and canoeing knowledge. Each county will have 3 levels of participation – intra-school, inter-school and county. This workshop will be designed to support the coach to operate at levels one and two, and signpost for support with level 3. At the Primary level there are four cards. For the secondary and FE age groups there will be cards featuring Sprint, Cross Stream Slalom, Canoe Polo both on and off the water. These will then be extended with Competition Cards that signpost to more activity.

Canoe England Participation Team

Workshop A.9

Go Canoeing – What's in it for you?

Go Canoeing is a national Olympic Legacy project set up by Canoe England to captivate and inspire people to get out on the water and enjoy canoeing more regularly. The project offers a range of opportunities from local starter sessions through to guided tours, national mass participation events and information on where to go for those who have some experience. If you are an enthusiastic coach that wants to share your passion by making canoeing fun, easy and enjoyable for everyone, from eight to 80 years old come along to this session. You will find out how you can help with the project, gain insight into people's canoeing motivations and the range of benefits that are available for you and your organisation through project.

Jenny Spencer, GO Canoeing Development Officer Canoe England

Workshop A.10

Canoe journeying skills – A venue lead approach to inspirational experiences

This workshop aims to present a coaching framework that allows consistent delivery of traditional journeying skills. The key to success being the careful selection and combination of journey, venues, context and skill progression.

Bob Timms, Technical Advisor PGL

Workshop A.11

200m Pathway to Rio

Following on from London 2012 Olympic Games, this workshop offers an insight into the challenges and planning arising en-route to medal success for the Mens's 200 Metre squad. From the lessons learned in London a plan for 2016 is now in place and Alex will outline his thoughts and ideas on how further and greater success will be achieved in Rio. This workshop is best suited to sprint coaches working in their clubs with developing and aspirant 200 metre paddlers as well as coaches who wish to know more about the preparation of potential Olympic athletes.

Alex Nikonorov, Canoe Sprint Olympic Programme Technical Coach GB Canoeing

Workshop A.12

Identifying and progressing talented paddlers in your club

For a number of years, GB Canoeing has implemented several programmes aimed at identifying talent from both outside and within canoeing. Some of these individuals may not be associated with the sport at the time, but they have gone on to reap rewards at very high levels. Descriptions of some of the programmes carried out and the processes involved will be illustrated and the role that the club and the club coach plays in the process will also be highlighted. This workshop will provide ideas identify opportunities for clubs to develop their own talent Identification and support programme and give tips on how to do this.

Brendan Purcell, National Performance Coach GB Canoeing

Sunday Workshop Options Half-Day

Workshop H/D.1

Analysing your coaching

Hold a mirror up to your coaching style in this illuminating workshop. This is an opportunity to reflect on current coaching behaviour to identify your strengths and weaknesses in different coaching situations. You will then use this insight to work out an action plan which will take your skills to the next level. Learn the best ways to monitor your self-improvement in this certificated sports coach UK workshop which comes complete with Analysing Your Coaching resources.

Paul Connolly, *Coaching Network Manager sports coach UK*
Les Ford, *Coaching Development Manager sports coach UK*

Workshop H/D.2

Supporting Coaches

Best suited to those who are responsible for recruitment, development and retention of coaches in clubs, schools, leisure centres and other environments this workshop is designed to help delegates deal effectively with the challenges they face when recruiting, developing and retaining their coaching workforce. It will give them the opportunity to share their own good practice with others and pick up new ideas. It focuses on anyone who works with coaches and covers information about supporting both voluntary and paid coaches. This is a certificated sports coach UK workshop.

Ashley Hunter, *Coaching and Development Manager Canoe Association of Northern Ireland*

Workshop H/D.3

Developing and supporting independent paddlers

By recognising that paddlers improve quicker if they get more practice and that often the time spent with a coach is limited, this workshop presents ways of developing and supporting justified confidence in paddlers. The key is to adopt an approach to coaching which will enable improved performance by developing paddlers who are more self-sufficient in their learning, and who can continue to improve beyond their sessions with the coach. This is a water-based session so appropriate kit is essential.

Kim Bull, *Level 5 Coach and Freelance Technical Advisor*

Workshop H/D.4

Making the most of taster sessions

This workshop looks into ways of maximising the impact of taster sessions by making the most of locations and facilities to inspire paddlers to pursue the sport.

Jon Lea, *Paddle Training Coordinator PGL*

Workshop H/D.5

Coaching Improvers – A stripped back approach to developing technique for the improver

This is a water-based session adopting a stripped back approach to developing technique and skill for the early improver. The workshop demonstrates the approach set out in the BCU Coaching Handbook (involving families of strokes) and is aimed at coaches seeking tools for developing paddlers in their first 6 sessions that underpin long term performance.

Bob Timms, *Technical Advisor PGL*

Workshop H/D.6

FSRT Review Summary and Provider Moderation

This workshop presents the findings of a recently concluded review of the BCU Foundation Safety and Rescue Training (FSRT) award. Following on from this, the land-based workshop will provide a forum for benchmarking minimum standards and sharing best practice amongst coaches providing BCU FSRT courses. The content of this session is aimed at coaches who are already delivering the award and is not suitable for those who as yet do not.

David Rossetter, *BCU National Trainer*

Workshop H/D.7

Asthma, asphyxia and medication: Where do we stand as coaches

Lead by a recognised First Aid provider, this workshop will explore issues facing coaches which relate to common medical conditions and their medication. Throughout the session safety, responsibility and legality will be considered.

Leo Hoare, *Director Getafix Ltd.*

Workshop H/D.8

BCU Foundation Module – Fitness for Paddlesport

The Fitness for Paddlesports Module aims to introduce recreation and competition paddlesport coaches to the key concepts of fitness – training, nutrition and physiology. It is designed as a standalone module such that paddles and coaches can attend with no prior knowledge of sports science is able to attend and access all the delivered material. It is a certificated land-based course which will involve practical activities so exercise attire is recommended.

Celia Dallaway, *Canoe & Kayak Coach & BCU Foundation Module Tutor*

Sunday Workshop Options Full-Day

Workshop F/D.1

BCU Intermediate Module – Paddle-ability

This is a certificated practical course that develops on the ideas from the Foundation Module. It is aimed at coaches wishing to develop their knowledge of adaptive equipment and coaching principles.

Rob White, *Senior Outreach Instructor Calvert Thrust*

Workshop F/D.2

Using *Paddlepower* to enhance participation

This workshop involves split delivery. The land-based morning session looks specifically at the BCU *Paddlepower* scheme and how it can be used to increase participation in young paddlers. The water-based afternoon session will consider the practical delivery of the scheme thus appropriate paddlesport kit is essential.

Phil Hadley, *Level 5 Coach & BCU National Trainer*

Workshop F/D.3

BCU Intermediate Module – Optimising Fitness and Performance for Paddlesport Part 1

This is a certificated module which introduces methods and concepts used to optimise efficiency and effectiveness when preparing for a performance. This intermediate module follows on from the BCU Foundation Modules; 'Fitness for Paddlesports' and 'Performance Planning for Paddlesport Coaches'. It is a generic training course recommended for coaches, parents, and paddlers interested in this area regardless of paddlesport discipline. The focus of Part 1 is on the utilisation of nutrition in this process. This is a land-based workshop that will involve some practical activities so exercise attire is recommended.

Sid Sinfield, *Paddlesport Coaching Coordinator PYB*

Workshop F/D.4

Profiling and creating annual training programmes

Acting on the motto, 'failing to prepare is preparing to fail' this session is about effective and individualised preparation. Aimed at giving club coaches an insight into profiling and some tools to help, it looks at planning for the paddlesport coach who is involved with medium-term and/or annual planning for individuals, groups and clubs. The workshop is delivered in two parts, giving the option to attend the as a full day or half day event. The underlying focus is on slalom; however Club Coaches from any discipline and those who keen to understand how competitive paddlers can build their personal programmes are invited.

Russ Smith, *Canoe England National Competition Development Coach*