

CoDe

COACHING DEVELOPMENT

NUMBER 4

December 1978



The Magazine of the BCU Coaching Scheme

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CoDe

COACHING DEVELOPMENT

THE MAGAZINE OF THE BCU COACHING SCHEME

EDITORIAL

It is with a great deal of excitement, and not a little trepidation, that I pen this, my first editorial, for CoDe Magazine. My knowledge of editing is only exceeded by my experience in brain surgery, and I trust all you good readers will bear with me whilst I climb the rather rickety ladder of journalistic expertise. Suffice to say that my aims and ambitions are to carry on with the sterling work of my predecessors, John and Mo Adams, to whom we all owe a great deal of thanks. For my part I shall do my best to cajole, wheedle and beguile as much material for these pages as possible from every imaginable and unimaginable source. This magazine is the periodic voice of the Coaching Scheme, and at present it only speaks three or four times a year. What it has to say, therefore, should be of sufficient significance to stimulate thoughts, words and hopefully deeds, within the Coaching Scheme. Good material is vital for such an ideal, and at present this is sadly lacking. It is in the area of coaching thought and expression that I see CoDe best serving the Coaching Scheme and its members, and there are many amongst us who could be contributing an enormous amount.

The life-blood of a Coaching Scheme such as ours is intercourse; the presentation, exchange and comparison of thoughts and ideas, this begets uniformity of purpose, and the purpose of our Coaching Scheme is to promote and coach the sport of canoeing.

I have had the good fortune to take over as Editor of CoDe at a very significant point in its life. The Editor will no longer have, coupled to the task of editing, the unenviable, arm wrenching job of actually duplicating the magazine. In future CoDe will be printed professionally. I am certain that the resultant improvement in format and readability will enhance the magazine considerably, and may even draw out the latent author that is lurking, unsuspected, in many of your breasts. This new format is entirely due to the efforts of Oliver Cock and Bob Gray, both of whom should be applauded for their efforts. I can only breathe a sigh of relief as this means that my already weary paddling arm will not have to wreak vengeance and chaos upon a duplicating machine.

This, the first of the new issues of CoDe would seem to be an ideal juncture for taking a fresh look at our Coaching Magazine, an ideal opportunity to improve upon the sound foundations laid by those who have sat in the editorial chair in the past. Let's try and produce a magazine that is stimulating, informative, amusing and above all enjoyable to read. This is as much your responsibility as it is mine between us we should come up with something worthwhile.

Forthcoming Elections. Council elections are coming off shortly this is our chance to give the Coaching Scheme a voice within the Executive. Geoff Saunders is up for re-election as Chairman of the BCU Council, a job he has already proved very capable of handling. Geoff's long association with the field of coaching and many other aspects of canoeing enable him to appraise current issues with an experienced eye. The Coaching Scheme would surely benefit from his re-election. Carel Quaife is up for election to Council. Carel has been canoeing for 25 years and during this time he has competed in sprint, marathon and slalom competitions. He was ACO for the West Midlands for a number of years, and is currently the Chairman of the NCDC, and a very good one. There is no doubt that the Coaching Scheme would have an experienced and canny ambassador if Carel is elected. Geoff Good is also up for election to Council. Geoff needs little introduction, his knowledge and expertise are well known to all members of the Coaching Scheme and his depth of experience, and devotion to Coaching must make him an admirable candidate. Finally, Chris Hare has been appointed as Publicity Officer for the Coaching Scheme. He has the talent to do a good job, that certainly can't be denied, so let's support him and thus ourselves, by feeding him any newsworthy item in which a Coaching Scheme member is, or has been, involved.

The next issue of CoDe, assuming my editorial office is extended to two issues, will be at the end of February. So let's have your news and views, your jokes, articles and criticisms, or even the odd bit of juicy canoeing scandal - it'll all help!

Jim Hargreaves
Editor

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. Any material for the magazine should be forwarded at least one month before publication to:
Jim Hargreaves, Plas y Brenin National Centre for Mountain Activities, Capel Curig, Gwynedd, North Wales.

"CHAIRMAN'S CORNER"

I have just returned from a very eventful BCU National Coaching Conference and I was equally pleased three weeks ago after the NCDC meeting where a great deal of valuable work was reported and some important decisions made. I do feel that we are moving forward at an encouraging pace. When I was elected Chairman two years ago we undertook an in-depth review of the role and structure of our Coaching Scheme. With your help this task has now been completed and we have set our course ahead for the next few years. The major innovation is that we have drafted a set of rules for the Coaching Scheme, but as they have still to receive the formal approval of the BCU Council, details will have to await the next issue of CoDe. In broad terms these rules recognise the traditional method of operation but add to it an Annual Meeting of Delegates which will elect your Officers and be responsible for any rule changes. In addition the AMD will be an opportunity for delegates to discuss any matter and make recommendations to the NCDC. The first such meeting was held during the Conference last week-end and the rules recommended by the NCDC were approved with a few amendments. The result of the elections was that the existing NCDC Officers become the Officers of the Coaching Scheme: terms of office are two years but not all retire the same year, so myself as Chairman and Neil Shave as Treasurer will retire after one year and Nick Nicholls as Vice-Chairman will retire after two years. I sincerely hope that now this necessary task has been completed that we can direct all our energies to the primary work of coaching.

We are approaching the end of a very long chapter in the history of our Coaching Scheme as Oliver Cock has decided to retire as our Director of Coaching and Development on 1 January 1979. However, he has offered to continue, if necessary, to a later date if a successor has not been appointed by then. Oliver will remain with the BCU in the capacity of part-time Access Officer, which is an area in urgent need of such support. We have always known that there would have to come a time when the man who has done the most to create our scheme would hand over the reins, but it still comes as a blow to us all. I shall have a great deal more to say about Oliver's loyal and unselfish contribution to the sport on a more appropriate occasion in the future. The process will be initiated very shortly to seek applicants for the post of Director of Coaching and Development and I think that it is very important that we find a good successor who can build on all the work Oliver has done. If you would like to receive full details about the post as soon as they are available, please send me a stamped addressed envelope marked "D of C and D".

A major item at the Conference was a suggested improvement and expansion of the competition qualifications offered by our Coaching Scheme. A paper was submitted based on ideas Colin Gray circulated some six months ago and on recent discussions with the competitive disciplines. The paper was well received by the Conference and is now being circulated to the Competitions Liaison Committee so that the various disciplines can give their views on the detailed ideas. The main addition is a qualification aimed at those interested in introducing people to competition, and coaching them at the lower levels. Your Regional and Local Coaching Organisers have the full details so please debate the ideas at your panel meetings. We plan to collect all comments by the end of January 1979 so that, assuming that we have the competitors' support also, we can place final proposals before the NCDC at their next meeting on 10 March 1979. I am very optimistic that we have here a formula that will enable us to make great progress in 1979 towards providing a service to the competitive canoeist that is at least as good as the service currently given by the Coaching Scheme to the recreational canoeist.

May I wish you all a very happy Christmas and good canoeing in 1979.

Carel Quaife
70 Coopers Road, Handsowrth Wood, Birmingham B20 2JX.

BRITISH CANOE UNION COACHING AWARDS FOR COMPETITION

A Draft for Discussion

1. Bronze Competition Coach

1.1 This is aimed typically at those introducing paddlers to the lower levels of competition.

1.2 Conditions of entry and training for canoeists:

1.1.1 Be a BCU member 18 years of age or older

1.1.2 Be a BCU Trainee Instructor or a fully qualified member of the BCU Coaching Scheme (See also paragraph 4.4)

- 1.1.3 Attend a Competition Coaching course of one week-end or equivalent duration relevant to the discipline concerned covering:

Paddling skills and analysis
Rules and tactics
Equipment
Simple training programmes
Organisation and relevance of gym and weight training sessions
Coach/paddler relationships

- 1.3 There is no formal assessment at this level.

- 1.3.1 There will be a short written or oral test at the conclusion of the above course to check that candidates have achieved an adequate level of understanding. Candidates falling clearly short of this basic understanding may be required to repeat the course.

- 1.3.1 Certificates will be issued as soon as all conditions of entry and training have been fulfilled.

2. Silver Competition Coach

- 2.1 This is aimed typically at those regularly involved in competition coaching within clubs with a serious competition interest.

- 2.2 Conditions of entry and training for candidates:

- 2.2.1 Be a BCU member 18 years of age or older.

- 2.2.2 Be a BCU Senior Instructor. (See also paragraph 4.4)

- 2.2.3 Attend a general Competition Coaching course of one week-end or equivalent duration relevant to all disciplines covering:

Techniques for skills analysis
Training programmes and peaking
Physiology of exercise
Cardiovascular training
Action of muscle and muscle and strength training
Diet
Tests and measurements
Basic psychology and motivation
Coach/paddler relationships and personality

- 2.2.4 Gain experience on an informal basis relevant to the discipline concerned. Candidates should contact their Regional Coaching Organiser and the relevant National Competition Coach for details of opportunities which will include:

Seminars for potential coaches at competitions
Training schedules and published data
Discussions with more experienced coaches

- 2.3 Candidates who have satisfied all conditions of entry and training are eligible to attend an assessment of one week-end duration. This will consist of:

- 2.3.1 A written examination which may be held on or before the assessment week-end

- 2.3.2 A practical coaching test on specific aspects of the syllabus

- 2.3.3 An oral examination

3. Gold Competition Coach

- 3.1 This is aimed typically at those coaching competitors at national or international level.

- 3.2 Conditions of entry and training for candidates:

- 3.2.1 Be a BCU member 18 years of age or older.

- 3.2.2 Be a BCU Senior Instructor. (See also paragraph 4.4)

- 3.2.3 Be involved in coaching competitors at national or international level in the discipline concerned.
- 3.2.4 Gain experience and knowledge on an informal basis relevant to the discipline concerned. Interested persons should maintain contact with the Director of Coaching and the National Team Coach in the discipline concerned so as to receive details of opportunities which arise.
- 3.3 Candidates who consider they have satisfied the conditions of entry and training should apply to the Director of Coaching for appointment. The application will be considered by an appointment board set up jointly by the National Coaching and Development Committee and the Competition Committee concerned.
4. General Notes
- 4.1 The above levels are designed as a progression for people coming into competition coaching though they can enter the scheme at any level.
- 4.2 There are separate awards at each level for each competition discipline. Award titles include the discipline concerned as a suffix.
- 4.3 Successful candidates at the Silver and Gold levels will be issued with a certificate relevant to the discipline concerned. It will be valid for five years from 31 October following the assessment or appointment date. It can be re-validated for further five year periods provided that the award holder submits a log of his/her competition coaching activity to the Director of Coaching to show that he/she has kept up with developments in the sport and that he/she is still actively coaching.
- 4.4 There may be cases where high ranking competitors or those already coaching competitors wish to obtain a formal qualification, but need to avoid the time commitment to become a BCU Trainee Instructor or BCU Senior Instructor as the case may be. The Director of Coaching has power to waive this requirement subject to receiving satisfactory references in relation to the exemption sought.
- 4.5 Candidates for all awards will be required to pay a fee determined by the National Coaching and Development Committee.

STAR TESTS

Oliver Cock

After the initial distribution of papers, to all members of the Coaching Scheme, application for certificates and badges began to come in to Head Office at the beginning of June. Between then and the end of July we had issued just under 750 certificates, and we wrote a letter to our sponsors, Messrs. Roboserve, to say thank you. Some minor errors and omissions have been pointed out to us, that occur on the papers enclosed on the initial distribution, and we apologize for these. May we now put them straight.

Form S.T.1. As in all our tests, these tests are to be carried out on any stretch of outdoor, unheated water.

Form S.T.2. The error is in the Examiner status. Under the One Star Test, please delete "Trainee" and insert "Senior".

Some query has been raised because of a statement in our Form S.T.2., page 2, paragraph 8, where it says: "No setting down of paddle or holding on to spraycover on immersion." Some canoes do not have spraycovers, and some youngsters are being put through the One Star Test before they get as far as using spraycovers. Neither debars them from taking this initial test. Please re-phrase the sentence to read: "No setting down of paddle on immersion, or holding on to spraycover, if one is used."

None of these tests requires "Examiner" status

Fees and Prices. We appear to have caused some confusion by not printing these on any of the forms. This was done deliberately. Before inflation became so rampant they were printed on forms. Then, when inflation was in full swing, large numbers of forms arrived printed with out-of-date fees. As a result we decided that all fees and prices relative to the Coaching Scheme should be given on the Final Page of the Coaching Newsletter, CoDe, and that is where they are to be found.

NEW SAFETY GUIDELINES

Neil Shave

'As safe as houses' will never apply to canoeing. It is an adventure pasttime, and there can be no adventure without risk. We cannot, and should not, try to completely eradicate this risk, but we can bring it to an acceptable minimum. A small group of people - including the Director of Coaching and a Doctor - has been monitoring this situation, keeping in touch with such outside bodies as BSI and RoSPA, and investigating accidents from which lessons could be learned. Our sincere thanks for all their groundwork.

On the 20 October this group was constituted into an official committee - in fact, a sub-committee of the National Coaching and Development Committee. Its members are: Colin Mortlock (ACO Cumbria) as Chairman, Graham Lyon (ACO West Midlands), the Director of Coach and Development (Oliver Cock), Surgeon Captain Alex Davidson (Doctor), a representative from BCMA, co-opted members from the Corps of Canoe Life Guards, the Slalom, the White Water Racing, the Sprint and the Marathon Technical Committees, and myself (NCDC Treasurer) as Secretary.

We fully appreciate both the importance of any recommendations regarding safety, as well as the difficulties in putting forward proposals that can be acceptable to all disciplines of the sport. Several sensitive areas already guarantee heated discussion - not least of all the question of life-jackets and buoyancy aids, better known as flotation.

Our plan of action, therefore, is to offer a very general list of recommendations; in fact so general, that in places it is little more than a list of headings. Each heading, however, has a short narrative designed to stimulate thought and allow an instructor / coach to temper any decision with judgement and experience, rather than force him to follow any definite course of action. For those who feel in need of further information and direction, a set of comprehensive guidelines will be available.

The general recommendations approved by the NCDC at its meeting at Holme Pierrepont on 21/22 October are:

HELMETS

Canoe safety helmets should be used in all water situations where injuries to the head are a possibility.

DECK FITTINGS

Deck fittings on canoes should always be devoid of sharp edges and conducive to safety in the event of mishaps.

TOGGLES AND/OR END LOOPS

These should be fitted at the bow and stern of all canoes (any exceptions?). They should be of a suitable type and construction to provide minimum injury to the canoeist, and sited to provide maximum efficiency in the event of rescues. (Does not apply sprint/polo)

DECK LINES

Deck lines are necessary for all open water canoeing where a capsize could have serious consequences. They should be firmly secured, clear of the cockpit area, and provide maximum efficiency in the event of rescues.

SPRAYDECKS

When provided a spraycover should be fitted with a release becket or strap that allows the canoeist, in an emergency, to quickly remove the spraycover. The spraycover should also be capable of not collapsing inwards and of being removed efficiently without using the becket.

BUOYANCY

Canoes must be fitted with positive and fixed buoyancy. This should be placed so that, when full of water, the canoe will float in the normal horizontal position. For canoe journeys where capsize could have serious consequences then all space not taken up by gear and basic buoyancy in the bow and stern sections should be filled with extra fixed buoyancy.

FOOTRESTS

The design and construction of footrests should prevent the canoeist having his feet trapped beyond

the footrest in the event of a mishap.

COCKPITS

The design and construction of cockpit areas, and any fittings, must allow the canoeist to extract himself efficiently in the event of a capsize.

CONSTRUCTION OF CANOES

These should conform to the BCMA 'Code of Practice' (and subsequent BSI specification when this is determined).

You will note the omission of any reference to flotation. It is being left to you to help finally formulate this generally. The following might serve as an incomplete proposal:

FLOTATION

Life-jackets (to BSI 3595, 1969 standard) or Buoyancy Aids (to SBBNF/ICF standard) should be used for all outdoor canoeing. Life-jackets are recommended for all open water situations. Buoyancy Aids may be used for surfing, on rivers and for canoe polo. The decision as to which type of flotation is to be used must take into account all safety aspects of the particular situation and should be the decision of the BCU qualified leader.

The major task, however, is to produce detailed guidelines under each heading. Within - and associated with - the Coaching Scheme is a wealth of ideas, initiative and above all experience. Please let us benefit from this by helping to formulate these guidelines.

My role as general secretary also incorporates that of Investigations Secretary. This is primarily concerned with serious accidents. The task is to gather as much information as possible about the circumstances of the accident (from colleagues, eye witnesses, police, coastguards, coroner etc.) and compile our own report. From these reports will come a lesson that we can learn perhaps.

To summarise:

- please send your proposal for the general recommendation regarding flotation
- please send your suggestions for any of the detailed guidelines that will back up the general recommendations
- please send your ideas and questions, as well as information about accidents

All to me! And as soon as possible please, so that a comprehensive paper can be drawn up and agreed by us, and then presented to the next NCDC in March. Thank you.

Neil Shave,
92 Cassiobury Drive,
Watford WD1 3AQ,
Herts.

DO WE INSTRUCT - OR DO WE COACH?

G.C. Good

Is there a difference?

Recently I sat in on an assessment panel where quite a strong emphasis was placed upon the supposed difference. In order to determine principles it seems necessary to define our terms.

Some would go so far as to bring in a third factor - to 'teach' - implying a subtle, near mystical quality of using the process in an 'educational' way. This is of course very useful when endeavouring to persuade education authorities to part with funds for leisure purposes!

However, to define terms. According to the Oxford Concise Dictionary the following meanings apply:

COACH - 'private carriage' (?) - better try 'private tutor'; 'trainer of athletic team' etc.

EDUCATE - 'train'

INSTRUCT - 'teach'; inform'

TEACH - 'enable by instruction and training'

TRAIN - 'bring to desired state or standard of efficiency etc. by instruction and practice'

Strictly then I would submit that the terms are synonymous. However, I do believe that they have different meanings in a modern sport learning context, and would propose the following broad concepts.

An INSTRUCTOR is one who imparts to a beginner a basic set of skills. This will often be done in a prescribed way. The skills can be analysed, defined and applied generally. Differences in physique, intellect, co-ordination etc., whilst not being ignored, probably do not make a major difference in the way the skills are imparted - nor in the performance of those skills by the student.

It is important however to differentiate from a system of learning by rote, or numbers - as the military are sometimes accused of doing.

Once a tyro has acquired a certain schedule of skills, has practised them, and has gained confidence, he begins to develop a 'style'. It is here, I would suggest, that the COACH becomes involved.

A COACH is one who has the ability to take a paddler of a given standard and helps him to improve. The Coach looks at the paddler's total performance, and is able to identify which parts of the paddler's 'style' are conducive to his performance. He then helps the paddler to develop along lines best suited to his individual style. This could mean returning to first principles (basic technique) - but only if this is relevant to the individual's problem. The Coach has the ability to discern. It is taking cognisance of the individual's physique and mental make-up which are the main factors in the Coach's approach.

A sound knowledge of physiology, psychology and the performance and imparting of motor skills are thus essential to the Coach.

From this definition it will be seen that I believe our current system produces mainly INSTRUCTORS. Many of us who are called 'Coach' are more probably high grade 'instructors' with an organisational role, or perhaps we could be defined as 'Coach (Touring)'.

This in no way attempts to decry or denigrate the system. The main demand on the Scheme is for competent instructors. I would suggest that our system produces on average very good quality instructors who do an excellent, vital job - and many more are needed, and an agreement was made that full attention would be given in the future to the creation of a system to produce more.

Am I merely stating the obvious in the above hypothesis, or are there ramifications if this view is correct? I think there are, but would prefer others to contribute to the debate before developing the theme further.

QUICK QUIPS

Isn't it funny, when the other fellow takes a long time to do something, he's slow. When I take a long time to do something, I'm thorough. When the other fellow doesn't do it, he's lazy. When I don't do it, I'm busy. When the other fellow does it without being told, he's overstepping his bounds. When I go ahead and do it without being told, that's initiative. When the other fellow states his opinion strongly, he's obstinate. When I state my opinion strongly, I'm firm. When the other fellow overlooks a few rules of etiquette, he's rude. When I miss a few rules of etiquette, I'm doing my own thing.

- Tom Knight in READER'S DIGEST

Do you suppose that, from now on, all fairy tales will begin "Once upon a point in time"?

Herb Caen in SAN FRANCISCO CHRONICLE

COACHING CALENDAR 1979

Beginners Inland

March 31 Birmingham
R. Leadley, 70 Russell Bank Road, Four Oaks, Sutton Coldfield, West Midlands, B74 4RD.

Beginners Canadian

January 19-21 Plas y Brenin, N. Wales.
The Sports Council, (Dept.B), 70 Brompton Road, London SW3 1EX.

Proficiency Courses - Inland

February 24 Bath (Testing only)
P. C. Wood, 7 Sunnybank, Wick, Bristol BS15 5PL.

March 10 Llugwy, N. Wales.
Miss Celia Crowley, 3 Felin Isa, Llanrwst, Gwynedd.

March 16-18 Holt, Norfolk
A. Smith, Assistant County Youth Organiser, County Hall, Norwich.

Proficiency Courses - Canadian

February 24 Bath (Testing only)
P. C. Wood, 7 Sunnybank, Wick, Bristol BS15 5PL.

Advanced Training and Testing - Inland

January 20-21 Usk (Assessment only)
Miss Celia Crowley, 3 Felin Isa, Llanrwst, Gwynedd.

February 2 Ashburton
J. Choate, Little Ash, 21 Normandy Hill, St. Budeaux, Plymouth.

February 3-4 Plas y Brenin, N. Wales.
The Sports Council, (Dept.B), 70 Brompton Road, London SW3 1EX.

February 10-17 Plas y Brenin, N. Wales.
The Sports Council, (Dept.B), 70 Brompton Road, London SW3 1EX.

March 30/April 1 Calton, Northumberland
D. Hellawell, 79 Greenfield Drive, Orchard Estate, Eaglescliffe, Stockton-on-Tees, Cleveland.

Senior Instructor Training - Inland

March 9-11 Bath
P. C. Wood, 7 Sunnybank, Wick, Bristol BS15 5PL.

March 16-18 Holt, Norfolk
A. Smith, Assistant County Youth Organiser, County Hall, Norwich.

March 23-25 Marlow, Bucks.
The Warden, National Scout Boating Centre, Longridge, Quarry Wood Road, Marlow, Bucks. SL7 1RE.

March 31-April 1 Bredwardine
G. Lyon, 33 Forester Road, The Tileries, Broseley, TF12 5BS.

March 31-April 1 Bredwardine
E. Wykes, Paddock Farm, Clifford, Hay-on-Wye, Herefordshire.

March 30-April 1 Calton, Northumberland
D. Hellawell, 79 Greenfield Drive, Orchard Estate, Eaglescliffe, Stockton-on-Tees, Cleveland.

March 30-April 1 Henley-on-Thames
D. Holmes, Riverside Centre, Donnington Bridge, Oxford.

Senior Instructor Assessment - Inland

March 16-18 Holt, Norfolk

A. Smith, Assistant County Youth Organiser, County Hall, Norwich.

March 23-25 Marlow, Bucks.

The Warden, National Scout Boating Centre, Longridge, Quarry Wood Road, Marlow, Bucks. SL7 1RE.

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G. Lyon, 33 Forester Road, The Tileries, Broseley, TF12 5BS.

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March 30/April 1 Calton, Northumberland

D. Hellawell, 79 Greenfield Drive, Orchard Estate, Eaglescliffe, Stockton-on-Tees, Cleveland.

Coach Training - Inland

March 30/April 1 Calton, Northumberland

D. Hellawell, 79 Greenfield Drive, Orchard Estate, Eaglescliffe, Stockton-on-Tees, Cleveland.

Coach Assessment - Inland

March 30/April 1 Calton, Northumberland

D. Hellawell, 79 Greenfield Drive, Orchard Estate, Eaglescliffe, Stockton-on-Tees, Cleveland.

Competition Coaches Training - Slalom

February 2/4 Llangollen

Miss Celia Crowley, 3 Felin Isa, Llanrwst, Gwynedd.

Competition Appreciation - Racing

March 2/4 Marlow, Bucks

The Warden, National Scout Boating Centre, Longridge, Quarry Wood Road, Marlow, Bucks SL7 1RE.

Competition Appreciation - Slalom

January 12/14 Plas y Brenin, N. Wales

The Sports Council, (Dept.B), 70 Brompton Road, London SW3 1EX.

February 3/4 Llangollen

Miss Celia Crowley, 3 Felin Isa, Llanrwst, Gwynedd.

March 2/4 Marlow, Bucks.

The Warden, National Scout Boating Centre, Longridge, Quarry Wood Road, Marlow, Bucks., SL7 1RE.

Corps. of Canoe Lifeguards

January 13/14 Calshot, Southampton

A. W. Reed, C.o.C.L.G. National Training Officer, 61 Hill Head Road, Hill Head, Fareham, Hants. PO14 3JL.

Canoe Rolling

Evenings 9.00-10.00 p.m. throughout the winter Fulham Baths, London

S. F. Haltorp, 54 Claygate Lane, Hirschley Wood, Esher, Surrey.

January 8 Harlech

Miss Celia Crowley, 3 Felin Isa, Llanrwst, Gwynedd.

February 9 Tywyn

Miss Celia Crowley, 3 Felin Isa, Llanrwst, Gwynedd.

Etcetera: March 17/18 Welsh Assessors Conference Tywyn.

Miss Celia Crowley, 3 Felin Isa, Llanrwst, Gwynedd.

RIVER NOISES

NEW SPRAYDECK NOW IN PRODUCTION

After three years of development work, HARISHOK have produced a radically new spraydeck design. A recent breakthrough in welding techniques and the purchase of new machinery to fit the cockpit elastic has allowed an overall improvement to spraycover technology to be made, without increase in cost. The new deck has a nylon/neoprene foam outer rim, a stiff central apron and a lightweight flexible barrel section. The cockpit elastic is sewn onto the neoprene foam making elastic failure impossible. All the seams are made 100% waterproof by the application under electrical heat and pressure of a thermoplastic tape. A single cross shoulder strap holds the elasticated barrel section high on the chest and elastic webbing lifts the central apron section to promote water shedding. The performance of the deck has been under test for over a year. Designed by Ray Calverley the first production decks were in use at the Llangollen Town Slalom. HARISHOK make the following nine point comparison of this new item with a conventional neoprene spraycover.

1. The essential neoprene foam seal on the cockpit coaming is retained.
2. The elastic cannot break.
3. The seams do not leak.
4. They are lighter than conventional decks and do not absorb water.
5. Although stretchy they tend to recover more quickly and therefore shed water more firmly.
6. Rotation when paddling is unrestricted.
7. Effective breathing under competition conditions is possible.
8. The design incorporates adjustable chest and shoulder fittings and the apron retains a water shedding angle.
9. They cost less than neoprene decks.

Details from:- HARISHOK LTD., 12A Jackson Street, Hyde, Cheshire SK14 2LJ.

BRITISH CANOE UNION - CORPS OF CANOE LIFE GUARDS

NATIONAL TRAINING CONFERENCE 1979

January 13th/14th 1979

Calshot Activities Centre, Southampton, Hants.

A conference primarily for Training Officers of Canoe Life Guard Corps, and Examiners of the BCU Life Saving Test. It is open however to anyone with an interest in the work of the Corps.

The Aim of the week-end will be to launch the new Corps Training and Award Scheme; to preview the new Training Manual, and to take a look at techniques and developments.

Discussions and Lectures will be punctuated with practical pool sessions in a near-by swimming pool, and by some recreative activities.

Calshot Centre boasts excellent food and accommodation, and a bar with panoramic views of The Solent.

Cost: Fully inclusive, from 10.00 hrs. on Saturday to 16.00 hrs. Sunday - £16.40. (Accommodation available Friday evening, but extra charge.)

ALL ENQUIRIES TO: A. W. Reed, C.O.C.L.G. National Training Officer, 61 Hill Head Road, Hill Head, Fareham, Hants. PO14 3JL. (S.A.E. Please)

LECTURES - 1979

'CAPE HORN EXPEDITION'

Bookings are now being accepted for the beginning of the 1979 Lecture season. This tremendously popular lecture, illustrated with superb slides, has excited audiences at club functions, coaching weekends and social events throughout the year. All four members of the Expedition are lecturing and your enquiries will be passed on to the Expedition member who lives nearest to you. Write now for more information to: Jim Hargreaves, Plas y Brenin National Centre for Mountain Activities, Capel Curig, Gwynedd, North Wales.

BRITISH ALASKAN KAYAK EXPEDITION 1978

You will have seen in other canoeing magazines brief accounts of the British Alaskan Kayak Expedition 1978. This is the latest major sea canoeing expedition. The successful journey took the party through 250 miles of the Aleutian Islands between Alaska and Siberia - the seas where the eskimo kayak was born. If you would like to arrange lectures, etc., for your club or weekend course, contact: Mr. Dave Raeburn, 20 Glamis Crescent, Rowlands Gill, Co.Durham.

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OLIVER'S VALEDICTION

As many of you will now have gathered, Oliver Cock is due to retire as Director of Coaching at the end of the year. There is no doubt that canoeing as a sport has been greatly enhanced by Oliver's involvement over the past years. Without his tireless efforts our Coaching Scheme would still be immature and undeveloped.

Let's give Oliver the send off into retirement that he so thoroughly deserves. Let's repay all his years of loyalty with a token of our appreciation. Nick Nicholls is now accepting contributions towards a farewell gift for O.J.C. Please support this, it's very worthwhile. Send contributions to: R. H. Nicholls, 24 Winton Road, Bowden, Cheshire.

DID YOU KNOW

The term "Area Coaching Organiser" is now obsolete. In future ACO's will be know as Regional Coaching Organisers" (RCO's).

NEWS! NEWS! NEWS!

New courses? Lectures? Seminars? Coaching News? Send us the details and we'll publish them on the RIVER NOISES page in CoDe Your Coaching News Magazine.

FINAL PAGE

COACHING SCHEME FEES AND PRICE LIST (VALID UNTIL 31ST MAY 1979)

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 BCU Membership if they so wish, all from BCU Head Office, Flexel House 45-47 High Street, Addlestone, Weybridge KT15 1JV, Surrey.

PRICE FOR CERTIFICATE 25p)
PRICE FOR BADGE 25p) whether BCU member or not

Books of 10 forms each are issued free to Scheme members.

Certificates and badges may be purchased by Scheme members and by recognised Centres and Authorities at £2.00 per lot of 10 certificates and/or £2.00 per lot of 10 badges. Please state whether one-, two- or three-star. Lots may be mixed.

<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)	.55	
(Green on white, logo design)		
(suitable for track suits, etc.)		
Silver Wire Badge	2.52	

<u>COACHING TIES</u> (Award holders only)	2.25
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<u>LOG BOOKS</u>	.50	.65
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<u>COACHING HANDBOOKS</u>	2.45	3.25
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COACHING SCHEME ANORAKS

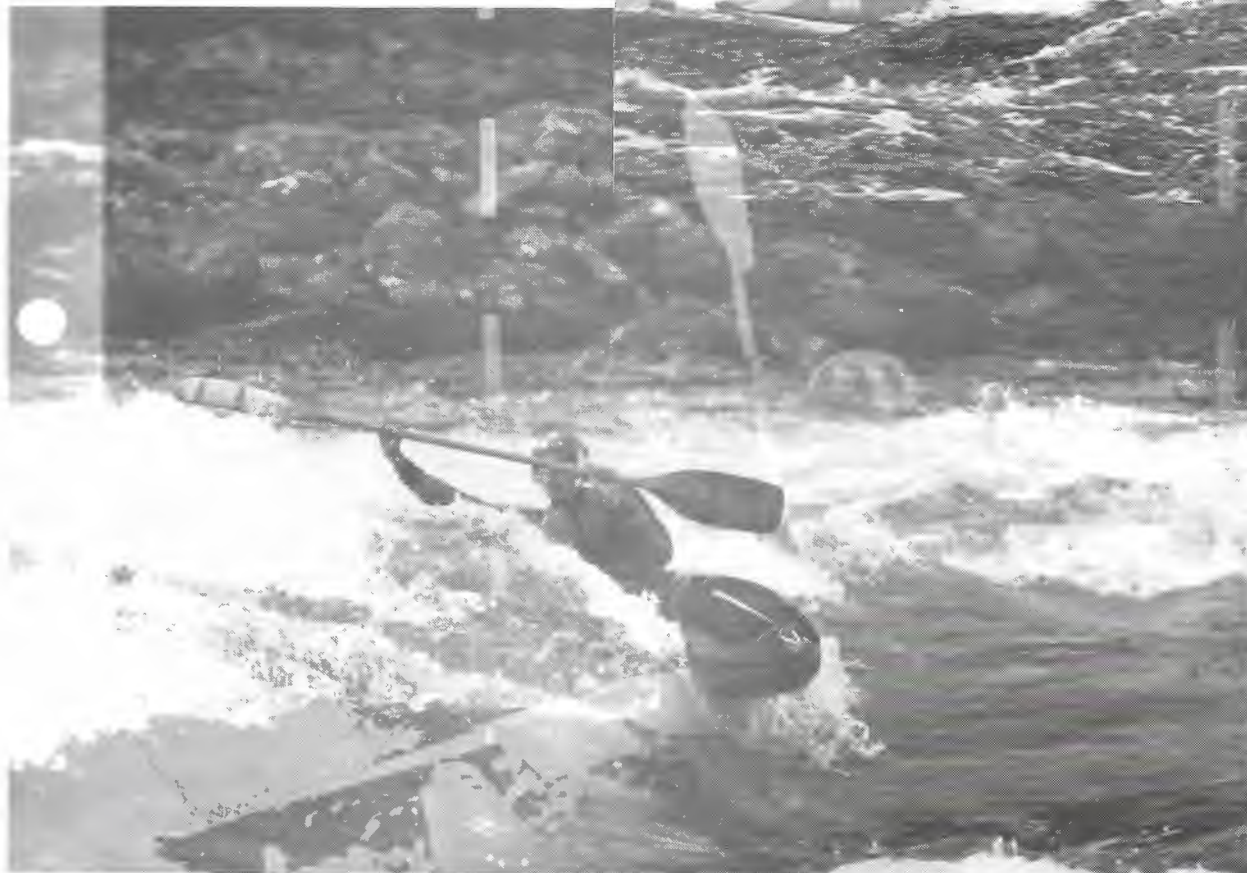
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- | | | |
|--|---|--|
| (a) Senior Coach or Coach | : | £10 per day for the first 2 days |
| | : | £ 8 per day thereafter |
| (b) Senior Instructors | : | £ 6 and £4 as above |
| (c) <u>ALL</u> | : | £ 4 minimum for lectures, with or without slides and co. |
| (d) Sports Council Rate per mile for casual User | : | 6.6p |

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