

No 3



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COACHING

DEVELOPMENT

THE MAGAZINE OF THE

BCU COACHING

SCHEME

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EDITORS

John & Mo Adams
29 Birchfield Rd.,
Northampton.
NN1 4RF
(0604) 716717

CIRCULATION

Attention of Mr. O.J. Cock,
Flexel House,
45-47 High Street,
Addlestone,
Weybridge, Surrey.

CoDe is circulated free of charge to all members of the coaching scheme. It is also available to Assistant (Trainee) Instructors who send stamped addressed envelopes (9" x 4") to Oliver at headquarters. The views expressed in CoDe are those of the members and are not necessarily the policy of the National Coaching and Development Committee or of the Council of the British Canoe Union.

EDITORIAL

PARODY AND TRAGEDY

The spring is sprung, the grass is ris,
I wonder how our council is?
The members say it ought
To represent our sport!
And so it would;
If you had voted, as you should.

The above ditty is a parody and not very good at that. I appologise if it jars your literary ear - I do not appologise if its message jars your conscience.

The election results were a tragedy and not even newsworthy. Most people that I have spoken to have appologised to ME for not sending in their vote: because I am the editor they assume that it affects me more than them. However the people that are really taking it hard are the coaching nominees. They wanted to put even more into canoeing and now, through apathy, they feel rejected and dejected. If you don't support your leaders; eventually they quit. So, if in December you don't feel like being one who leads, at least spare the time to vote for those who do.

Canoe Cops. On our busier rivers it seems that it is not only anglers who become annoyed with canoeing groups. Other groups of canoeists and their organisers can get a bit hot under the collar when an outsider uses "their" favourite bit of local water. The aggro is likely to increase even more if examiners burst onto the scene firing off "pass" and "fail" certificates to all the locals. (Buster Keaton would have done it beautifully). The answer is very simple, and only good manners when you think about it - let the L.C.O. or A.C.O. know what your plans are - you might even get some help into the bargain.

Particularly with the advent of Federalisation the crossing of National boundaries will require a considerate approach; after all, we are not going national as a prelude to pitched battle - not the way I read it anyway!

Apologies. We are sorry that there was an error in CoDe No. 2 regarding the Coaching nominee to Council. Geof Good has taken this position for a further year - not Colin Mortlock.

Canoeing versus When Mo and I agreed to take on the job of editing and producing CoDe both parties, that is us and the N.C.D.C. agreed to give it a year and then see how things were shaping up. As far as we can tell the N.C.D.C. is quite happy, well they aren't complaining; but here at home we are beginning to feel the strain. Having given about ten years to canoeing we now feel that we must give our time to our home and family.

With three editions of CoDe under our belts it has become obvious that the job must be split up to involve more people. The obvious split is between editing and printing, and with this in mind we are looking for two separate teams of people to continue the production of CoDe. There will, of course, have to be close liason between the teams but we are sure that this is the best way of ensuring continuous production over the next few years.

If you think you can spare enough time to have a go at one of these jobs (or even both) please contact Caryl Quaife, 70 Coopers Rd., Handsworth Wood, Birmingham B20 2JX.

As a final word we would like to thank all the various contributors of letters and articles without whom CoDe would not exist. We have enjoyed putting it all together and feel a little guilty that we are opting out after only a year, but when it comes to the crunch, the family must come first, even before canoeing.

P.S. Please keep on sending us copy which we will pass on to our successors.

COMMITTEE NOTES

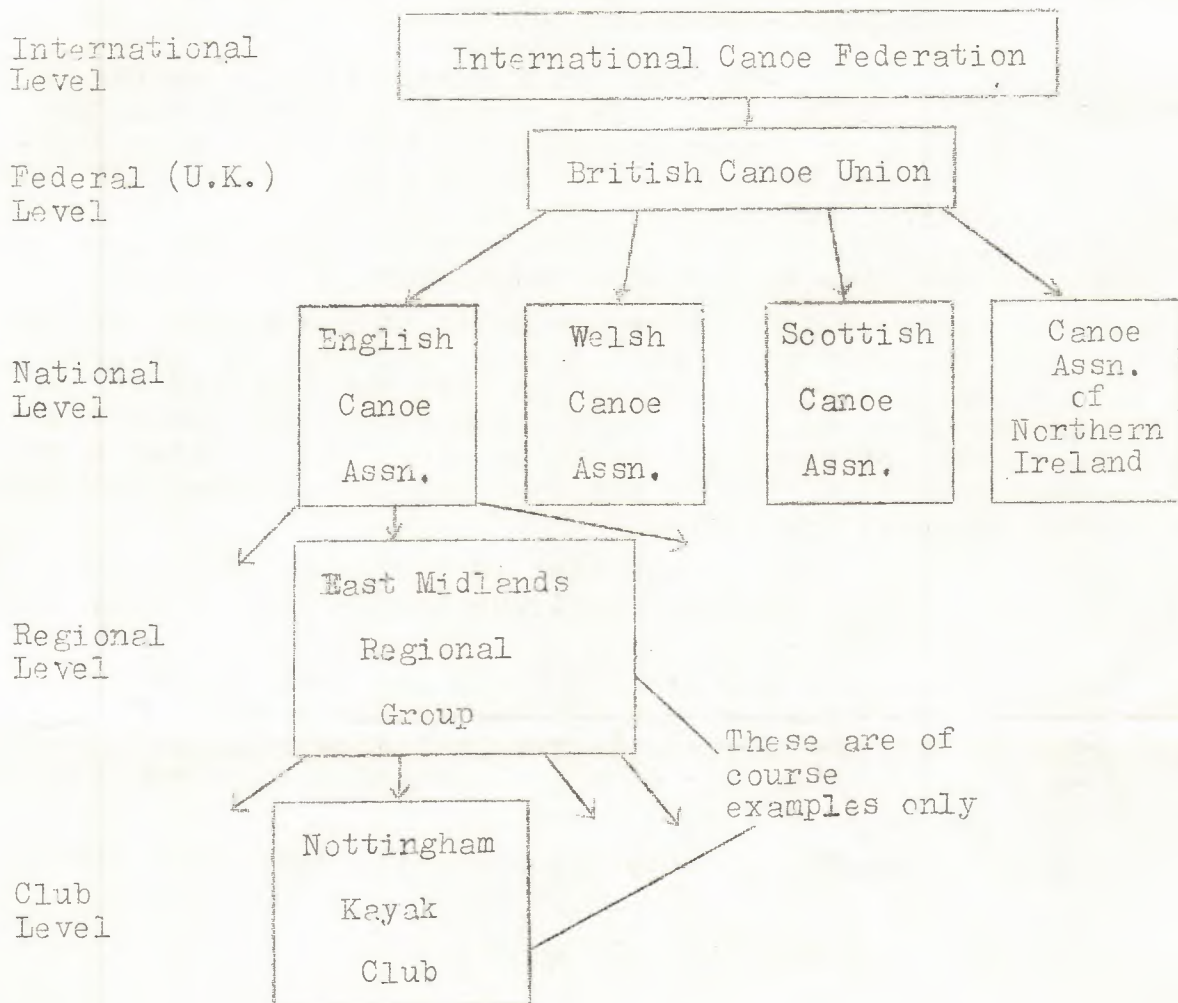
Teacher/Leader Award Following all your letters containing many ideas about a Teacher/Leader Award a joint working party from the B.C.U. and the B.S.C.A. has been charged with the task of producing a paper by September for deliberation by the N.C.D.C. in October. (I am sending all the letters I have received to Oliver; if you have any more ideas, send them to Oliver for inclusion in the melting pot.) Ed.

Access Graham Lyon reminded the committee that the Sports Council policy now excluded grant aid for exclusive use water projects. (What hope Holme Piere Pont Slalom course now. Ed.) So if you know of an angling club who are hoping for a grant on a scheme which will exclude other water users, let the Sports Council know that the game is not being played quite straight. Your A.C.O. is probably the one to start or stop the ball rolling.

Council Meetings Following the broadside to Council at the previous N.C.D.C. meeting we now learn that normally the Council minutes are not confidential although the discussion leading to a minute is. As circulation would be so expensive they will not be published (they would also bore you to tears) however extracts can be safely included in any journal that wishes to print them.

CHAIRMAN'S CORNER

The big issue of the moment is **FEDERALISATION**. There is some doubt on what this is all about and there is a great deal of confusion in terminology. I hope that the diagram will show the basic structure that is being debated and that it clarifies the meanings of the various terms.



It is very important that we make the right decisions if we are to safeguard the development of the Coaching Scheme and the service it gives to the paddlers. Your participation in this process is strongly encouraged.

The N.C.D.C. has just minuted the following resolution, which will be passed up to the B.C.U. Council:

"The N.C.D.C. expresses the strong wish that its tests and awards, which are operated on a British basis with co-operation from members throughout the United Kingdom will continue to be a United Kingdom structure after Federalisation."

I hope that this will make it very clear the line that the N.C.D.C. is taking. A working party has been set up comprising of nominated representatives from Scotland, Wales and Northern Ireland, Oliver Cock, Graham Lyon and myself. The working party will operate mainly by telephone and correspondence, but Oliver will be visiting all countries to discuss the matter locally: we have been instructed by the N.C.D.C. to consult widely and will be doing so. In fact that is what I am doing now!

An early matter to be resolved is the Committee structure. It seems probable that there will be a Federal Coaching and Development Committee, but do we also want National Committees? Scotland already has such a Committee and Wales is setting one up: this is a clear indication that this will be the pattern after Federalisation. What we have to decide is how these levels of Committee are constituted and what types of business should be transacted at each level. We need YOUR views urgently on these two points.

May I underline that the working party is keeping a very open mind at this stage! We are also acutely aware of the tendency to set up more and more committees in the name of democracy, which unfortunately causes more paddlers to be kept away from their canoes for longer periods! It has already got to the stage that quite a number of representatives to the N.C.D.C. could not attend the last meeting as it clashed with other meetings and some representatives were only present for half the meeting. This reduces the effectiveness of meetings which is highly undesirable: I would very much appreciate your views on the proliferation of committees and the alternatives.

If we get this right, we shall have a satisfactory structure within which to operate in providing a service for the paddlers. If we fail we shall find ourselves dissipating our energies in argument to the severe detriment of the job the Coaching Scheme was set up to do.

I hope I can look forward to a spate of ideas!

Carel Quaife,
Chairman N.C.D.C.
70, Coopers Road,
Birmingham B20 2JX.

JAWS

There is an increasing interest these days in Adult learn to Swim classes. Good, you may say, this means fewer potential candidates for one's attention during the summer months; but unknown dangers await the unsuspecting swimming instructor even in a shallow pool. I will relate to you an incident which happened to a friend of mine.

He was helping a dear old soul across the shallow end of the pool holding her straps and gently cooing words of encouragement as was his wont on these occasions, while at the same time walking backward across the pool.

Practising the breast stroke leg action while holding the rail, which he was approaching, was what can only be described as a "Big Woman"-another member of his class.

He reached this Amazonian creature just as she had her legs outstretched and astride - ready to close them swiftly once more. He walked backwards unsuspectingly into this well sprung trap, now, as I said before she was a "Big Woman" and very powerful about the legs which she closed with terrifying force and accuracy. He was hurt.

I can now imagine how a poor walnut feels as the nutcrackers descend on it. If you ever give swimming instruction, be warned: there seem to be lots of these "Big Women" about and quite a lot of them want to learn how to swim!

John Brice,
Surf Life Saving Magazine.

POSTBAG

Dear Editor,

Enhancement to Instructor/Coach Training Courses.

When people first attend a training course for Senior Instructor they can be at vastly different levels to one another. The staff have a hard job running an integrated course for this "mixed bunch". I think we could improve the training weekend by appraising the trainee & generating a written action plan at the end of the weekend for each trainee. One copy would be given to the trainee to keep in his log book and the other copy sent to the A.C.O. along with form A 12. The A.C.O. could then brief the trainees "mentor" as to the points needing extra care during the interval between training and assessment. An organised written action plan could go far in helping both trainee and A.C.O. before assessment.

Yours sincerely,

Pete Wood (A.C.O. West Country)

Dear Editor,

Further to the articles and letter in CoDe No.2 about the Assessment of Senior Instructors may I tell you of my experiences.

I became interested in canoeing when aged 50, took the proficiency tests to satisfy myself. Realised that advanced tests were beyond me and settled back to enjoy a new sport.

I was persuaded to take a S.I. training weekend. I was told that I was too old to achieve the standard of personal skill needed. I had just re-passed my R.L.S.S. bronze after nearly 40 years!!

I persevered however and although failed several times I got to the Assessment. Of the some 7 hours on the water, basic strokes and rescues lasted an hour, personal skill in fast water took up the rest. I failed, fair enough, but two professional teachers passed, neither of whom could do a singlehanded rescue in still water. (Their Colorado Hooks were good though).

I think that the existing scheme is O.K. provided that the standards are uniform throughout. Surely a Senior Instructor is one who is qualified to teach and examine up to Proficiency level. (I don't think that one has to be a super swimmer to get the R.L.S.S. bronze). Provided that every part of the Proficiency can be taught and performed well that is enough personal skill. General experience, general knowledge, and a bit of First Aid etc can be tested ashore.

The poor old man who failed.

Ed. Note We have since heard that "the poor old man" has passed his S.I. - Congratulations.

Dear John,

I see we are still getting criticism of the coaching scheme and you ask for more!

Most of the complaints seem to favour a lower level of award: This seems neither healthy nor desirable. I cannot accept that "old dear" over 35 are incapable of reaching S.I. levels of performance,

nor that one must be a "super swimmer" for the R.L.S.S. Bronze; let alone the B.C.U. lifesaving badge.

I have only one major alteration to suggest to the COACHING qualifications; (in my worthless opinion the proficiency awards are well spaced and at the correct level when assessed correctly). This is as follows:-

- a. The current title SENIOR Instructor has nothing to be senior to.
- b. The jump between S.I. and coach is quite a large one.. So why not regrade existing and future "one skill" S.I.'s as Instructors and require passes at both Sea and Inland award for SENIOR Instructors. The new S.I. might also require a higher lifesaving award or a 1st sid award as well.

This would result in a broader experience and would naturally give the person concerned something to aim for past the basic award which, having achieved it, might spur him to go on to Coach level. This would obviously strengthen the coaching scheme and give us people with the higher awards and experience that we currently appear to lack. So where is the objection? If it's just that we lose a few people who don't have the ability or the inclination to acquire it, I feel we have lost very little. If this last comment seems a little arrogant, I apologise and would assure you that I am neither a "Super swimmer" or one with "Divisional slalomist" ability. - Far from it; I am also very aware of the important role played by less experienced people in clubs throughout the country. But I think we should also consider Olivers' favourite question, "What would you tell the coroner?"

If that's an over cautious attitude, I can live with it.

Yours sincerely,

Tony Mullinger.

Dear Editors,

I enjoyed reading the letters and articles in the Nov '77 issue of CoDe. Several struck an old familiar chord; that of fitness for canoeing leadership.

I too came into the Coaching Scheme when there were INSTRUCTORS and then SENIOR INSTRUCTORS. I also had a background of messing about in small craft in blissful ignorance of all the benefits of things like wearing helmets except when bullets were flying about!

One could be forgiven for thinking that the Coaching Scheme only dealt with the problems of teachers after reading pages 6 & 7 but after reading Postbag my faith in the wider following was restored.

I am a voluntary youth leader but not within the education system and therefore see more of the problems facing other voluntary leaders. In the ten years or so as a Senior Instructor I have seen many candidates for the instructor awards fail for reasons of a mismatch in that some could canoe and not teach and others could teach but not canoe with any conviction.

I remember two particularly, the first a policeman who leads the local official police sub aqua team and is a R.L.S.S. examiner; the second an experienced hill walker and L.D. paddler who accompanied me during a few hundred racing miles in K2 and class 4. Their different experiences and characteristics made them ideal leaders but failures as Instructors by B.C.U. definition.

I would have trusted my life with either of them which is more than I can say for some who have recently qualified.

An Instructor should be one who can pass on, by teaching and example, the skills of the sport and should remain so.

The matter of mature leadership is something else.

I believe that there is a need for a category within the Coaching Scheme that makes use of mature leaders who otherwise will be unable to contribute officially even when anxious to do so.

Yours sincerely,

Brian Sacree.

L.C.O. Wiltshire. R.Martin, 4 Spring Gdns. Stradbroke Bratton, :
Nr Westbury.

L.C.O. Plymouth Area. I.Rouse, 352 Wolseley Rd., Plymouth.

L.C.O. Staffordshire. Vacant.

L.C.O. Humberside. Miss A.Fredrick, 10 Sycamore Ct., Pearson Park,
Hull, HU5 2UL

L.C.O. Bedford. D.Harper, 15 Highfield Rd., Oakley, Beds.

L.C.O. Suffolk. Vacant.

A.C.O. Northern Ireland. R.Rowe, Runkerry Centre, Bushmills,
Co. Antrim.

Scotland Coaching Sec. W.Kersel, 3 Relugas Gdns. Edinburgh E.H9 2PU

A.C.O. Highland R. W.Bruce, 20 Weir Cres., Milton, Wick, Caithness.

A.C.O. Central R. D.Stewart, 6 Torry Drive, Alva, Clacks.

A.C.O. Grampian R. A.Manwell, 2 Kildrummy Road, Aberdeen.

A.C.O. Tayside/Perths. A.C.ook, Muir of Lownie, Kingsmuir, by Angus
Angus.

A.C.O. Fife. E.Rees, 56 Balbedie Ave., Lochore, Fife.

A.C.O. Lothians R. Miss C.Tringham, 88 St. Stephen St., Edinburg.

A.C.O. Strathclyde. H.Kerr, Heathfield, Horsewood Road, Bridge of
Weir, Renfrews.

A.C.O. Borders R. J.Pearson, 9 Bounaries, Jedburgh.

A.C.O. Strathclyde (East) Mrs. L. Cairns, 2 Calder Ave., Caldercruix
by Airdrie, Lanarks

Wales L.C.O. Gwent. A.Baker 20 Larkfield Close, Caerleon.

L.C.O. Mid-Glam. H.Hughes, "Newlands" St. Brides Major, Bridgend.

C.O.C.L.G. J.Travers, Flat 9, 26 Dartmouth Rd., Forest Hill. S.E.23

3XU

Touring Sea. J.J.Ramwell, 32 Glebe Road, West Perry, Huntingdon, Cambs.

Observer for the P3 Association. John Fazey, Carnegie School of P.E.

Leeds Polytechnic, Beckett Park, Leeds, LS 6 3OS

Wild Water. W.Fraser, 27 Marshall Terrace, Crossgates, Leeds 15

LATEST DISTRESS SIGNAL

Pinpoint Red Mk. .6. A hand-held flaredesigned to withstand exceptional environmental exposure & to perform reliably under extreme conditions. The flare is encased in a steel sube to eliminate risk of damage from burying ashes. For greater operational comfort & safety, it is fitted with a twist & strike firing mechanism integral with the handle. Additional features of this signal are that waterproofing is achieved without the use of sealing tapes, hence easier operation, and once ignited the flare will continue to operate during immersion.

Specification -Performance : Burns for 60 secs at a minimum of
15,000 candela.

Dimensions : 35mm (diam) x 245.5mm (length)

Weight : 260g.

COACHING CALENDAR

Additions to courses published in CoDe NO. 2

Proficiency Courses, Inland.

April	22-23	Kingston	5	Sept	29-	Ravens Ait	6 Te
July	15-16	Guildford	5		Oct 1		
Sept	17	Guildford	5Te				
July	4- 7	Ravens Ait	6				

Proficiency Courses, Sea.

April	29-30	St Austell	7Te	Sept	2	Nr Plymouth	9 Te
May	6	Newquay	8Te				

Advanced Inland Training and Assessment

Dec	8-10	Wales	5	Oct	27-29	Staunton on Wye	4
				Dec	1- 3	Staunton on Wye	4

Advanced Training and Assessment Sea.

April	21-23	Plymouth	10	June	1- 4	Nt. Devon	9 Te
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Senior Instructor Training, Inland.

April	21-23	Ravens Ait	6	July	1- 2	Lincoln	15
April	21-23	Longridge	11	Sept	29-		
May	26-28	Leicester	12		Oct 1	Longridge	11
June	1; 8;	Staunton-on	13	Oct	13-15	Leicester	12
	15; 22; 24;	-Wye		Oct	7- 9	Ravens Ait	6
July	7- 9	Henley-on	14	Nov	10-12	Staunton-on-Wye	13
		Thames		Nov	24-26	Ashburton	17

Senior Instructor Training Sea.

April	14-16	Polzeath	7	Sept	29-	Plymouth	17
May	26-28	Penzance	16		Oct 1		
April	21-23	Plymouth	10	Nov	24-26	Ashburton	17

Senior Instructor Assessment Inland

June	16-18	Leicester	12	Oct	7- 9	Ravens Ait	6
July	7- 9	Henley on	14	Nov	10-12	Staunton on	13
		Thames				Wye	
Sept	29-			Nov	24-26	Ashburton	17
	Oct 1	Leicester	12				
Sept	29-			April	21-23	Longridge	11
	Oct 1	Longridge	11				

Senior Instructor Assessment Sea

May	26-28	Penzance	16	Nov	24-26	Ashburton	17
Sept	29-	Plymouth	17				
	Oct 1						

Corps C/Lifeguard Training Course

May	12-14	Pentewan	3
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Coach Training Inland

Oct 27-29 Staunton on Wye 4

Coach Assessment Inland

Dec 1- 3 Staunton on Wye 4

Rolling Courses

Tuesday until May Fulham 1

Slalom Appreciation Course for Senior Instructors

Nov 4- 5 To be arranged. 5

Canoe Building

April	18- 9	Longridge	11	Sept	30-	Longridge	11
May	20-21	"	11		Oct 1		
June	10-11	"	11	Oct	14-15	"	11
				Nov	11-12	"	11

Coaching Addresses

1. S.F. Holtorp, 54 Claygate Lane, Hinchley Wood, Esher, Surrey.
- 2.
3. B. Sheen, 92 Par Green. Par. Cornwall.
4. G. McGladdery, The Youth Hostel, Staunton-on-Wye, Herefordshire
5. J.M. Gray, 11 Prairie Road, Addlestone, Weybridge, Surrey.
6. Ravens Ait, Surbiton, Surrey.
7. J. Kuyser, Kozee Kott, Menear Rd., St. Austell, Cornwall.
8. F. Perry, 8 Alverton Court, Mitchell Hill, Truro, Cornwall.
9. M. Fennessy, 66 Lulworth Drive, Roborough, Plymouth.
10. R. Mason, Northward Farm, Bere Alston, Yelverton, Plymouth.
11. The National Scout Boating Centre, Longridge, Quarry Wood Rd., Marlow, Bucks.
12. N. Mathews, Leicestershire Outdoor Pursuits Centre, Loughborough Road, Leicester.
13. See No. 4
14. P. W. Holloway, 6 Kit Lane, Checkendon, Reading, RG68 0YT
15. P. Thorne, 4 Lindum Road, Lincoln LN2 1NU
16. C. Scott, Boscolla House, Newmill, Truro Cornwall
17. R. Moore, Mill Ford School, Ernesettle, Plymouth

POSTSCRIPT - LATE ENTRIES

Training and Assessment (Sea) April 28th - 30th; Oct. 27th - 29th.
M. Hodgson, Youth Activities Centre, Knightsdale Rd., Weymouth, Dorset.

Coach Training; S.I. Training & Assessment. 22nd -23rd July.
See No 5 above.

S.I. Training & Assessment 5th May. P. Holloway see No 14 above.

Training course for those wishing to teach the disabled. 23rd -29th.
July. See No 17 above.

Bisham Abbey National Sports Centre, Marlow, Bucks. A number of 3 day non-residential courses for young beginners (12-17) Throughout July and August.

NATIONAL COACHES 'UNIVERSITY'

The British Association of National Coaches arranged a course at the National Sports Centre at Bisham Abbey with the assistance of the Sports Council and the principal patron of B.A.N.C., A.D.I.D.A.S.

The course was broken into several sections and members were invited to join any two of them. The sections included:

Physiology, both Basic and Advanced, by Dr John Humphreys, Principal Lecturer in Exercise Physiology at Carnegie School of P.T.

Psychology, both Basic and Advanced, by Professor John Whiting and Mr. David Tyldesley, both of Vrije Universiteit, Amsterdam. (Mr. Tyldesley has been a member of the Coaching Scheme.)

Business Management, by Mr. Bob MacEwen, a company chairman and director, and international Rugby cap.

Yours faithfully plonked for Advanced Psychology, and Business Management, the latter as he was distinctly rusty on his qualification as a Chartered Engineer.

He found both his courses of very great value indeed, and he was very sorry that he was the only canoe coach present. Other National coaches are at least associate members; but it is appreciated that it is not easy for ordinary mortals with ordinary jobs to take a week off to attend courses of this sort. But it is a pity.

Bob MacEwen's lectures turned out to be of more than ordinary interest, especially in view of the great changes that are about to take place in the world of the B.C.U. He took as his theme "An accident-prone company and how to put it right" which in any case is his particular field in Industry. All the members of his group fell to looking at their own organisations, and we found ourselves singularly in agreement in our opinions. I think it left us all wondering - including Bob - where on earth British sport, including the Sports Council, C.C.P.R. and governing bodies, was going to end up. However, we did feel that if only a few of us could get the message over, even if only in some dark corner, the light of day may yet break through.

Oliver Cook.

GREENLAND EXPEDITION

The North Wales Kayak Expedition to North West Greenland. An illustrated lecture of a journey by sea kayak to round the 'Cape Horn of the North' and to study the Polar Eskimos with their kayaks, by leader Mike Jaques F.R.G.S. 1 Plex Lane, Hadnall, Shrewsbury. Tel. Hadnall 489. Also expedition reports 75p. plus S.A.T.

WANTED

Senior Instructor required to teach basic skills and rolling to young people in Woking, Surrey. Tel. Jack Temple Byfleet 42429.

POSTBAG LATE EXTRA

Dear Sir & Madam,

The retirement of Red Rum from steeplechasing brings home to me that horses are not the only creatures who may be forced to give up what they are best at whilst still appearing to be in good shape.

There are an increasing number of canoeists who, having been involved in the Coaching Scheme since its early days, are now reaching or have reached, a time in their lives when the spirit is willing but the flesh is becoming sluggish. The winter reduction in activity produces folds 'twixt chest and thigh which makes the canoe cockpit seem a snugger fit in the spring. These are the early signs that the coach and S.I. must accept as inevitable and realise that the days of advanced and adventurous canoeing are approaching their end. The ability to cope with advanced water and teach advanced canoeing techniques and skills become difficult. Later the same difficulty occurs in teaching at S.I. level. So as the years go by the "Senior Citizens" of the Coaching Scheme find their active canoeing becoming more and more restricted, and the thought begins to arise in their minds "of what further use can we be to the sport which has given us so much for so long?".

The introduction of the S.I. Award cleared the Scheme of much of the dead wood, but alsomany elder brethren and so lost a number of very knowledgeable and experienced canoeists. I would suggest that the quality of instructuin in the Coaching Scheme has never been higher than it is to-day, but can canoeing afford to lose people with many, many years experience? Should the N.C.D.C. not consider introducing an appointment (not an award) of "Consultant", "Lecturer", "Organiser" in order not to waste the expertise of these long serving but less active Coaches and S.I.s?

I would like to refer to your correspondence in CoDe No 2 Nov 77 issue letter number one. Who is this young person G. Hammond who seems to think that canoeists of 35 + are too old to become S.I.s? After more than 10 years as an Instructor I re-assessed as S.I. inland and sea at the age of 57. It is a great pity if G.H. imagines that canoeing promotes premature senility and he will lose much of the pleasure of the sport if he gives up being active before he is 50.

Yours faithfully,

Jack Travers.

S.I. (Inland & Sea)
Caairman C.O.C.L.G.
Instructor I.L.F. Panel.
Chief Instructor Borough
of Croydon Scouts.

(and still active).

APPOINTMENT OF NATIONAL COMPETITION COACHES

A For RACING & MARATHON

B for SLALOM

Applications are invited for the following two positions:-

- A A National Coach to organise the Competition Coaches (Racing) Scheme in order that Racing and Marathon paddlers at all levels may be provided with sufficient qualified coaches and instructors.
- B A National Coach to organise the Competition Coaches (Slalom) Scheme in order that Slalom paddlers at all levels may be provided with sufficient qualified coaches and instructors.

Such National Coaches will be expected to attend conferences held in connection with their work. (At present these are held annually.)

The successful candidates will be expected to make positive contributions to the formulations of the policies for the Schemes as laid down. They will be expected to maintain close contact with the Racing & Marathon discipline on the one hand, and with the slalom discipline on the other in the execution of their duties.

These part-time appointments are honorary: but the successful candidates will each receive £500.00 per annum as a contribution towards his expenses. Any fees which he may earn as a result of the appointment will in no way effect the above arrangements. Each will be responsible to the B.C.U. Council through the Director of Coaching and the National Coaching and Development Committee.

APPLICATIONS

No application forms are being issued.

Letters of application, which should include a summary of relevant experience and qualification, together with the names and addresses of two persons to whom reference may be made, should be sent to:-

The Chairman,
B.C.U. National Coaching & Development Committee
70 Coopers Road,
Handsworth Wood,
Birmingham, B20 2JX

SHORT THOUGHTS

All the brains in the world are of no avail against a piece of stupidity that is currently in fashion.

Theodor Fontane
(Reader's Digest Dec. '77)

Rules are made for fools to follow and wise men to break.

M. McIlvoy.

FINAL PAGECOACHING SCHEME FEES AND PRICE LIST (Valid until 30th November 1978)TESTS

STAR Tests. There is NO charge for the test itself. Successful Candidates are given a form by the examiner, by which they may apply to purchase a Certificate and a Cloth Badge, and also for B.C.U. Membership if they so wish.

PRICE FOR CERTIFICATE	25p	} whether B.C.U. member or not.
" " BADGE	25p	

<u>OTHER TESTS</u>	<u>Members</u>	<u>Non-Members</u>
Proficiency	.50	1.00
Life Saving	.50	1.00
Advanced	1.00	1.50

AWARDS

Senior Instructor and Coach	1.50
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BADGES

Proficiency Cloth Badge	.60	.60
Life Saving Cloth Badge	.60	.60
Metal lapel Badge (Bronze, Silver or Gold)	.40	.40
Cloth Blazer Badge (S.I., Coach, Senior Coach or Comp. Coach)	.80	
Waterproof sew-on Badge (S.I. only) (Green on white, logo design suitable for track suits etc.)	.55	
Silver Wire Badge.	2.52	

COACHING TIES (Award holders only)	2.25
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LOG BOOKS	.50	.60
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COACHING HANDBOOKS	2.45	2.95
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COACHING SCHEME JAKETS

Now made of 5oz RLD nylon with blue & white stripes round the upper arm and chest (white only). Chest measurement should be taken OVER NORMAL CLOTHING CLOTHES. All seams are PROOFED. Choice of cuffs - VELCRO or NEOPRENE. Hood is optional. Price for all sizes: £8.90 Patch pocket to right hand: 75p extra.

All prices include V.A.T. and postage and packing (where necessary)

Please address all orders to the Coaching Office, and allow 28 days for delivery. Cheques and postal orders should be made payable to the British Canoe Union, and crossed.

RECOMMENDED SCALE OF MINIMUM FEES

(a) Senior Coach or Coach	:	£10 per day for the first 2 days £ 8 per day thereafter.
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(b) Senior Instructors	:	£ 6 and 24 as above.
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(c) <u>ALL</u>	:	£ 4 minimum for lectures, with or without slides and co.
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PLEASE NOTE NEW ADDRESS:

Flexal House,
45-47 High St.,
Addlestone,
Weybridge, Surrey.