

Coaching Development

CoDe

the magazine of the BCU Coaching Service

The Coaching Service is



UKSPORT



BRITISH
CANOE
UNION

*Any comments or
articles please forward to the
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 magazine 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: Mike Devlin, BCU UK Director of Coaching.



In This Issue

No 123 June 2005 £1

The BCU's delivery plan for UKCC proposes that we should be in a position to deliver a UKCC endorsed coach education programme by Jan 2007. (see issue 122)

With Paddlesport Review developments well underway this is realistic, although will require a lot of further work in terms of core curriculum development, support modular development, resource development, trainer recruitment and training and communication.

Particularly with communication in mind we will be preparing to provide a complete 'where we are at', 'what we are doing' and 'what we still need to do' summary in the autumn issues of Code (Oct and Nov).

In order to be able to do that as effectively as possible we ask you to note that the June and August issues may be scaled down to cover regional information and office matters info only. This will provide the time and financial resource to upgrade the Oct and November issues to provide greater clarity and ease of reading.

We hope you will appreciate and support this move.



Women's attitude to White Water Paddling

Sue Couling

As part of my preparation of my Level three training course I was asked to prepare a 10-minute presentation on some thing I was interested in. Two possibilities came to mind quickly: showing my holiday photos or giving some detailed thought to a subject I have been known to rant on about (mainly in the pub) for many years. The more I thought about it the more I wanted to explore my thoughts on women's attitudes to white water paddling. Lots of the female paddlers I know are twitchy about white water to some extent and I wanted to understand what makes them feel this way.

Consulting the BCU web site and coaching book tells us that the BCU have noble policies on the encouragement of all into canoeing for example: The BCU Equity Policy which aims to ensure that all people ... have genuinely equal opportunities to participate in paddlesport. There is also a policy commitment to tackle the issues of under representation of women at all levels in paddlesport. However there is little solid guidance or information specifically on women and white water. A brief trawl of the internet pulls up things like all-women-wilderness-trips which is not really what I wanted to study.

Since most of my rants are based on what I THINK people have said to me about river trips (possibly influenced by the consumption of alcohol) I decided to ask those women paddlers I had contact details for and see what they actually have to say. I have had 20 replies to-date from women with a wide range of canoeing experience and types of clubs. Many of these women had quite a bit to say but I will only address a couple of the main issues in this article.

Of those that responded: 4 had been paddling less than 1 year whilst 6 had been paddling more than 10 years; most had started at a university club; and most described their white water experience as grade 2-3 while 6 had much more extensive white water experience.

Asked what they love about canoeing three answers came up:

The people and social life 'the people who are mad enough to do it' (16/20)

Love of the outdoors: 'No better way to see some amazing scenery and just to be outdoors' (12/20)

The adrenaline rush and the challenge (14/20)

Clearly the social side is very important aspect and for most this means paddling with both men and women. In fact 2 replies actually stated they would not go on all-women trips.

Interestingly nearly 1/3 of the replies stated that the exhilaration and challenge of running rapids is what attracts them to the sport even though they might be very scared at the top of a rapid. However, when you look at the response to levels of confidence you can see there is a conflict between 'the adrenaline rush' and walking round the rapid. It should be noted that this group of women are effectively self-selecting – they are not 'soft' indoor type.

Only 5 of the women who responded consider themselves to be confident on white water and even then 3 of those responses were qualified by statements such as: 'within my ability', 'if there is a choice between grade 2 and grade 3 on same bit of river, I'll always go for the easier'; and 'I still get very scared before we go down'.

8 of the replies said they used to be confident on moving water but are now considerably less confident for example:

'In my youth I was way more confident. Now I walk round anything remotely dangerous.'

'I go for several weeks feeling really confident then I suddenly lose my confidence usually for no particular reason and convince myself I can't do it and then end up taking a swim'

Three women said 'Depends who I'm with' which is not surprising but does show the importance of good leadership. The attitude of the coach can have a big influence on the paddler:

'Sometimes I feel hopeless and like I am holding someone back
Other times I feel like my buddy is really sharing my learning with me and when I don't feel like a burden I feel more confident.
Some people are just naturally more encouraging and reassuring and I like paddling with them.'

The conclusion therefore is there a conflict of feelings for most women paddlers. They really want to get out there and paddle and even nasty swims do not usually put them off provided the group support is good enough. In fact swimming can have a strong positive effect for example:

'If I take a swim I feel like I've lost control and it actually makes me want to do more rather than puts me off.'

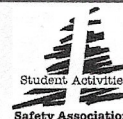
However such experiences can also make the paddler more aware of how potentially dangerous canoeing can be and contribute towards their reduction in confidence.

'Women seem to be more scared/sensible and will not just throw themselves down things.'

To encourage women in to white water paddling and to maintain their interest, this conflict needs to be recognised. However each paddler is an individual and the coaching approach will vary depending on the character of that person.



BCU/SASA
STUDENT EVENTS
2005



Alpine Camp 16-19 & 20-22 June 05
Safety Seminar Oct 05

For more information contact
BCU Coaching on 0115 9824200
Coaching@bcu.org.uk



Regional Round-Up

LONDON REGION

RCO : Andrew Pearson Tel 07802 975540,
email a_pearson7@hotmail.com

Please let me know of any courses or assessments running in the region over the next few months as I am starting to receive enquiries from potential candidates I would like to point in the right direction.

Also let me have any other information that you would like me to pass on through this column.

I also have a list of A1 coaches who are looking to work on courses as part of the Assessor process.

Happy paddling

SOUTH EAST REGION

RCO - Andy Hall Tel 01903 767503
Email: debofdene@yahoo.com

Update Forum Feedback:

Thank you to the coaches that contributed to a successful day at the South East Update Day, 17th April at Cobnor.

Future Dates:

Sat 1st Oct - Kent coaches forum/update

Workshops during the day will include: Eskimo kayaking, 4 Star Sea, Rescues, Open boating, Bell boating & canoe polo. The workshops will be followed in the evening by the Kent coaches forum (5pm-7pm), with updates and a variety of talks for local coaches. Last year saw 41 coaches participate – so don't miss out.

3 and 4 star sea journeys and training sessions
June 5 - 8.30am @ Whitstable Sailing Club
July 10 – 8.30am @ Seapoint (Warren Paddle)
Sept 18, Oct 2, Nov 27 - TBA

L3 Sea Training / Assessment

Oct 1-2 at Seapoint

For further details Please contact Kent LCO Dave Barker on:
Email: dave@what4.org.uk mobile 07889 524954

New Web address: Seapoint Canoe Centre:

www.seapointcentre.com

WEST MIDLANDS

RCO - Phil Ascough PAscough@worcestershire.gov.uk

15th - 16th October Level 2 Coach training -
Canoe and Kayak
5th - 6th November Regional Forum and
Coaching weekend

Staffordshire

The open forum held for Staffordshire coaches on Sunday 17th April was attended by 19 coaches representing 9 clubs and centres. Descriptions into the development projects currently ongoing at Walsall, Staffs and Stone and Burton were given by appropriate representatives, including an outline of the roles of attached Community Sports Coaches.

There was a useful discussion on the JA Coaching Certificate as previously described in CoDe and some discussion on the Paddlepower Young Paddlers Scheme with one or two suggestions for the current season.

The forum concluded with a fun session on the water course with any number of timed runs through a set sequence. Good fun, with just that little competitive edge starting to creep in!!

However, to my mind, the most useful outcome of the forum was the networking that took place! This was clearly in evidence during the forum and evidenced by the follow up phone calls and emails.

Thanks to all those coaches who attended and/or replied to the invitations. The next forum is just before Christmas on Sunday 18th December at Walsall.

Why so late? You are all busy paddling during the summer! It was thought that a date after all the other forums, symposiums, and annual coaching meetings would be a good choice. (Personally I think its time out from Christmas preparations for some!!?) Whatever! Get out there! Paddle to participate, paddle to perform and paddle for pleasure.

Have a good'un! Be there for the next one!

Stuart Briggs

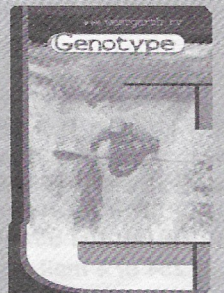
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Regional Round-Up

YORKSHIRE

RCO - Ian Scott

12 Highcliffe Place, High Storrs, Sheffield S11 7LW, Tel 07961 815038

e-mail - highcliffeadventure@hotmail.com

RCO Election

At the September meeting of the Yorkshire coaching panel the post of RCO is up for election. Ian Scott, the current RCO has indicated that he is prepared to stand again. Any other nominations should be sent to the region's secretary, details on coaching-yorkshire.org.uk or Richard Ward at BCU Office

Forum Feedback

The weekend of the 16th & 17th April saw the 2nd coaching weekend organised for club coaches in the Yorkshire region.

Over 70 people participated in a range of coaching and qualification courses throughout the weekend ranging from star tests, CST, first aid and coaching courses, both canoe and kayak.

If any club in the Yorkshire region did not send any participants I would like to hear from you, email me at highcliffeadventure@hotmail.com. We are committed to increasing the number of coaches within our clubs in the region.

The weekend also saw an update forum with guest speakers from the BCU, this was both entertaining and informative for all coaches. I apologise to those coaches who applied and did not get a place, if coaches would like to be informed of events first then go to coaching-yorkshire.org.uk and register and all the information will be sent electronically.

Fifteen of the regions coaches gave up their time for this weekend together with the support staff that fed approximately 130 people for lunch on Saturday! My sincere thanks to all those involved and to Aldwark for allowing us the use of their fantastic facility.

Whilst I do not want to pick out any individual, a special thank you must go to John Lucas who coordinated the courses and did an excellent job.

Watch out for the next event - **Ian Scott**

Dates for 2005

Yorkshire Coaching Panel

The next coaching panel meeting will be held on Sunday 4th September, the host for this meeting is Bradford and Bingley CC. There will be a session on slalom coaching before the meeting aimed at the recreational coach and transferable skills. For details contact Adam on adam-peter@ntworld.com or via the website <http://www.coaching-yorkshire.org.uk>. This is your opportunity to be involved in the regions activity and its development..

Level 2 Coach Training (Kayak),
9th & 10th September
Level 2 Coach Assessment (Kayak)
20th August

Contact Ian Scott for details.

More from YORCIE...

Happy Birthday and congratulations to everyone at WEST YORKSHIRE CC who this year celebrate 50 years of paddlesport. Their first celebration in April went very well, but for those who couldn't make it, make sure you book Sept 24/25 in your diaries as there will be another party at the clubs annual WEST TANSFIELD / SLENINGFORD slalom.

Happy 10th Birthday to all at LOWER WHARFE CC.

Check out Hatfield Water park near Doncaster on **June 25th & 26th - a full weekend of action organised by Green Star CC**. Try, Slalom Training & Competition, Polo for beginners & improvers, Bell boats racing, Freestyle coaching, Come & Try its. Team, individuals, families, clubs all welcome.

Contact Ester for more info etc on

ester.mathews@btinternet.com and watch this space for yet more on Sept 10th & 11th.

In the slalom yearbook you'll see July 9th & 10th as Premier and Div 2. Please note that the Prem bit is a mistake. The resurrected "Yorkshire Champs" is an open event - Have a crack at a combination event in which your aggregated results in both a slalom & WW race give you your final position.

The new regions group of Sea kayakers (YORCIE SALT n' SHAKES) has had a good reception. The first meet was at Flamboro to explore the caves and the next is imminent. Check the regions web at www.bcu.org.uk/yorkshire to find out more or contact KEN Reece on 01937 588786 if you don't surf (well in the dry that is).

The next coaching scheme get together is on Sunday evening Sept 4th at Bradford & Bingley CC site. This is being run by AP for Yorkshires coaches and you can contact Adam on adam-peter@ntworld.com

I hope the regions clubs secretaries keep a good lookout and be ready to act when another round of Community Club Development Programme gets re-launched. Both Bradford & Bingley CC and White Rose CC have so far benefited. If you have some club aspirations (especially if you can't sort them on your own) let us know because we know a man who can!

Coaching Young Paddlers - highly recommended for clubs who coach and train young paddlers.

Neil Jennison from Kingston Kayak Club is the regions only trained presenter. Neil will present this workshop (free whilst funds last) in Leeds on Tuesday 21st June from 6.30pm.

If you think this would be useful to your club or organisation (maximum of 2 per club), please make your bookings with me.

Hope to see you with your clothes on or off!

Thank you, Dick - dickconstable@canoeists.co.uk



Regional Contacts

SOUTHERN REGION

RCO – Andy Maxted
Email: morven@ukonline.co.uk
Tel: 07730 852760

RCO Election Outcome

Over 20% of Southern Region coaches voted, Andy Maxted won the election polling 127 votes to Steve Finch's 86. I would therefore like to take this opportunity, on behalf of Southern Region Coaches, to welcome Andy into post and thank Steve for the tremendous contribution he has made over the last seven years.

2005 Dates

June 11: Canoe Safety Test Trainers Update
October 15: Regional Forum. Hampshire

Owen Burson supported by Kevin Richardson has taken on the role of LCO for the Isle of White. Their first panel meeting generated plenty of interest from the Islands Coaches, including a thumbs'-up to develop a programme of mentoring for coaches. I would like to take this opportunity to thank Buzz Austin who has recently stepped down as LCO for the work he put in.

EAST MIDLANDS

RCO - Chris Cartwright
Email: chris@adventureimages.co.uk
Tel: 01629 760070 or 07855 385323

The East Midlands LCO Team will be providing opportunities for coaches to share best practice, network and to update their coaching qualifications.

Contact your LCO for more details

Northamptonshire-Tony Bloor MBE, 01604 766660
northantoffice@leicnhantsdemon.co.uk
Leicestershire- Colin Broadway 07768 876756
Colinbroadway@hotmail.com
Nottinghamshire- Steve Hunt 01623 458778
Janehunt2@ntlworld.com
Lincolnshire- Garry Knight 07732 534385
Garry.knight@ntlworld.com
Derbyshire- Christine Wilson 01433 621149
Alan.wilson6@tiscali.co.uk

Wessex

RCO – John Sutton
Email: john.seakayaker@virgin.net
Tel: 07740 958475

Weymouth Forum -feedback

Over 80 coaches attended the March Update. Workshops ranged from Duty of care through to a sea paddling, mentoring and many more. A big thank you goes to Paul Hurrell who organised the day at the Weymouth OEC. With the information gathered at the forum a number of follow-up coaching courses are being arranged. If you want to know more please contact Paul Hurrell, LCO for Dorset

paulandangela@hurrell.freemove.co.uk

Forum dates 2005

1st Oct - Hamworthy Middle School, Dorset

NORTH EAST REGION

RCO - Ken Hughes
Email: kjhughes@darlington.ac.uk

Youth fest is coming to the North on July 16th at Teeside. Please come along and support this great event, either by bringing your young club members up and/or bringing those who are now past the flush of youth to come and help! Contact Bobby Timperley at bobby@tfrankham.fsnet.co.uk

NORTH WEST REGION

North west
RCO: Ian Bell
Email: ianalisonbell@btopenword.com

2005 Calendar

June 18th - Paddlefest Liverpool
August 20th/21st - Level 3 sea training and assessment weekend
June 25th/26th - 4* Sea training and assessment weekend

Calendars of course and events for this year will be available on the regional web site <http://www.bcu.org.uk/northwest/> or from the LCOs.

NW meetings this year - provisional dates 7.30 pm start;
14 July Clitheroe,
22 Sep Southport,
NW BCU Annual Consultative Meeting
Dec 10 2005 – Merseysport

CUMBRIA

RCO - Matt Ellis
New contact details to be posted

A full list of courses is now on the Cumbria web site www.cumbriacanoeists.org.uk so check this out for a wide range of courses.

Events for 2005

July 10th The now classic Ullswater Outward Bound - Round the Island Race. Classes as normal e.g. Open Canoe, sea boat, racing boat and general purpose boat. Make a week end of it and come and enter this superb race.

Cumbria Update Forum – Coniston Nov 05 (Date to be confirmed)

EASTERN REGION

RCO - Stephen Scorer
Tel: 01234 376410

Dates for your Diary:

25th & 26th June – Eastern Region weekend; details can be accessed via the Eastern Region website (www.bcu.org.uk/eastern/) or for hard copy please contact English Coaching.

Canoe and Kayak Games

Pre-publication deal for BCU Coaches

Half price if ordered before 30th June.

Editor Loel Collins Publication July 2005
 ISBN 0-9519413-9-0 Price £12.95
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 and Plas y Brenin the
 National Mountaineering Centre.*

This book is a completely new and updated fourth edition of Dave Ruse's original 'Canoe Games'. It includes the best of the original Canoe Games, but has been completely revised and radically updated, with new games contributed by BCU coaches. These games are grouped and linked to the BCU Coaching Scheme.

This special offer is limited to BCU Coaches and one book only. The publication date will be confirmed on the BCU website. We will mail the books out as soon as we receive them from the printer.

Thank you for your order, Peter Knowles.

Last date for receipt of orders 30th June 2005

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