

CoDe Special

February 1989

the magazine of the BCU Coaching Scheme

No 26

CoDe is the official organ of the BCU Coaching Scheme. Members are free to express their views within its pages. Articles and comments therefore reflect the thoughts of the author and do not necessarily state the policy of the National Coaching Committee. CoDe is programmed for publication with *Focus*. Contributions, including pictures, are welcome. Please send them to: BCU, Mapperley Hall, Lucknow Ave, Nottingham NG33 5FA.

THE AIM OF THE BCU COACHING SCHEME IS:

To promote the sport and recreation of canoeing and to ensure that newcomers are introduced to canoeing in a safe and enjoyable way and that they and those already in the sport are assisted to progress to whatever level and in whichever discipline within canoeing suits them best.

MENTAL PREPARATION JUST FOR COMPETITORS?

asks **ALAN EDGE**
Assistant Director of Coaching (slalom)

Many problems can be caused by poor 'mental preparation'. This may sound rather advanced but 'mental rehearsal' should exist in a basic form even at the start of very basic instruction. Certainly no white water should ever be done without first preparing the route 'in the mind's eye'. This is more than just reading the water (although it helps with that too!) - A good mental plan should include:- boat position (TRACK) especially between the obvious trouble spots, what strokes to use and what pace the boat should have (is it slowing down or speeding up?).

To help you be consistent about boat position you will need cues or targets all the way down the rapid. These can only be decided on by careful preparation of key areas that you must reach! These are in actual fact the 'natural slalom gates' of a rapid. Once you have selected these then you can examine what things might prevent you getting to them. Cross currents, shallows, boils, rocks might all be reasons for this. Having this plan will help you deal with the harder sections of a rapid. Always try to think through the rapid as a whole or in sections rather than individual trouble-spots. Without doubt the only way to prepare in this way is from the bank.

If you have difficulty 'seeing yourself' doing a move correctly then you might well have to consider another option.

Also use your mental rehearsal as a 'review' at the end of the run. Stay in the boat and as you 'warm-down' think through everything from start to finish. Only by doing this can you accurately compare what you intended with what actually happened.

It's all about 'control'. Personally I like to be certain about things when they get hairy! This will help.

Also practice your 'rehearsal' every time you run a river. Imagine there are particular slalom gates that you have to get to. Maybe even do a slalom or two - it overloads the skills and that's the most effective way to improve them. It's a learned skill - you'll get better at it the more you PRACTICE . . .

WARMING UP . . . AGAIN !!!

ALAN EDGE

Being fit doesn't necessarily mean 'warmed-up and ready to go! You have to work out a specific warm-up routine that prepares your body to work at race pace. Basically this means increasing the blood supply to the working muscles/joints that will be required during your run. Warm-ups can include:- running, general upper body exercise, stretching/flexibility work and of course paddling warm up in the boat. No two people will have exactly the same warm up - its very individual and needs constant revision in your paddling sessions.

Some points to note:-

- never start with stretching; For it to be safe/effective you must be WARM.
- never work flat out in warm up for longer than 20 secs and always have at least twice rest.
- your warm up must be adaptable to any river site. It might have to be almost entirely land-based on occasion.
- warm-down - always stay on the water at the end of your run for at least 5 mins gradually easing down your paddling. It helps you recover.
- mental rehearsal should be an integral part of your warm up/down routines. (see section on mental preparation).

STAR TEST PRICES - IMPORTANT NEWS

Following representations from the Coaching Committee, the BCU Council has agreed that the Star Test Price should revert to £2 from the £2.20 which was announced in the last CoDe as a result of the Finance Committee's decision.

The Coaching Committee felt that the difficulty of supplying change for the odd 20p would act as a considerable deterrent to instructors working on the river bank, and that £2 was, in any case, the best 'market price' that could be levied at the present time.

Please note the prices for bulk supply as shown on the back page of this CoDe.

PLEASE NOTE THEREFORE THAT THE COST OF ALL STAR TESTS IS NOW £2, WHICH INCLUDES A BADGE AND CERTIFICATE.

RIVER NOISES

FAREWELL TO SYLVIA

Sylvia Lunn is well known to a wide cross-section of Coaching Scheme members, as she served the Scheme with unfailing patience and conscientious loyalty for nearly ten years. Regretfully Sylvia decided that she did not want to move to Nottingham, and so we have lost her services.

The Coaching Committee would like to mark the considerable devotion to her task which Sylvia showed, in spite of at times, almost overwhelming odds, and it has been decided that a presentation will be made at Crystal Palace, where she is returning to help for the weekend.

If any member would like to contribute to a token of our appreciation to Sylvia, please send your donation to the Director of Coaching at Mapperley Hall.

A report of the presentation will be carried in the next issue of *CoDe* or *Focus*.

WELCOME TO ANNETTE AND MABS

Annette Cluly has replaced Sylvia as Coaching Assistant, and has already managed to obtain a good grasp of the complexities of the Scheme, and the various requirements for maintaining the registers accurately. We welcome Annette who many members will get to know as a friendly voice on the phone in the ensuing months.

An improvement in our ability to cope with the requirements of servicing the Coaching Scheme should occur with the addition to the Coaching Staff of Mabs Thornhill as Secretary. It is hoped that once the present panic of 'the move' and the immediate preparation of the Calendar, Year Book and this *CoDe* is over, members will begin to receive a service more in keeping with the quality of their efforts on behalf of the sport.

In the meantime, I can only ask for patience from those who are still waiting a response to a less-than-desperately-urgent enquiry.

LIST OF CLUBS

Besides holding a calendar of courses and events, the BCU Yearbook, circulated with this *Focus* contains a current list of BCU Clubs, arranged by region.

A code is included which shows the type of canoeing catered for, and the availability of courses, and whether or not disabled persons are welcome.

It is hoped Coaching Scheme members will welcome this move, and make good use of the list by directing candidates who show interest, to a local suitable club.

YORKSHIRE + HUMBERSIDE REGION COACHING PANEL MEETING

Tuesday 7 March 7.30pm

At ULLEY SAILING CLUB, Rotherham

Full Agenda's from John Richardson 19 St Giles Way, Copmanthorpe, York. YO2 3XT (Please send S.A.E.)

NATIONAL WHITE-WATER SAFETY CONFERENCE - CANOES AND KAYAKS

The last National conference on White-Water Safety took place in 1984. Since then many developments have taken place in equipment and techniques. Also, courses specifically on rescue and safety techniques have been introduced.

This conference aims to consolidate and take stock of the present situation and hopefully plan for the future. The conference will be

both informative and productive. A must for anyone involved or interested in safety.

Date - 29/30 April 1989

Venue - National Water Sports Centre - Holme Pierrepont

Cost - Resident £45 Non-Resident £17

Contact: Sam Cook/Colin Tee, Bewerley Park Centre, Bewerley, Harrogate, North Yorkshire. HG3 5JB.

WHITE WATER TRAINING

The Holme Pierrepont White Water Slalom Course is available exclusively to Local/Regional Coaching Panels from 3-4 June.

Plan your own programme, or join with clinics on canoeing techniques, skills improvement, white water rescue training.

Full details: G. Wardle, 39 Heatherbrook Road, Castlefields, Anstey Heights, Leicester LE4 1AJ

1989 COACHING CONFERENCE

Plas y Brenin - 7-8 October 1989.

This year's Conference is to be held in conjunction with the Sea Touring Committee's Symposium.

A full informative and challenging programme is in preparation. Please reserve the date. Full details to follow.

AVOIDING CLASHES

Coaching Course Organisers/Tour Leaders please note

The following slaloms are notified particularly so that courses/tours on these popular rivers can be planned to avoid clashes of interest.

Wye

April 22-23

Symonds Yat 2

September 30 October 1

Symonds Yat 3

October 21-22

Builth Wells 2

Severn

April 1-2

Ironbridge 4

June 10-11

Ironbridge 4N

Dart

October 21-22

Dart 3

NATIONAL COACHING FOUNDATION

A full programme of courses is available covering Structure of the Body, Developing Endurance, Developing Flexibility, Development of Strength and Speed, Prevention and Rehabilitation of Injury, Nutrition and Sports Performance, Introduction to Sports Mechanics, Use of Video in Coaching, Understanding and Improving Skill, Mental Preparation for Performance, The Coach and Athlete: working as a team, Introduction to Communication Skills, Effective Coaching, How to Plan Your Programme, Coaching Children. For a schedule of courses at a Centre near you please send S.A.E. to N.C.F., 4 College Close, Beckett Park, Leeds. LS6 3QH

EXAMINERS' FORUMS

Grade II Examiners are reminded that they must now attend an examiners' forum in their region at least once every three years in order to maintain grade II examiner status.

The forums are also open to grade I examiners who have assisted on Senior Instructor training or assessment courses, but are not mandatory. The standard dates will be promulgated in *CoDe*.

INSTRUCTORS WANTED

CANOE INSTRUCTOR/REP

For river rambling, cycling and walking holidays in France. Essential: BCU S.I., Canadian canoe experience, clean driving licence, organisational ability, available 1 July - end October, over 19. Desirable: French speaking, bike maintenance experience, available 20 June - end October, over 21. £105 p.w. + expenses + transport. Apply with cv to Christine Bass, Headwater Holidays, 62a Beach Road, Hertford, Cheshire. CW8 3AB

SHORELINE HOLIDAYS - BUDE

Require a qualified instructor to introduce young children and families to basic canoeing skills on local canal - May to end August. Experience in a range of activities would be an advantage. Florida Hotel, Summerleaze Crescent, Bude, Cornwall. EX23 8HJ. Tel: (0288) 2451

INSTRUCTORS wanted (May-September 1989)

France, Spain, U.K.

CANOEING and other skills. Send full details immediately: Acorn Venture, 137 Worcester Road, Hagley, Stourbridge, DY9 ONW. Tel: 0562 882151

OUTDOORS UNLIMITED

The National Staffing Bureau for Outdoor Pursuits Instructors
1988 Canoeing courses leading to British Canoe Union awards. All courses are based in Hereford and use the River Wye and rivers of mid Wales.

Proficiency (Inland) Training Weekend	October 15th/16th
Proficiency (Inland) Assessment	October 23rd
Instructor Training Weekend	October 29th/30th
Instructor Assessment Weekend	November 5th/6th
Senior Instruct.(Inland) Training Weekend	Nov. 11th/12th/13th
Senior Instruct.(Inland) Assessment W'end	Nov. 18th/19th/20th
Advanced Proficiency (Inland) Training W'e	Nov. 26th/27th
Advanced Proficiency (Inland) Assessment	Dec. 3rd/4th

Further details of all these courses from Nick Eve, OUTDOORS UNLIMITED, 2 Wye Terrace, Bridge Street, Hereford. HR4 9DW. Tel: 0432 279030

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COURTLANDS CENTRE

Courtlands Centre require Instructors, qualified RYA tidal, Canoeist BCUI/Climber. Clean driving licence essential. Min. age 21 years. Long and short term vacancies. Apply with CV and photo to The Director, Courtlands Centre, Kingsbridge, South Devon, TQ7 4BN

VIDEO ANALYSIS IN CANOEING

by Alan Edge

Video analysis can be one of the best ways of spotting and correcting faults in technique. It allows the coach to examine stroke sequences over and over again and make specific points or criticisms to the paddler. There are not many paddlers who will argue when faced with the visual evidence! There can be pitfalls however and the following points may help to make your use of video more effective.

- Try to enlist a 'camera-person' to do the actual videoing. It is almost impossible to coach effectively and video at the same time. Take time to explain the camera and exactly what you want in the way of length of shot, zoom and focus. To make this easier go through positions and camera angles BEFORE the session starts.
- The use of a tight or wide shot depends on what aspect of the technique you wish to concentrate on. If strokework is the problem then it is far better to be zoomed in fairly close to analyse fine points of blade entry/stroke length etc. If boat positioning and routes are what you want to examine then wider shots are far more helpful. Generally speaking the more experienced the paddler the wider the shot they prefer. However even on wide shots beware of losing paddle detail.
- The use of the video should be closely allied to the aims of the session. Two of the most common mistakes are to film too many different problems and for too long. This in turn makes the analysis session afterwards ineffective and too long. Decide what the aim of the session is and adjust the video accordingly. Example: You may have a rapid with 2/3 difficult breakouts in it - video only 1-2 at a time. If there's a correct model (someone likely to do it well) make sure the operator knows who and when to film.
- The use of bibs can be helpful for the operator to identify paddlers. This helps to even out the amount of video per person.
- Playback: #Within an hour of the session finishing if possible and preferably somewhere dry and warm. My experience is that you get best results from groups of 3/4 paddlers at a time. If there are more then their attention tends to wander. (The Dallas syndrome!) If you can give yourself time for a preview without anyone else there then so much the better. You know what is coming and you can make a point more confidently. It also means you can skip over stuff that is no good. All these last few points are made easier if the quantity is kept low and the quality high.
- Practice with the freeze-frame and slow motion controls until you know them backwards. It should be possible to get the machine on your knee or right beside you to avoid any distractions.

COACHING SCHEME FEES AND PRICE LIST FROM 1 JANUARY 1989

MEMBERSHIP FEES	BCU	SCA	WCA	ADDRESSES (PLEASE NOTE CHANGES - BCU/SCA)
Intro Youth		£5.00		
Basic	£9.50		9.50	BCU, Mapperley Hall, Lucknow Ave, NOTTINGHAM NG3 5FA
Cadet+	£5.50	3.00	5.50	
Introductory+	£11.00	10.00	11.00	CANI, House of Sport, Upper Malone Road, BELFAST, N Ireland
Youth	£11.00	8.00	11.00	
Full	£19.50	16.00	19.50	SCA, Caledonia House, South Gyle, EDINBURGH EH12 9DQ
Family	£10.50	7.50	10.50	
Life	£300.00		300.00	WCA, Pen y Bont, CORWEN, Clwyd LL21 0EL

*(does NOT include competition or coaching for BCU) +(includes competition but NOT coaching)

STAR TESTS - PRICE FOR CERTIFICATE AND BADGE £2.00 - Instructor: 1, 2 Star; SI: 1,2,3 Star

Certificates and badges can be purchased by Coaching Scheme members and by recognised Centres and Authorities at £16.50 per lot of 10 certificates and badges. Please state whether 1, 2 or 3 star. Lots may be mixed. £80.00 per lot of 50. Alternatively, books of 16 entry forms are issued free to Scheme members, from which the candidate can be given a form, on which he or she applies to BCU or National Association Head Office for certificate and badge. There is NO FEE payable for a FAIL.

PLACID WATER TESTS - PRICE FOR CERTIFICATE AND BADGE £2.00 - PW Teacher: grades 1, 2; PW SI: grades 1, 2, 3, 4

Certificates and badges can be purchased by Coaching Scheme members and recognised Centres and Authorities at £16.50 per lot of 10 certificates and badges. Please state carefully grade or distance, and whether kayak or canoe. Lots may be mixed. £80.00 per lot of 50. Alternatively, books of 16 entry forms are issued free to Scheme members, from which the candidate can be given a form, on which he or she applies to BCU (in all cases) for certificate and badge. There is NO FEE payable for a FAIL.

CANOE SAFETY TEST - PRICE FOR CERTIFICATE AND BADGE £4.00 - CERTIFICATE ONLY £2.00

Books of 10 test entry forms are issued free to Grade 1 (Proficiency) Examiners (E1) on application to BCU HQ or National Associations. There is NO FEE payable for a FAIL. Cheques payable to COCLG

OTHER TESTS	Members	Non-Members	
Proficiency	£3.00	*£6.50	*Fee includes Cadet membership for 17 year olds and under
Assistant Lifeguard (Life Saving)	£3.00	£5.00	There is NO FEE for a FAIL for Proficiency or COCLG ALG
Lifeguard Resuscitation	£3.00	£5.00	
Advanced Proficiency	£3.00	£5.00	

COACHING AWARDS

White water boats / Sea Kayaks		Competition	
+SI Training (Registration fee)	£4.00	+Competition Trainer	£4.00 (registration fee)
Instructor (assessment fee)	£3.00	+Competition Coach	£4.00 (registration fee)
Senior Instructor " "	£4.00	+first course only	

SUPERVISOR £15.00 registration (valid three years) - NO FEE if candidate joins as Full Member (includes Youth and Family)

Placid Water boats

Teacher (Registration fee)	£3.00 (Half price if candidate is already a member of the Coaching Scheme)
Senior Instructor	£4.00

BOOKS	Members	Non-Members
Log Book	£1.20	£1.80 (Please state whether bound or loose-leaf)
Log Book continuation sheets	75p	
Canoeing Handbook (inc p&p)	£7.00	£10.95 (state whether bound or loose leaf - binder £3.20)

BADGES

	Members	Non-Members
++ Proficiency cloth Badge (available at discount to Examiners)	£1.00	£1.50
Metal Lapel Badge - Proficiency, Bronze, Advanced, Silver		£1.00
Sew-on Badge (Instructor/Senior Instructor/PW Teacher)		£1.00
Competition Coaches (only)		£1.00
Assistant Lifeguard Chevron		£2.00
COCLG member's badge		£2.00
++The Proficiency Cloth Badge is offered to qualified Examiners at £6.00 per 10		

COACHING SCHEME TIES (Award holders only - green or maroon) £3.50

COACHING SCHEME JUMPERS (Award holders only - green or maroon, with £9.00 (Please state size: S, M, L, XL) - 'BCU Coaching' in gold on left breast)

COACHING SCHEME ANORAKS

The Coaching Scheme Anorak is available to Coaching Scheme members at £17.50. Made from 4-ounce pu coated nylon in red or blue, with distinctive white/blue or white/red piping. The anorak incorporates a self-draining breast pocket, and soft (rip-stop) hood. This acts as a soft, leak-deterring collar, or provides a face-moulding hood which does not impair all-round vision. Send £17.50 plus chest measurement, and state colour preference, to Coaching Supplies.

All prices include VAT and postage and packing (except where stated). Please address all orders to the Coaching Office and allow 14 days' delivery. Cheques and postal orders should be made payable to the British Canoe Union and crossed.

RECOMMENDED SCALE OF MINIMUM FEES Fees should normally be paid in accordance with the established scales of the employing authority concerned. In other cases where fees are appropriate, the following are the recommended minimums:

(a) Coach	£30 per day for the first two days - £25 per day thereafter
(b) Senior Instructor	£25 and £20 as above
(c) Instructor	£20 and £15 as above
(d) ALL	£10 minimum for lectures, with or without slides

NB SCOUT ASSOCIATION and GIRL GUIDES ASSOCIATION Warranted Leaders, and SEA CADET CORPS Officers, who are not individual members, are treated as members for Proficiency Tests and BCU Supplies only (not Coaching Awards). This does NOT apply to ordinary Scouts, Guides or Sea Cadets.