



CoDe

the magazine of the BCU Coaching Service

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Service is
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No 80 APRIL 1998

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*Any comments or articles please
forward to
BCU Coaching Office
or E-Mail us at Coaching@bcu.org.uk*

THE AIM OF THE BCU COACHING SERVICE 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.

CoDe is the official organ of the BCU Coaching Service. 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 in February, April, June, August, October, December.

Final copy date: 1st of previous month. Contributions, including pictures, are welcome.

Please send them to: BCU, Adbolton Lane, West Bridgford, Nottingham NG2 5AS.

Editor: Geoff Good, Director of Coaching.

Editorial

There is little doubt that Sports Coaching has become, and continues to develop as a sophisticated science. Canoesport Coaching, whether in the field of competition or recreation is moving with the times as we all, as coaches, strive to meet the needs of our students. While such speedy advances are difficult to keep up with and while change is difficult to accept we should all perhaps consider the main target as set out in the BCU strategic development plan - 'More Coaching' - then focusing particularly on the point that Better Coaching makes better Paddlers.

CoDe often comes in for criticism as to its direction and content, many think it to be theoretical, an outlet only for aspirant coach 5s to see projects in print while others feel that many of the articles have little bearing on them, or indeed canoe coaching. As our understanding of and appreciation of the finer points of coaching develop it becomes ever clearer that sports coaching and coach behaviour is generic and that we can all learn from that understanding and adapt all the coaching behaviours used to coach at high levels and perhaps coach basketball players to the field of paddlesports and to our own students.

Keeping an open mind, condemning nothing, experimenting with everything, should perhaps be our motto. CoDe is a tool by which many thoughts and ideas can be disseminated to all our coaches in the field no matter at which level they operate and as such it is important that it is both read with an open mind and that its content is balanced and varied, reflecting the range of its readership. CoDe provides us all with an opportunity to share ideas and stimulate thought and experimentation. In this issue Richard Ward provides us with a challenge to improve the coaching of paddlesport with the sharing of practical ideas - I look forward to receiving a response to this so that we can attempt to achieve a balanced view.

CoDe provides a means by which we can all communicate - balance here is equally important. We can communicate both theoretical thought and ideas, as well as what is going on in our own regions, other regions and in the National Associations. CoDe provides an opportunity to inform paddlers within the BCU Coaching Service what is happening out in the field thereby creating opportunities for interaction and the cross fertilisation of ideas - we need to make more of this opportunity.

To keep CoDe balanced and to keep coaching vibrant we need your input, your thoughts, your ideas, however practical or researched based they are and we need to keep the CoDe diary up to date, so more of what is happening in your region, club, centre etc.

Dear CoDe

It was encouraging to read the article in the last edition of CoDe by Paul Donovan and Mike Jenkins about 'Coaching into the Millennium' and their fears of still further proliferation of BCU awards. Many of us have been expressing these same concerns for DECADES!

I was also somewhat disturbed to read (on the previous page in fact) that alleged pressure from the Adventure Activities Licensing Authority had somehow led to the creation of the new surf awards. This is not the case. In fact, our observation within the Licensing Authority over the last 2 years has only served to reinforce that much experience is transferable. What is important is a basic, broad based level of competence (such as could be expected of EITHER an Inland OR a Sea Level 3 Coach) to which you add whatever site-specific, discipline-specific, or client-specific induction training as may be necessary or appropriate. This could be provided either by good work placed training or by a stand alone training course or programme.

The surf awards seem a good example since in their present form they seem to represent a Red Herring. We tend to think of a tree growing and developing, yet its branches DIVERGE. There is no fundamental reason why an award structure can not also grow, develop AND diverge, all at the same time; adding new dimensions to the whole rather than isolating them from the rest.

I blame the specialist even though at one time I would have counted myself in their number. The dyed-in-the-wool white water paddlers, sea paddlers, surfers, rodeo buffs, polo hounds, etc., including the competitive paddlers. The rightful place for such minds is directed towards the 4 and 5 star awards where specialism is clearly appropriate.

I was once told that teaching novices forward paddling on the sea was so fundamentally different to teaching them on inland water that they could not be covered by the same award. How absurd!

Yours sincerely
Marcus Baillie
Head of Inspection Services
Adventure Activities Licensing Authority

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The Role of CoDe

Richard Ward, Exeter Canoe Club

In this issue of CoDe, with the help of the BCU Coaching Service members I would like to draw a line in the sand for coaching. I have long felt it is time to use CoDe for the role I think it was originally intended namely, to promote, encourage and improve the coaching of paddlesport. With the support of the Coaching Service, my fellow coaches and their wide collective knowledge I am sure we can shift the current emphasis of the magazine in the future to one which provides a forum for useful coaching debate and practical ideas.

Time to draw a line in the sand

CoDe offers the opportunity for coaches to share ideas and I propose to challenge the wisdom of the CoDe readership to provide some examples of good practice. I would like to start the ball rolling with the following activity. It isn't rocket science, but I've used it and seen others do so with success particularly with groups of children (aged 9 - 12) who have recently finished their introductory sessions at the club (6 - 10 sessions) and have a few minutes spare at the end of a paddle:

Treasure Hunt

Aim To improve * boat handling &/ or portaging * paddling &/ or manoeuvring	Organisation Pick teams if played as a team game Brief the players - identify start and finish points/ Identify Treasure list e.g. Blade of grass, dead leaf, plastic cup (whatever is available, safe & ethical)
	How to play - Give a team a list of objects to collect - Set the start and finish point - Say go! - For teams - Each team member collects the item(s) required and then meet up at the finish point with them - For individuals - Each paddler collects all the items and then race to the finish - The finish positions are decided by the individual or team with all the items required that complete the task first
Safety Be in a position to get a clear view of the game and watch out for anyone in difficulty	Progression Increase the degree of difficulty of the course or the complexity the items

My experience of the activity is that the specific aims can and should vary depending on the level of the group and the individuals involved. Primarily it creates a situation where:

The paddlers enjoy the activity and the competitive edge of the activity focuses each paddlers effort

The paddlers practice strokes/ manoeuvres in a context

The paddlers work hard without perceiving it as being hard

The coach gets feedback on the level of skills each child has mastered

Help me to help the paddlers at my club to improve. If you have any activities, sessions or coaching tools share them in CoDe. With the expertise of the editor all impractical, unethical or unsafe ideas can be left out to leave a forum for positive ideas and useful debate.

As for "Coaching into the millennium", the article which inspired me to write, quite simply I hope I will be able to do a better job for coaches I train and the paddlers I coach! I trust the paddlers, my fellow coaches and the BCU will continue to help.

Richard Ward

PS I would like to thank Paul Donovan and Mike Jenkins for writing their article which inspired me to contribute.

ATTENTION ALL KAYAK / CANOE COACHES AND ALL WINDSURFING / SAILING INSTRUCTORS!!!

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COMMUNICATION

Communication is a vital part of everyday life. In sport, communication is of vital importance in improving learner's performance (observable behaviour) and memory. No matter how knowledgeable a coach might be in the technical aspects of their chosen discipline, success is dependent upon effective communication. As is said, 'there's no use discovering a cure for the common cold if you can't tell anyone about it'.

Breakdowns in communication often lie at the root of the problem. The ability to swiftly repair these is thus of vital importance to the learning environment. To that end, this article will cover four main areas:

- * communication and the communication process
- * sending messages effectively
- * receiving messages effectively
- * breakdowns in communication

THE COMMUNICATION PROCESS

All communication follows the same basic path.

- * one person decides to send a message to another
- * the sender translates thoughts into a message
- * the message is transmitted to the receiver, through verbal or non verbal means
- * the message is received and interpreted
- * the receiver analyses the message and responds accordingly

Another way of representing the communication path is:

intended message (IM) + actual message (AM) = received message (RM) + result (R). In both instances, there is a great deal of scope for communication breakdown, which will be dealt with later.

PURPOSES OF COMMUNICATION

Although the same process occurs in all communication, the purposes of that communication can vary. A coach might communicate to:

- * persuade
- * evaluate
- * inform
- * motivate
- * solve problems

Communication might, of course, involve several purposes simultaneously.

TYPES OF COMMUNICATION

Communication occurs in three basic ways

- * Interpersonal

Interpersonal communication involves at least two people. The message can be received by the person or persons for whom it was intended, or those it was not. The latter case can present problems, as understanding in this instance will not usually be checked, verified and if necessary clarified, thus inviting communication breakdowns.

- * Intrapersonal

Intrapersonal communication is the communication we have with ourselves. We talk to ourselves a great deal and this communication is important in shaping our perceptions and thus behaviour. Intrapersonal communication can also, therefore, effect motivation and self confidence.

Coaches should structure training and practice in order that learners can interpret their performance positively. In cultivating such

an approach, learners are steered away from negative analyses of their performance and persuaded instead of their ability. Feedback is a particularly important mechanism in achieving this. At the end of each movement sequence, both learner

and coach should allow approximately ten seconds before beginning a review. During this period both should be encouraged to identify two main areas: (1) what aspects of the movement were good and (2) what single most importance element required improvement on the next attempt and how is this to be achieved. Not only does this help contextualise analysis for both coach and learner, but most importantly for the latter, it aids in the development of performance analysis, but does so in an entirely positive framework. As such, errors lose importance, except in that they help identify why and how performance can improve.

- * Non verbal

Non verbal communication is language transmitted by the body, mainly in the form of visual clues. As it is estimated that between 50 - 70% of human communication is non verbal, there is a great potential for messages in this spectrum to go awry.

SENDING MESSAGES EFFECTIVELY

Effective communication marks the difference between success and failure. It is vitally important, therefore, to understand how to send messages effectively.

Verbal messages

Verbal messages must be sent as clearly as possible. Breakdowns in communication usually occur because the message has been transmitted ineffectively, not because it has been received ineffectively. During the feedback delay period mentioned above, the onus is on the coach to formulate both the message they want to send and the most effective method of doing so.

- * Be as direct as possible in what you want to say. Avoid hints, as these are often unclear and potentially confusing. If using questions as part of the communication process, ensure the appropriate type of question is being asked.

- * Be willing to take ownership of the message, and accept responsibility for its impact. Checking for understanding of the message (see communication breakdown) reduces the potential for confusion.

- * Provide all the information that is needed in the message. Any gaps will be filled in by the listener, often erroneously.

- * Be careful to separate subjective from objective. The message should consist of what you have seen, heard and know. Any opinions must be identified as such.

- * Focus on one thing at a time. Do not confuse the listener.

- * Organise your thoughts

- * Avoid hidden agendas and implications

- * Be supportive. Avoid negative or sarcastic overtones. Create positive memories.

- * Be aware of your nonverbal messages. Reinforce verbal messages with appropriate non verbal messages. Do not be contradictory.

- * Use repetition of key points for reinforcement.

- * Use the listeners experience to bring your message to life.

- * Check for understanding.

Non verbal message

People are generally unaware of the impact that non verbal messages can have. Although non verbal messages can be used to great effect, they tend to be under less conscious control and can, therefore, be misleading, if not at times contradictory. Telling someone 'well done' accompanied by a frown can have quite a negative and demotivating effect.

- * Think of physical appearance and dress code: what message does this convey? Though people are taught 'not to judge a book by its cover, this practice is still widely done'.

* What of your posture? Sagging shoulders convey enervation and depression - try to appear more energised if you want to enthuse the listener.

* Gestures convey a great deal of information. They can be open and welcoming, defensive, emphatic and a whole range of other messages can be transmitted.

* Be aware of other people's space. Different cultures place different emphases on the amount of space between individuals. Entering that space will be variously interpreted as friendly or invasive.

* Touching is another cultural variant, with some allowing more than others. As touching necessitates the use of other people's space, messages of friendship, empathy or power can be transmitted.

* Facial expressions convey an enormous amount of information. The eyes, in particular, are said by some to be the windows of the soul and one's innermost feelings. In particular, look for facial clues that your message is not being understood.

* Suffice to say, it's not what you say but how you say it.

RECEIVING MESSAGES

Whilst we are taught to read and write, take notice of the effect of certain rules and also to speak, we are not taught how to listen. This can have drawbacks considering that listening accounts for some 40% of communication.

Active Listening

Develop the ability to follow what the sender is saying. Be attentive, acknowledge points or emphases and respond appropriately. Interrupting the transmission of non verbal messages transmits disinterest. As an active listener, check the content of messages, not so much to determine what is said, as what is meant. Re-phrase messages to verify understanding. Try the following:-

"so, you're saying...."

"so, your aim is...."

"so, your objective is...."

"in essence, what you'd like is...."

Hearing is the process of receiving sounds, many of which are filtered out and do not achieve consciousness. Listening, however, requires active engagement.

COMMUNICATION BREAKDOWN

Breakdowns in communication occur due to both sender and receiver. The former tends to result from not thinking about the message to be sent, its form of transmission and/or failing to check its reception. The latter tends to occur due to inactivity and therefore inattentive listening. A good way to analyse communication breakdown is as follows:-

IM = what the sender intends to convey

AM = how the message is transmitted eg verbal, non verbal, etc

RM = how the message is interpreted by the listeners

Breakdown = any failure in the communication process

In coaching, communication is potentially fraught with difficulty, due to its nature being essentially evaluative. Below is an example:

IM = "well done, you crossed the eddyline more assertively that time. A very good attempt."

AM = "well done"(verbal). Message accompanied by a yawn, as coach is tired after a hard day at work.

RM = coach is telling me 'well done', but he yawn gives away their boredom with my repeated failure at this task.

Breakdown: Not completing full verbal message and inappropriate body language.

To conclude, effective communication takes time and effort to achieve. Like any other skill, it has to be learned and practised in order to be kept sharp. As well as more effective coach learner communication, this article also advocates more effective interdisciplinary communication. Sport in Britain is plagued by insularity. As the BCU cannot help but be a product of its environment, so it too is characterised by having a wealth of information that is very rarely shared. Coaches tend to reflect a degree of insularity by being excessively discipline specific. This perpetuates such insularity and acts as a barrier to improvement. However, if this can be overcome, and coaching knowledge communicated more effectively, another leap of faith is possible. Ever asked a basketball coach to teach you how to pay attention? Or been invited by hockey players to teach skills in an open environment? The effect is global and begins in paddlesport!

HOW GOOD A COMMUNICATOR ARE YOU?

In order to check your understanding, complete this exercise. Alternatively, have a colleague complete the sheet whilst observing your coaching style. This exercise is designed to increase your awareness of your communication skills.

Do you:-

use two way interaction?	Yes	No
talk too much, fail to listen or interrupt?	Yes	No
value what the athlete says?	Yes	No
ignore the views of the athlete?	Yes	No
show consistency between verbal and non verbal language?	Yes	No
show conflict between verbal and non verbal language?	Yes	No
encourage interaction by involving, questioning and respecting the athlete?	Yes	No
reduce communication channel and restrict interaction?	Yes	No
recognise and respect the needs/interests of each group member?	Yes	No
appear disinterested - ignore some people, favour others?	Yes	No
send messages high on information?	Yes	No
rattle on, talk for the sake of it?	Yes	No
use bridging techniques and paraphrasing?	Yes	No
listen impatiently without apparent interest?	Yes	No
show consistency between words and actions?	Yes	No
tend to change the story during conversation?	Yes	No
take responsibility for the content?	Yes	No
use 'we' to share responsibility?	Yes	No

Mark Hickman

WARMING UP-THE MISSING LINK

Dave Torrington

A story - While on the local climbing wall, an old acquaintance of ours who in his time had been very good, hobbled in telling us of his latest injury problems. He then proceeded, without warming up, onto the hardest route he can climb, coming down a few moments later to tell us how he should warm up as he was PE trained, while proceeding to swallow a 'brufen' to continue. Funny ? It is true !

Are we any better in canoesport ? I have my doubts ! It is an area often neglected or taught poorly, so here are a few ideas adapted for an outdoors warm up.

WHO

Everybody, whether they paddle on flat water or grade V rivers should undertake a specific warm up dependent on their needs.

WHY

To prepare the body for whatever demands physical and mental that will be placed on it.

When warmed up muscles function better, tendons and ligaments become more elastic and therefore less liable to injury. If the warm is specific it can re-acquaint your body with the paddle movements it will be required to perform.

HOW

General Points:

1) On damp cold days, the warm up can start in the car. To get the body warmer over the last couple of miles, turn your heater up. Begin by working through your body noting areas that are tight. (Hard if you are driving) !

2) On arrival, leave the boats on the roof rack, heavy lifting should be done after you've warmed up. Take a brisk walk, check out the surf or the river, this will start the loosening up process.

3) The next stage begins by moving your joints with slow circular movements until each joint moves smoothly, then move on to the next one.

Points to note:

- Have a system, start with fingers or work from the head down.
- Be extra careful with the neck. (Leave out if any of your group have neck problems).

4) Specific warm up. Engage in several minutes of aerobic activity to increase pulse rate.

If going straight on to bigger water (which will increase pulse rate too) do some jogging or similar.

Then use dynamic movements such as more vigorous arm swings, rolling shoulders or similar actions to those you will be making on the water. Do several sets.

If starting on flat water, begin your session by increasing effort with speed in short bursts trying to keep good stroke form.

On easy moving water start as above then include lots of circuits, ie breaking in and out, stroke combinations, forward and reverse ferry gliding as appropriate for your group.

Point to note: This can easily take fifteen minutes.

5) What about stretching ? Stretching is excellent for developing flexibility but I feel that it is best left until after paddling when in a warm environment without distractions.

Ballistic stretching. (Remember Linford Christie warming up by stretching then using bouncing movements to increase the stretch). This is definitely to be avoided as this can easily lead to an injury !

6) Include a warm down too ! Hot showers will help here

Conclusion

Warming up often neglected, not neglected, not everybody's cup of tea. Maybe ? ?

However with such a demanding sport in a challenging environment, can you afford not to ?

Further Reading:

Stretching Scientifically Thomas Kurz
The Body in Action National Coaching Foundation
Training for Climbing Steve Bollen
White Water Safety and Rescue Franco Ferrero

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REGIONAL ROUND UP

SOUTH EAST

Paul Newman has resigned as regional Coaching Organiser and is currently acting as caretaker pending the nomination of a replacement.

Please! Please! Nominations for the post of RCO to the BCU Office by 8th May 1998

EASTERN

In order to facilitate Coach Development, the county Bedfordshire panel has endorsed a pilot scheme of Coach mentoring. The scheme covers Inland, Canoe, Placid water, Sea and Surf. Each discipline will be headed by an A/E grade Coach. Currently the panel can support a limited number of Trainee Coach assessors. For further details

SAE please to : Stephen Scorer. Old Walters Cottage, St Neots Road, Bolnhurst, Bedford, MK44 2EP - LCO Bedford

South West - Wessex

RCO Wessex.

Julie Simpsons current term of office is up.

Nominations please to BCU Office by 8th MAY 1998

LCO Avon. Claire Knifton has resigned due to re-location to Northumberland.

Nominations please to BCU office by 8th MAY 1998

LCO Somerset. The Somerset LCO post is vacant. Nominations Please to BCU

Office by 8th MAY 1998

On behalf of the Avon Coaching Panel and the Wessex Region, I would like to thank Claire Knifton for the excellent job she has done in organising Coaching within the Avon region. She will be sadly missed and we wish her well in her new job. Thanks also go to John Moore (LCO Dorset) and his committee for the huge programme of courses arranged for his region. Courses range from Coach training and Assessment, Coach Processes course, VHF radio Course to 5 Star Sea assessment. For more information contact John Moore LCO (Dorset), Bryanston School, Blandford, Dorset

Julie Simpson.

SOUTHERN

Southern Region E2 / Assessor Days
SUNDAY 17th MAY 1998
Wood Mill Canoeing Centre
SATURDAY 26th SEPTEMBER 1998
(Change Of Date)
Venue to Be Arranged

Contact
Steve Finch 87 Hexham Road
Reading RG2 7UA
TEL (H) 01189 755318
(W) 01189 865112

EAST MIDLANDS

Local Coaching Panel
Paddlesport Workshops
19/4/98 Leicester
3/5/98 Derby
17/5/98 North Notts
sessions on working with young people
and skills update.
Contact Angie Hampton 01162 674428
or Jon Moore (RCO) 01246 233603

OFFICE MATTERS

First Aid Matters

N.C.C. has determined that the previously accepted exemption from holding a Current First Aid award option available to serving military personnel, police officers, Fire Brigade, ambulance personnel, doctors, nurses and physiotherapists is to cease and that all the above personnel undertaking coaching qualifications and practising as coaches will be required to hold a current first aid award. Existing award holders are reminded that it is their responsibility to obtain and keep their first aid award up to date. Those wishing to register for an award will be required to provide proof of holding a current first aid award as of 30th June 1998.

Central Registration

CANDIDATES

Candidates from England and Wales wishing to attend coaching award courses are required to register with the BCU or WCA as appropriate. The registration process should be completed with the National Association prior to attending the course. Candidates turning up on course without having completed registration will not be allowed to complete the weekend.

When returning the registration form (C1) please ensure that it comes back with all additional requirements. - photocopies of certificates required as pre-requisites for the course and the correct amount of money. Membership if not current and £15 for registration to training. This fee covers registration for training at the level for which you are applying. If you go on to do as training course in a different discipline at the same level no additional fee is required. If you have previously completed a training course and wish to register for assessment only then there is no registration fee payable - (if this applies please send in proof with your registration form). No additional fees are payable to the BCU at the time of the training course, however at the time of assessment there is an administration fee again of £15 to pay. This fee is paid at the time of the assessment course to the course provider who then passes this fee onto the BCU/ WCA with course returns.

ORGANISERS

Please encourage your candidates to register with the BCU before they book onto your course. This will avoid last minute problems where candidates suddenly realise they aren't registered just before the course, and numbers then drop.

EXEMPTIONS !

Course Providers (A2s /A3s / E2s) Please Note - Any form of exemption requested by candidates in respect of coaching awards can only be given by the director of coaching or National Association. Candidates turning up on course without an official letter from the coaching office detailing the terms of the exemption should not be considered as having gained an exemption and should not be encouraged to seek one retrospectively. Allowing candidates to proceed in this situation will negate their course.

LOG BOOKS

As you will be aware we are encouraging the use of the BCU recognised A4 Log book. In the light of central registration a number of minor changes have been made, along with three pages of additions (particularly relevant for the recording of qualifications). An updating pack can be sent on application to BCU Coaching Office.

News & Views from the National Associations...

S.C.A. NEWS

Moving and Handling

With the need for some form of Manual Handling training there have been several members attending a providers course tutored by Cameron Raeburn who is a level 3 Coach and Physiotherapist. The ideas behind the core principles of the course are cumulative strain and using handling methods that at first seem quite bizarre and unorthodox. The training has centred on posture and movement with not quite as much emphasis placed on legal aspects, although this has been covered.

The first ten people that have gone through the training are currently designing the format of the course which will be delivered as part of the Sunday programme at the SCA Coaching Conference on 17th / 19th April 1998. The committee are looking for a further twenty current and valid level 3 Coaches with a minimum of E2/A4 assessing status (or higher) to become course providers. If you are interested please contact Jim Gibson 01340 831455.

SCA COACHING CONFERENCE.

Glenmore Lodge 17th / 19th April 98

The theme will be Equality of Opportunity'.

Saturday will be dedicated to visiting speakers -

Auriel Forrester, a Sports Scientist whose topic will be Physiological Differences

Carol Burns, again a Sports Scientist who will talk about Women in Sport.

Sunday will again be spent on practical sessions and will include the Manual Handling Course.

Write to the SCA Office for more details and prices.

CHURCHILL FELLOWSHIP

Diane Waddell, Strathclyde East Regional Rep has been awarded a Winston Churchill Memorial Trust Travel fellowship. This will enable her to go to Canada to undertake her project which is titled:- **Watersports and Young People - Benefits, Experience and Future Potential.**

She hopes to link up with organisations and individuals in three different states British Columbia, Ontario and Nova Scotia. On her return to Scotland this information will assist in the development of community based watersports projects primarily for disadvantaged young people in inner city areas. Diane is a level 3 Coach Sea and Inland Kayak and keen to make contact and connections with anyone who has worked in Canada or who would have relevant contact names. Diane can be contacted at Community Central Hall, 304 Maryhill road, Glasgow, G20 7YE. tel 0141 332 9115 Fax 0141 332

ARTIFICIAL SLALOM COURSE

Planning for the proposed White water Course is still going strong with Dr. Andy Watt spending as much time as he can trying to raise sufficient funds to enable a feasibility study to be carried out. This resource will be a major boost to coaching and coaches in Scotland. If you haven't yet heard about the plans or indeed you have any offers of assistance, please contact Andy on 0141 339 6357.

COACHING PROCESSES

Two Coaching processes Courses have run in the last two months in Strathclyde West, with directors coming up from England to provide the main input.

Please contact Gordon Brown 01294 832745, or Ian Sherrington 01479 861256 for possible dates and costs.

News & Views from the National Associations Cont...

COACHING AT THE END OF THE EARTH

For courses in the Highland Region contact Ken Nicol on 01847 894756. Ken will be happy to arrange and staff any courses from Star Tests upwards.

THE COACHING SCHEME AS APPLIED IN SCOTLAND

Following articles in Code and other publications there are several areas of confusion over the "new" Coaching Scheme in Scotland. At the December meeting of the Coaching Committee, the following points were clarified.

1. As there are virtually no Level one training courses, candidates wishing to become Level 2 trainers and assessors (A3) should work on level 2 courses. The minimum requirement is two training courses and two assessments. Applications for Assessor status still need to be forwarded to the committee via the appropriate RCO.
2. Candidates wishing to gain A3 status must have held the relevant coaching award for three years. However, an existing A3 or A4 who wishes to transfer status to another discipline does not need to have held the appropriate coaching award for three years. They are nevertheless, required to work on a minimum number of training and assessment courses, and submit an application for transfer of status to Coaching Committee via their RCO.
3. There is no exemption from assessment. This particularly applies to candidates with existing Kayak Coach qualifications who wish to become Open Canoe Coaches.
4. Lesson Plans and Journey Plans may form part of a Coach Level Two assessment but are not mandatory.

W.C.A. NEWS

The WCA are to implement two schemes to enhance their 'Quality Coaching' ethos:

Approved Course Providers

From 1 April 1998 all coaching scheme courses run in Wales must be overseen by an Approved Course Provider, who will in turn be under contract to the WCA/BCU to provide courses. A number of workshops have been run to educate existing, active providers of courses. During these workshops it became apparent the importance of disseminating information and running on the water sessions to aid discussion on 'standards'. The outcomes of the workshops can then be cascaded to course staff by the provider. Not becoming an approved course provider does not remove your assessors qualifications, it merely controls, more effectively, the provision of courses. Without provider status an assessor can still direct a course, providing they are current and qualified, but only under the jurisdiction of an approved provider. That provider takes responsibility for assessors working for them and the standards they work to.

They must take all the appropriate steps to ensure standards, national guidelines and best practice are upheld.

The WCA will also take steps to moderate courses to ensure quality and guidelines are met. It is not intended that approved providers should be a closed shop, assessors can drop status or new assessors apply.

Coach Update Programme (Proposal)

Mandatory prerequisites without which a qualification is not valid:

1. Membership
2. First Aid
3. Coaching Logbook to National Association every three years for assessment

To be determined as up to date the coach must attend a minimum of 1 day from each module every three years.

Modules:

1. Safety
2. Current HSE and legislative guidelines
3. Coaching and Assessing

Why do we need to up date?

"An instructor is expected to provide a standard of care worthy of a reasonable, prudent professional who know the best practices and current techniques in the profession, regardless of whether they are paid or voluntary coaches.

It is important to realise that a duty of care does not only arise throughout contractual agreement, accepting responsibilities may also give rise to a duty of care.

From a HSE angle, we need to support employers by setting up a framework by which their employees can be updated.

As a governing body, how can we best support our coaches?

Re-validation where by a coaches skill base is examined is fraught with problems. Realistically we can only update best practices and current techniques.

Failure to update

Failing to update will result in the coach being downgraded one level following investigation by the RCO/CDO. To be upgraded following downgrading will require logged evidence of attendance at the required workshops. Re-entry into the coaching scheme by lapsed members would require a fee plus logged evidence of attendance at the required workshops.

In order for upgrading to work the governing body should make available a wide range of coaching workshops, courses and skills courses. These should be priced realistically. Some form of subsidy should be available to coaches involved in voluntary organisations.

W.C.A. COACHING CONFERENCE

Please contact the WCA Canolfan Tryweryn

01678 521083

**2nd & 3rd MAY 1998 - Bala
Leisure centre & Canolfan Tryweryn**

Hosted by the town of Bala and the village of Frongoch, this will be a milestone of the Welsh 'Boating' calendar - a weekend of clinics, workshops, lectures and events aimed at anybody involved in Canoesport - paddlers, parents, coaches and even pets.

Everybody Welcome, WCA members or not, but with discounts to WCA members.

PALM RIVER SAFETY INITIATIVE LAUNCH.

Workshops will include; Basic life support: Manual handling: Disability Awareness: Forward paddling Technique: Open canoe Skills:

Playboat Clinics, Rolling Canoes and Kayaks: Coaching and the Law: Coaching ethics: Fun Competitions and much more.

Welsh Coaches will be able to accumulate credits for the Coach Update programme by attending all or parts of this weekend.

Mental Management

by Jack Russell

So many of the 'technocrats' out there know every boat, paddle and piece of kayaking kit - but how much time do we put into actually understanding ours and others' psychological make up? For example; are we right or left brain? What are our sensory preferences? And why do specific behaviours occur?

In this short essay, I have put forward some ideas for you to think about whilst you are coaching that may help you to understand the psychology behind paddlesport.

The right psychological attitude on and off the river is a vital element in our paddle development. We spend so much time on technical skills and often neglect our 'psyche'. I would suggest that we put equal time into our mental development as well as our physical. Everyday we programme ourselves, we associate or disassociate with the negative or positive dependant on how we feel. Neuro Linguistic Programming (NLP) states that an association with the negative brings on fear often from a bad experience. We see these images in vivid, colourful memories - being trapped in a stopper, pinned etc. To disassociate from these memories it is important to see, feel, hear, smell the bad experience as if it had happened to someone else - try to see these images in the distance in dull grey colours.

Watch what you say to others and yourself. How many times have we heard fellow paddler say, "What ever you do, don't get caught in that hole or stopper". The last few words that the person hears were to get caught in that hole, we have programmed them, so what happens - we get caught in the hole. This is often referred to as a self-fulfilling prophesy.

Negative Anxious Thoughts (NATS). We all find ourselves getting involved in self talk, i.e. I don't think I can run that, I'm not sure etc. Any negative thoughts will fuel our subconscious mind and then our mental beliefs will sabotage our physical competence. Conscious competence can be turned into conscious incompetence purely by having a NAT. Positive Action Talks (PATs) have a dynamic chemical and physical effect on our bodies and will combat the negativity. Mental visualisation or rehearsal (Acting as if) is considered to be a PAT. It is possible to paddle a river in your minds eye, choreographing each move is as powerful and effective as actually doing the move - a sort of virtual reality for free!

By managing our expectations we can activate the ABC theory:

Activating -	Positive Moves
Belief -	In our Capability
Consequences -	Successful/ Pleasurable

Why let anyone take away your enthusiasm? After all, there is nothing more contagious than enthusiasm except for lack of it and of course Hepatitis B. Positive affirmations will convert any negative thoughts and will then give rise to accelerated learning and mental development.

We should also go through a process of desensitisation - looking at the what-ifs and managing the perceived and actual danger. You must be subjective, realistic and try to understand how bad days can be spiralled up rather than down. An imaginary black box is a great tool, it can be used to put away little problems that grow to damage performance, these can then be got out later on a better day and worked out. Manage being thermally, nutritionally and alcoholically challenged - all can bring down your paddling results.

Always try to talk your performance and others up. We spend too much time in this country telling each other not to show boat - but this and peer pressure stops our development. The fear of failure or swimming for example causes us to have a trigger thought/ feeling performance. A better paddler can also trigger us to think negative and become anxious and therefore under perform. Visualise yourself as looking good. Act as if you are good, put up an imaginary barrier to negative put downs. I imagine a giant pint glass coming down over me, it's semi-permeable, negative can't come in or out but positive can.

Finally, set goals every time you enter your boat, look for constant improvement (Kisan). After all, if you always do what you have always done, you will always get what you have already got.

LEVEL 5 COACH TRAINING COURSES

2-7 May 1998 North Wales, Plas Y Brenin,
Capel Curig, Gwynedd. 01690 720280

31 Oct-5 Nov 1998 North Wales, Plas Y Brenin,
Capel Curig,
Gwynedd 01690 720280

11-17 October 1998 Scotland, Glenmore Lodge,
Aviemore, Inverness-shire, PH22 1QU
Tel 01479 861276

Surf Symponia 98

North East - April 25th / 26th

Blyth - Northumberland

October 17th / 18th

Venue to be determined

For further details contact BCU H.Q.

Mountainwater Safety.

Specialist First Aid training for those who use the outdoors for work or leisure. Keep National Governing Body awards valid. HSE approved courses. At your venue or ours. Group rates.

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Contact

MWS

FAX 01429 222089

REC, RLSS, ITC, BCU, RYA Training
1 day and 2 day Emergency courses (16 hr + assessment). 4 day Standard FAW. Advanced First Aid. RYA Small Craft First Aid. BCU Aquatic First Aid. Trainers courses. Specialist courses.

Courses

ASSESSOR TRAINING DAYS

2 April 1998 Leicester OPC, Loughborough Road, Leicester. LE4 5PN 0116 2681426

18 April 1998 Andy Barclay, Cornwall Outdoors, Dalvenie, County Hall, Truro, Cornwall. TR1 3AY. 01872 324402

19 April 1998 Leicester OPC, Loughborough Road, Leicester. LE4 5PN 0116 2681426

19 April 1998 Current Trends, Adbolton Lane, West Bridgford, Nottingham. 0115 9818844

11 July 1998 Claire Knifton, 72 Cornercroft, Clevedon., Somerset. BS21 5DA 01275 343702

12 July 1998 Derek Brooks, 22 Sherbourne Ave, Westminster Park, Chester. CM4 7QU

19 September 1998 Derek Brooks, 22 Sherbourne Ave, Westminster Park, Chester. CM4 7QU

20 September 1998 Leicester OPC, Loughborough Road, Leicester. LE4 5PN 0116 2681426

08 October 1998 Leicester OPC, Loughborough Road, Leicester. LE4 5PN 0116 2681426

10 October 1998 Mike Watson, Sussex Adventure Sports, 6 Hillside Crescent, Angmering, West Sussex. BN 4AA 01903 771272

18 October 1998 Current Trends, Adbolton Lane, West Bridgford, Nottingham. 0115 9818844

8 December 1998 Current Trends, Adbolton Lane, West Bridgford, Nottingham. 0115 9818844

31 January 1999 Roger Drummond, Drummond Outdoor, South View, Severn Bank, Shrewsbury. SY1 2JD 01743 365022

16 February 1999 Leicester OPC, Loughborough Road, Leicester. LE4 5PN 0116 2681426

7 March 1999 Kevin Dennis, The County River Centre, Whitchurch Road, Pangbourne, Reading. RG8 7DA 01189

COACHING PROCESSES COURSES

4/5 April 1998 Current Trends, Adbolton Lane, West Bridgford, Nottingham. 0115 9818844

25/26 April 1998 Kevin Dennis, The County River Centre, Whitchurch Road, Pangbourne, Reading. RG8 7DA 01189 843162

16/17 May 1998 North Wales Plas Y Brenin, Capel Curig, Gwynedd. 01690 720280

4/5 July 1998 Exeter Pete Whitfield, 62 Woodfield Crescent, Oakwood Manor, Ivybridge, Devon. PL21 0FB 01752

18/19 July 1998 Leicester OPC, Loughborough Road, Leicester. LE4 5PN 0116 2681426

12/13 September 1998 Leicester OPC, Loughborough Road, Leicester. LE4 5PN 0116 2681426

17/18 October 1998 Current Trends, Adbolton Lane, West Bridgford, Nottingham. 0115 9818844

14/15 November 1998 North Wales Plas Y Brenin, Capel Curig, Gwynedd. 01690 720280

21/22 November 1998 Current Trends, Adbolton Lane, West Bridgford, Nottingham. 0115 9818844

28/29 November 1998 Cumbria Keith Morris, YMCA National Centre, Lakeside, Ulverston, Cumbria. LA12 8BD 015395 31758

12/13 December 1998 Current Trends, Adbolton Lane, West Bridgford, Nottingham. 0115 9818844

CLASSIFIED

Duchy College, Cornwall. Outdoor Pursuits Instructors wanted. We require staff trained to BCU Coach Level 3 in Open Boat Canoeing who also hold a complementary land based qualification. eg: SPSA or MLC. For full details and an application form please contact Tom Shaw, 01579 370769

Camp Windermere. Qualified Instructors. Freelance / Seasonal required. Minimum 2 NGB Awards preferred. BCU Level 2 Coach, SPSA, Summer Mountain Leadership, BOF, RYA Level 3 Sailing, RYA Powerboat Level 2. Please apply in writing to Camp Windermere, Low Wray, Ambleside, Cumbria. LA22 0JJ

VILLAGE CAMPS, organises activity holidays for children throughout Europe. We are currently looking for Instructors and Senior Instructors to work in The Ardeche, France for the Spring and/ or Summer seasons. Training begins in early May and contracts are for between 1 and 3 months. Generous allowance, food, accommodation, training and insurance included. Apply to Village Camps, 14 Rue de la Morache, 1260 NYON, Switzerland. Phone 0041 22 990 9405, Fax 0041 22 990 9494.

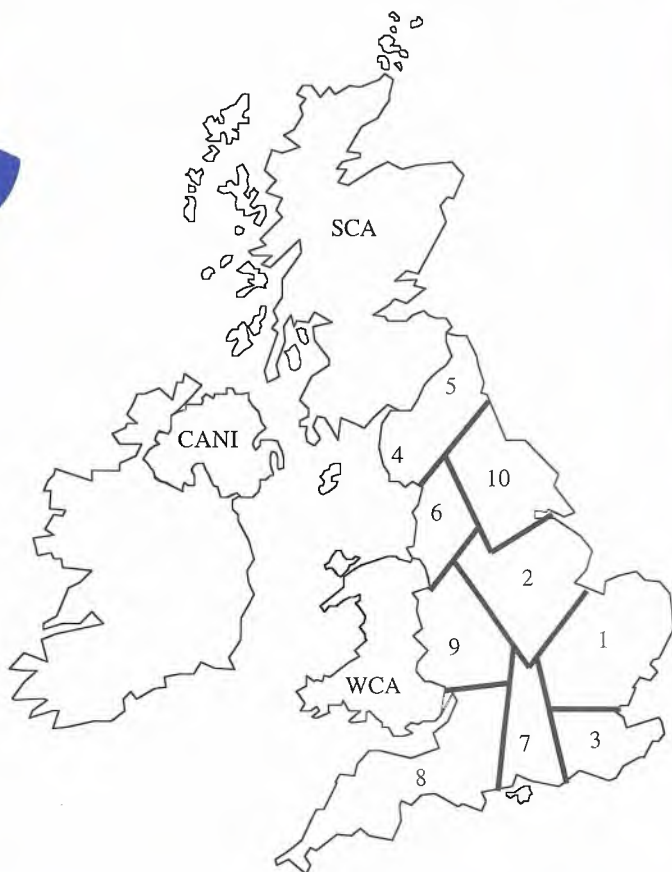
Do you want to be a raft guide with FAZINATOUR? The biggest and fastest growing Adventure Company in the Tirol, Austria. Activities:- rafting - six sections with class 2 to 4+ wild water. Canyoning Mountain biking, climbing, roller blading, etc. INTERESTED? Season - May to October. The job will mainly include rafting, canyoning & safety kayaking. Food at weekends and limited accommodation. REQUIREMENTS. Must have some knowledge of German as clients have limited English. Must have full First Aid Certificate. Should be able to kayak class 3 wild water and have rope work skills.

Average £800 per month for first year guide. Average £1200+ per month in second year. It will take 3-4 weeks to obtain licence which does not expire. COST - £500 for intensive week course + additional training and one day exam. CONTACT ANGUS ON 0797 0798 034 FOR MORE DETAILS.

OPEN CANOE & KAYAK COACHES. Seasonal Vacancies at Horseshoe Lake, Sandhurst, Berkshire and Boldermere Lake, Wisley, Surrey. Both BCU Approved Centres providing a wide range of courses for adults and children. BCU Coach Level 2 and above required for full time, residential and non residential positions. April to October, June to September & July - August. Local BCU Coaches required throughout the season. Comprehensive training and induction scheme. Freetime Leisure Ltd, Horseshoe Lake Watersports Centre, Mill Lane, Sandhurst, Berkshire, GU17 7SS. Tel 01252 871808. Contact Kevin Biles



BCU COACHING SERVICE NATIONAL and REGIONAL CONTACTS



NATIONAL ASSOCIATION OFFICES

B.C.U. John Dudderidge House

Adbolton Lane, West Bridgford,

Nottingham, NG2 5AS Tel 0115 9821100

Fax 0115 9821797

S.C.A. Caledonia House, South Gyle,

Edinburgh, EH12 9DQ. Tel 0131 3177314

Fax 0131 3177319

W.C.A. Canolfan Tryweryn, Frongoch,

Bala, Gwynedd, LL23 7NU. Tel 01678 521199

Fax 01678 521158

C.A.N.I. House of Sport, Upper Malone Road,

Belfast, BT9 5LA. 01247 469907

REGIONAL COACHING ORGANISERS

1. East Paul Fynn, Chesters Cottage, 18 Wroxham Road, Coltishall, Norfolk. NR12 7EA 01603 279979(day) 01603 737456(eve)

2. East Midlands Jon Moore, 22 Swathwick Close, Wingerworth, Derbyshire. S42 6UA Tel No 01246 233603

3. London Paul Kilham, 259D Ladbroke Grove, London. W10 6HF Tel No 081 871 6373 (Work) 081 960 4936 (Home)

South East Paul Newman, 20 The Rise, Hempstead, Gillingham, Kent. Tel No 01634 376420 (Home)

4. North (Cumbria) Keith Morris, 1 West View, Church Road, Allithwaite, Grange-over-Sands, Cumbria. LA11 7RB Tel No 0153 9534638 (Home) 0153 9531758 (Work)

5. North (Nth East) Martin Meling, 20 Windermere, Cleaton Village, Sunderland. SR66 7QQ Tel No 0191 537 2729

6. North West Derek Brooks, 22 Sherbourne Ave, Westminster Park, Chester. CH4 7QU Tel No 01244 675870

7. South Steve Finch, 87 Hexham Road, Reading, Berks, RG2 7AU Tel 0118 9865112

8. South West (Devon/Cornwall) Mrs Janet Bradford, 1 Castle View, Longdown, Exeter, Devon. EX6 8D Tel No 01392 811878 (Home)

8. South West (Wessex) Julie Simpson, 35 Gooch Street, Swindon, Wiltshire. Tel No 01793 618292

9. West Midlands Dave Crooks, PO Box 69 Kidderminster, Worcestershire. DY10 4YG 01562 827065

10. Yorkshire Sam Cook, Bewerley Park Centre, Bewerley, Harrogate, N. Yorks. HG3 5JB Tel No 01423 711626 (Eve)

Wales (North) John Moxham, 1 Machno Terrace, Cwm Penmachno, Betws Y Coed, Gwynedd. LL24 OSA Tel No 01690 760203 (Home)

Wales (South) Nigel Robinson, Y Bwthyn, Fachelich, St Davids, SA62 6QL Tel No 01437 720675

Channel Islands Tom Turner, Nanoq, 6 Clos Alexandra, La Rue Sara Henri, St Lawrence, Jersey. JE3 1GG Tel. 864518

Northern Ireland Keith Fitzsimmons, C/O Woodhall Residential Centre, 27 Moneygrant Road, Kilrea, Co Antrim. BT51 5SJ Tel No 012665 40762 (Work) 01265 55424 (Home between 6-8pm)

Scotland Sam Crymble, 46a Craig Na Gower Ave, Aviemore, Inverness-shire, PH22 1RW Steve Scott, 3 Ogilvies Close, Kirriemuir. DD8 4AX. Tel 0575 72345

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