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Coaching towards 'flow' in performance

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Conscious to automatic?
Learning new techniques in kayaking and canoeing, as with any sport, is about piecing together parts of techniques, and then making them happen automatically when we want them to. In order to learn new techniques, we spend our time breaking them down into their various components, and consciously gaining the ability to perform each part, before putting the whole technique together. After a short while we (hopefully!) get to a stage where we can perform the technique occasionally, provided we think about it, and provided everything around us goes right. Eventually, we are able to carry out the action automatically, can correct errors without 'thinking about it' and can carry out the technique 'on demand'.

Left and right brain
Obviously, the brain controls all of these actions, but puts it all together in an interesting way, with different sides of the brain performing different roles (Blakeslee, 1980). The left side of the brain is responsible for piecing together the parts of the technique. It deals essentially with problems requiring analysis, applies logic, and deals well with sequencing our actions. It is also the side that deals with verbal information, and retains the facts that you need to be able to recall.

As such, it is the part of the brain that deals with analysing techniques, working out what order you have to do things, and then consciously calling on muscle groups to perform actions when you think about it. Fundamentally, it is responsible for learning, in a step wise manner. The right brain on the other hand is a lot more intuitive. It deals with the overall feeling of things, and takes care of the 'whole picture' rather than the parts and the details. So – the right brain plays an important role in bringing the whole technique together, and allowing it to be performed smoothly.

Development of flow
When we are fortunate enough for our learned techniques to be going well, we might identify that we 'felt in the zone' or were 'totally engrossed'. Maybe we felt absolutely in tune with our environment, and that everything we tried worked perfectly. This 'optimal psychological state' is called a state of flow (Csikszentmihalyi, 1975). When in a state of flow, we do not consciously analyse our techniques – the required actions just happen automatically (rather like walking down the road – we don't have to consciously think about moving our feet forward!).

From a sport perspective, there are different dimensions to this that we may consider. Our skills are probably sufficiently developed to achieve the required task, and we are able to perform them without breaking them down in a conscious way. We probably have a clear picture of what it is we are doing, will be aware that it is all going well, but we won't be consciously identifying the parts of required technique ahead of time. It will also feel like the amount of power required to achieve the goals is available to us, and effective in achieving what we want. A further indicator that things are going well is that there is a loss of sense of time in the performance (Jackson and Marsh, 1996).

Interestingly, the state of flow is related to the work of the hemispheres of the brain. When learning techniques, we are consciously breaking them down, and thinking carefully about each component as we perform it. At this stage, the left brain is controlling the activity, and is a necessary step until we are able to perform to a reasonably consistent manner. However, the goal is to get the action to be automatic, and to happen on demand, and without particularly thinking about it. In other words, the right brain has at some point got to take over, and allow intuitive control of our actions.

Coaching implications
As coaches, part of our job is to break down techniques and help people identify how to improve what they do. We are essentially appealing to their left brain in this stage of our work. The next exciting (and more difficult) stage is to work out how to get them to perform the skills automatically and on demand. This is when the mind is transferring control from the left brain, requiring conscious thought, to the right brain, and to automatic application on demand. When the techniques are driven and controlled by the right brain, the development of flow is possible, and the intrinsically rewarding experience of being 'at one with one's activity' is possible.

So funnily enough – we perform better and seem to get more out of it if we stop thinking about things, and only use half of our brain! Whilst we may initially be getting our students to concentrate on the details of techniques we are putting across, we then need to change our approach.

Coaching towards 'flow' in performance

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Application example
Consider that you've got a group of students learning the basics of crossing an eddyline for the first time. You've picked a nice spot with a well defined eddyline at the top of the eddy, and a long flat stretch of water for them to get back to the bank easily. You might take the approach of sitting them in the eddy, introducing the activity, demonstrating it, and then go on to explain the components. Your explanation might explain about having some boat in the eddy, aiming the boat so that they have the correct angle to the oncoming stream, preparing a low brace, edging the boat as it crosses the eddyline, and then paddling back to the riverbank for another go.

As a result they will probably have the information in their heads as a clear step-wise sequence. When they try it, they may well be repeating the sequence of required actions to themselves as a bit of a mantra, or they may be re-playing your instructions to themselves in their head. Either way, their actions will probably be step-wise and mechanical, and left brain dominated. After a while, they'll get the hang of it, and will start to become more confident, but will still be relying on talking themselves through the sequence of actions. The interesting job you have as coach now is to try to get their mind off what they are doing, to allow the action of crossing the eddy line to become 'grooved', or automatic. A simple way to do this is to get them to relax while they are doing it by introducing some fun activities. It may start with a simple follow my leader, with them concentrating on following the boat in front, rather than on the mechanics of the actions. Maybe then you'll get them to start thinking about secondary things, like looking far downstream as they paddle, or singing a song as they go. Again, this forces the left brain to work on one thing, while the right brain is allowed to look after the whole action of the break in.

Fault correction
While they are doing this, it gives you an opportunity to spot errors, and you'll want to go back into the detail of what they are doing, and give specific technique correction. Maybe they need to edge a bit more, or they need a bit more boat speed at the top of the eddy. Identifying these specifics is an important part of the coaching job, but it's important that you give them a route out of thinking in a stepwise fashion. One thing you can do is alternate a left brain 'specifics' part of the session, with a right brain 'whole technique' activity. In the left brain activity you might break the technique down again, explain what they need to correct, demonstrate it, and let them try it (while focussing on where the alteration fits into the sequence).

When you send them around to try it again, give them just one thing to correct in their known sequence. This has the advantage that they are receiving the specific corrections they need through the left brain channel, and are able to put them into context. You just have to remember to get it grooved and controlled by the right brain afterwards. So after a bit of practice, you have to go back to the fun games again, to get them out of the pattern of thinking about everything as they do it. For our eddy line group, they will soon be crossing eddy lines with the boat edged, carving like a surfboard, feeling the force of the water on the hull as they go. With a few more activities thrown in, their skill level will grow to meet the challenge of crossing the eddy line at different speeds and angles, at which point they should start to feel completely at one with the activity and eddy line crossing should become an automatic action that they no longer have to 'think about'.

Encouraging the development of 'flow' in performance in this way is something that we can apply to all sorts of paddling activities – whether it is crossing eddy lines, a freestyle skill like cart wheeling, surfing a wave, or a slalom gate sequence. As coaches, we just have to apply the correct balance of left brain skill analysis with right brain activities to get the required actions to be available to our students at an automatic, sub-conscious level.

References
Blakeslee, T.R., 1980. *The right brain*. MacMillan press, London, 275pp
Csikszentmihalyi, M., 1975. *Beyond Boredom and Anxiety*. Jossey-Bass, San Francisco, 433pp.
Jackson, S.A. and Marsh, H.W., 1996. Development and validation of a scale to measure optimal experience: The flow state scale. *Journal of Sport and Psychology*, 18, 17-35.



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Using APL for direct entry into BCU Moderate Water Endorsement

The new BCU Moderate Water Endorsement is a one day training and one day assessment designed to broaden the coaching remit of BCU UKCC Level 2 coaches. However, existing coaches in the former BCU scheme who wish to access the new Moderate Water Endorsement may do so through application for Accredited Prior Learning (APL).

Where coaches are able to demonstrate prior learning or experience that equates to the BCU (UKCC) Level 2 Training and Assessment Package, entry to Moderate Water training may be permitted. Applications are considered by the Home Nation Coaching department, who will examine the evidence against set criteria before making a recommendation. Typical evidence may include holding an old style BCU Level 3 award in one discipline, a UKCC Level 2 award from another sport, experience of planning, delivering and reviewing a series of 6 progressive coaching sessions. Candidates are also required to hold the 4 Star Leader award in the discipline concerned.

Level 2 coaches in one or both disciplines in the old scheme who wish to transfer to the UKCC endorsed scheme will be required to complete the Level 2 Transfer module before progressing to Level 2 Assessment, unless they have sufficient evidence for APL. This will automatically entitle them to progress to Moderate Water without APL.

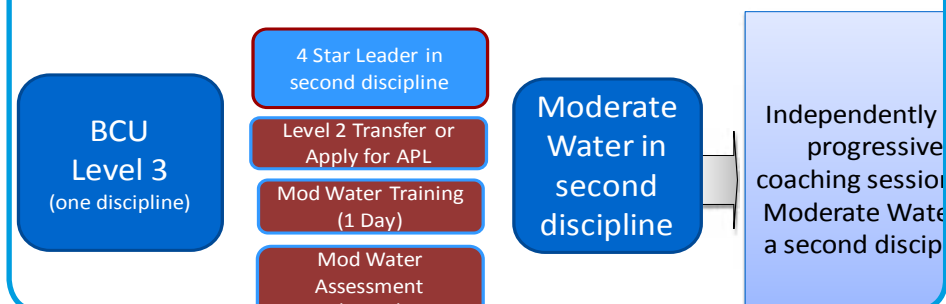
Any BCU Level 2 Coach (or above) is able to proceed direct to BCU (UKCC) Level 2 Transfer module. Coaches will be required to meet the other prerequisites for Level 2 Transfer, namely 2 Star in Canoe and Kayak, or Paddlepower Discover, 3 Star in any discipline (Boat-based applicants only), Foundation Safety and Rescue or Canoe Safety Test (if achieved prior to 01/01/09)

Further details on APL, including the criteria can be found on Home Nation Association websites.

Example:

A Level 3 Inland coach wishes to operate in moderate water in open canoe. This coach may obtain their 4 star leader award in open canoe and apply for APL to progress to Moderate Water Open Canoe Endorsement. Upon completion, this coach would hold the remit to coach open canoe in a moderate water environment i.e. the similar remit as the old style Level 3.

Accessing Moderate Water Endorsement without BCU UKCC Level 2



ON LINE CHILD PROTECTION COURSE

This new training course provides an easy way to access the basic training requirement for volunteers, coaches and staff involved in Paddlesport but who are not working regularly or alone with children*. Avoiding the time and cost required to travel to and attend courses.

The course covers basic awareness training, explains best practice, and what to do if you have a concern regarding child protection.

This training course is suitable for:

- all coaches who do not work regularly with children*
- Event Officials (as designated by the Event Welfare Officer)
- Polo Referees
- BCU Committee members

*coaches who work regularly with children should attend the 3 hour Sports Coach UK Safeguarding and Protecting Children workshop or equivalent (see above)

To access the course go to the Safeguarding section of your Home Nation website.

Transfer Pathways to the new BCU (UKCC)

Why Transfer?

While it is true that pre UKCC qualifications will continue to be recognised by the BCU provided the coach retrain their 'updated' status, there are many benefits of transferring to the new UKCC endorsed scheme, including the following:

- Opportunity to develop your 'how to coach' skills alongside the 'what to coach'
- Opportunity to progress to higher levels as the new scheme continues to roll out
- Opportunity to coach in a variety of disciplines
- Parity with coaches in other sports in the UK
- Counts as Coach Update
- A BCU UKCC Level 2 Award is required to access BCU Moderate Water Endorsement and/or BCU UKCC Level 3 (unless using APL)
- Personal Development; the UKCC endorsed awards may provide coaches with the opportunity to develop certain aspects of their skill set
- Increased remit; for example the BCU (UKCC) Level 1 Certificate in Coaching Paddlesport, qualifies coaches to work with paddlers in any craft
- Increased recognition; the UKCC endorsed awards meet nationally set standards for coaching, and as consequently are likely to be valued higher by employers and clients. In addition, candidates in Scotland receive dual certification with Scottish Qualifications Authority.
- Demand led; due to the establishment of a national set of standards for sports coaching, some employers may require the UKCC endorsed qualification
- Remaining Current; Coaches may want their skills recognised on the same scale as new coaches coming through
- The choice to transfer lies entirely with the candidate. The process will involve an element of assessment against the new assessment criteria, taking into consideration the candidates' previous experience and qualifications. When a Coach transfers they will not lose other BCU Coaching Qualifications that they may also hold.

Transfer options

The transfer routes available to you are based on your existing qualifications:

Pathway 1 -

BCU Level 1 Coach - 1 day Level 1 Transfer to become BCU UKCC Level 1 Coach

In addition to Level 1 award, boat based candidates must hold the new generic 2 star or the old 2 star in canoe and kayak, Bank based candidates are not required to hold the 2 star award.

Pathway 2 -

BCU Level 2 Trainee Coach
1 day Level 1 Transfer to become BCU UKCC Level 1 Coach.

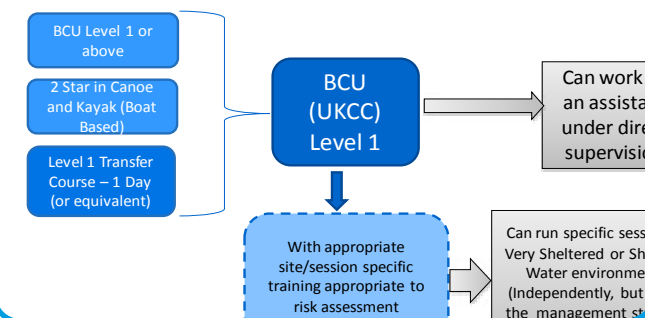
Similar to pathway 1, boat based candidates must hold the new generic 2 star or the old 2 star in canoe and kayak, Bank based candidates are not required to hold the 2 star award.

Pathway 3 -

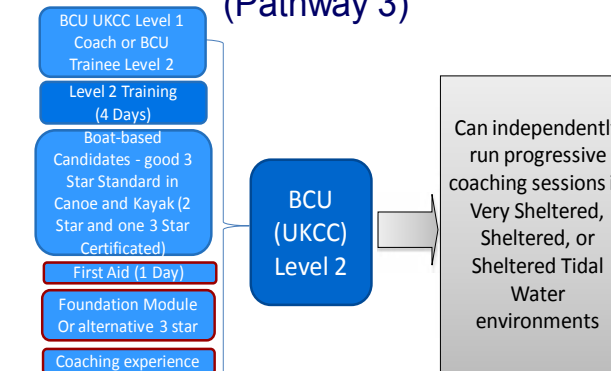
BCU Level 2 Trainee Coach

Enter the BCU UKCC Level 2 training programme with the 4 day training course followed by CPD plus Level 2 Assessment to become BCU UKCC Level 2 Coach

Transferring to BCU (UKCC) Level 1 (Pathway 1 and 2)

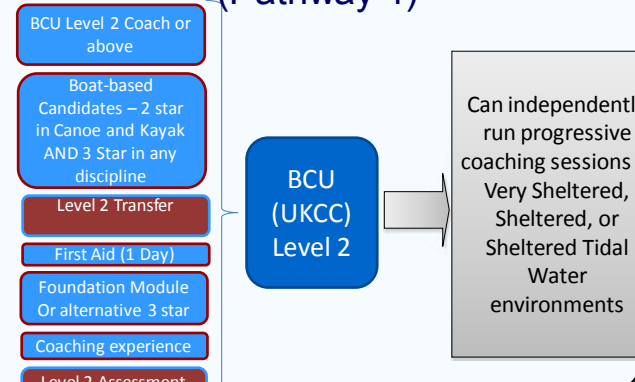


Transferring to BCU (UKCC) Level 2 (Pathway 3)



Transfer Pathways to the new BCU (UKCC)

Transferring to BCU (UKCC) Level 2 (Pathway 4)



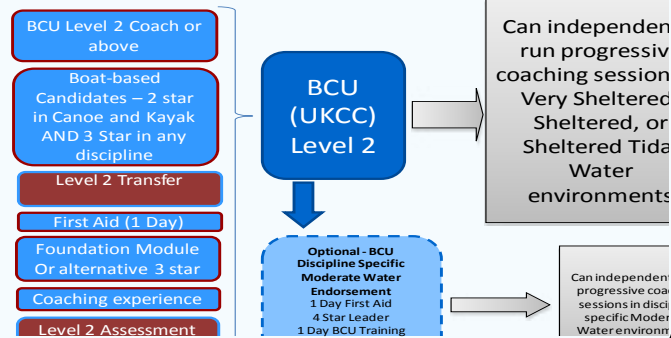
Pathway 4 - BCU Level 2 Coach

Level 2 Transfer course plus CPD plus Level 2 Assessment to become BCU UKCC Level 2 Coach. This option requires coaches to hold a minimum of 2 star in canoe and kayak and 3 star in any discipline.

Pathway 5 - BCU Level 3 Coach

No transfer routes are required or available. Coaches in this category may progress to the existing BCU Level 5, or to BCU UKCC Level 3. A number of coaches in this category have opted to progress with pathway 4 in order to get a coaching remit in the second discipline.

Transferring to BCU (UKCC) Level 2 showing BCU Moderate Water Endorsement option



Remit for BCU UKCC Level 1 & 2

The remit for the new BCU UKCC Level 1 & 2 are shown in the diagrams referenced above. In summary, a Level 1 coach can work as an assistant under direct supervision whilst a Level 2 can independently run progressive coaching sessions in Very Sheltered, Sheltered, or Sheltered Tidal Water environments



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Canoe England Coach Conference
Saturday 16th & Sunday 17th January 2010
Wyboston Lakes Conference Centre, Bedfordshire

“Coaching-helping you to be the best you can be.”

The thrust of this two day Coaching Conference is an inclusive approach with a mixed menu of workshops and essential coach updates that aims to capture the imagination and help with the continuing development of your coaching toolbox for all Canoe England coaches from the newly qualified Level 1 Coach to the Level 5 Coach, Competition and Recreational Coaches alike.

An exciting programme is on offer with two guest speakers discussing the topics of 'Coaching for performance' and 'Great Coaching - being the change catalyst' and a huge range of workshops to choose from over the weekend;

BOOK NOW!! Registration is open to all coaches, and will be on a first come first served basis so please register as soon as possible to avoid disappointment. Registration forms and further details available from;
<http://www.canoe-england.org.uk/coaching/canoe-england-coaching-conference/>

Email; coaching@bcu.org.uk or maria.winfield@bcu.org.uk
Phone; 08453709500 (option 6)

Workshop Options;

The following exciting range of workshops are on offer;

- Paddlesport FUNDamentals
- Traditional Open Canoe Skills
- Support Session for Trainee BCU UKCC Level 2 Coaches
- Strength and Conditioning Philosophy
- Performance Analysis
- 2/3 Star Awards Accredited Providers Workshop
- Wing Forward Paddling Techniques - The kayak Stoke (am Session)
- FSRT Accredited providers Workshop
- Coaching Skills - 'Practice Methods' for multi craft sessions
- Coaching Skills - Developing your Observation Skills
- Coaching Women and Girls
- BCU Foundation Coach Module - Slalom
- BCU Foundation Coach Module - Racing
- Forward Paddling Technique for Racing Coaches
- BCU UKCC Level 1 and 2 Coach Providers - Essential Update
- BCU Intermediate Module - Coaching the Mind
- Paddleability - Skills for Coaching Paddlers with Disabilities
- Functional Stability in Paddlesport
- Wing Forward Paddling Techniques - The Canoe Stoke (am Session)
- BCU Foundation Module - Coaching Young Paddlers
- BCU Foundation Module - Performance Planning for Paddlesport Coaches

Canoe England Volunteer Awards - Saturday Evening sees the presentation of the Canoe England Volunteer Awards, come and support those who are due to be rewarded for their contribution to the sport!

Venue: For the first year we are moving to the fantastic conference facility at Wyboston Lakes, in Bedfordshire. With an onsite water facility, and the highest quality conference and accommodation on offer.

Easy access just off the A1 between Bedford and Cambridge... check out <http://www.wybostonlakes.co.uk> for more details.

Cost: Various conference packages are available from £40 per day, to £135 for both days with full board and accommodation. See Registration Form for further details



Learning and Coaching Styles....

(Or 'how we absorb and process information and then what do we do with it!')

Our job as a coach at any level is to help develop our students along on their journey as a paddler, irrelevant of what discipline or craft they choose to participate in, to see what techniques they need and help give the students those techniques.

Our ultimate aim as a skills coach is to make ourselves unemployed as the students coach, by helping them get better as a paddler but also to become more in tune with themselves as a learner and a skilful performer so we are no longer needed as a coach.

We can all take information in through a variety of different senses. Our absorption of information we receive through Visual stimulus, Auditory input or Kinaesthetic input varies depending on our preferences.

These preferences can control our ability to absorb and retain information.

Gareth Field,
Canoe England
Paddlesport
Development Officer.

The most common Visual stimulus is in our demonstrations. "A picture paints a thousand words". We are all very good at making sure our demonstrations are very clear and well presented to our students. Do you continue to demonstrate good practice when you have set your students at an activity? Continual good role modelling is an essential part of good coaching.

Auditory information is what we hear. This can either be what the coach says or what noise the water is making on the boat. All these give us information. For some people reading is auditory as often they hear the words they are reading.

Kinaesthetic is what we feel. This can be from any source, the coach holding our paddle in the right place or the water slapping us in the face.

We naturally usually prefer one or two of these ways of taking on information. Their dominance is the way we naturally want to absorb information. If we think about paddling as a whole, some of the skills are very kinaesthetic, whilst some are very visual. So for our students to get information easily we need to develop our students ways of absorbing information in their non dominant style. A hanging draw for example needs an amount of feel to understand when the paddle is in the water correctly so you can pull the boat to the blade.

The job of the coach is to help the students develop an all round ability to absorb information from all 3 senses. So activities like:

- Getting the students to paddle with their eyes closed will help their kinaesthetic awareness.
- Asking students to paddle silently or noisily. Using of command words will help. After they have learnt a new technique get them to describe it to you in words.
- Not coaching in students preferences can also help when coaching 1:1. Try to only describe a technique to a visual learner.

If we are working with a group of students then don't be afraid to use the machine gun approach of coaching:

- | | |
|-----------|----------------------|
| I. | Introduction |
| D. | Demonstration |
| E. | Explanation |
| A. | Activity |
| S. | Summary |

This machine gun approach deals with all those ways we absorb information in one foul sweep. Once they have absorbed the information they will then need to process that information before they can develop it into their performance. The way that people use the information they have absorbed is broken down into 4 ways. Reflector, Pragmatist, Activist, Theorist.

The reflector is at it says needing to stop and reflect on the information they have absorbed before they can do anything with it. They will often be the students who sit and wait when you set them out on a task

The Pragmatist wants to know why they are doing it. So the introduction is really important for these students. They also like to see it in practical ways with an outcome. They will often ask: Where would I do this? Why would I need this?

The activist is off before you have finished the explanation. They want to go for it and get doing it. Often during the demonstration they will have a go. This can often lead them to not seeing the whole picture and practising poor technique.

Theorists want to know how it works. Why does having the paddle at that angle make the boat move sideways? They will often ask you questions to clarify their theory that they have to develop. When we have given them information to absorb and they have processed it they need to go and practice. This is where we need to use different coaching styles to help develop learners. At level 1 we talk about Instruct, Practice, Discovery and Self-Check. This is ways that we set activities so that the students can practice their techniques effectively. 'Instruct' being "hold the paddle verti-

England Local Coaching Organiser Positions Vacant!

We have been working hard to ensure that all of our Local Coaching Organisers (LCOs) are elected into their positions, as representatives of the coaches within their area this is obviously important!

Vacancies:

We are inviting individuals interested in taking on this role within the following areas to put themselves forward:

Team North:

- Cumbria North

Team South:

- London West
- Bristol & Avon
- W.Sussex
- W.Cornwall
- Somerset

Team Central:

The LCO for Herefordshire is due for re-election, nominations are invited from anyone interested.

We want your nominations!

If you know someone who you think would be good at this job, we need their nomination! The nominations should be sent to

Simon Hitchcox at Canoe
England, 18 Market Place, Bingham, Nottm NG13 8AP, by
Friday 15th
January 2010.
(simon.hitchcox@canoe-england.org.uk).

The nomination must include the details and signatures of two updated and active Coaches from within the area who propose and second the nominee.

Nominations are considered from any BCU qualified Coach who is updated, within current membership, and whose membership address is normally within the specific area.

Where there is only one nomination, that person will be deemed to be elected unopposed. Where there are two or more nominations the election process will take place via a postal vote subsequent to the December CoDe.

If you wish to discuss the LCO position further please contact either the Regional Coaching Organiser (RCO) or Paddlesport Development Officer (PDO) for the area concerned.

Contact Your LCO:

All contact details regarding LCOs are available on the Canoe England Website.

Go to the Coaching Tab; and click on 'English Coaching Network, Including RCOs & LCOs'

Or -

<http://www.canoe-england.org.uk/coaching/english-coaching-network-including-rcos-lcos/local-coaching-organisers/>

cally and push your hips to the paddle". 'Practice' can be go and do 3 on the left and 3 on the right. 'Discovery' can be "Go and work out how you can make the boat go sideways" and 'Self-Check' being where you may get the students to check their spraydeck is in the water when moving the boat sideways.

These can work really well at different times of a students learning, but not exclusively. For the first time of doing something new then it is often really effective to use 'Instruct' as the tool to develop their practice. 'Practice' can help activist control their learning so they don't over practice poor techniques. 'Discovery' and 'Self-Check' help students challenge their techniques once they have them in a variety of different situations and environments to develop into skilful performers. This is not to say that 'Discovery' can't give a new technique to students.

To make students develop themselves into better learners so that they don't need us as coaches as much we should aspire to get activities running where they are discovering for themselves and they have plenty of self check markers so they can score their own performance.

As coaches we also have a responsibility to make sure we give opportunities to develop our techniques into skilful performances through our practice. Again this model gives us lots of opportunities for us to set activities where they can do the technique in a variety of different ways, in different conditions to create that skilful performance.

The BCU Cross Stream challenges are a great way of developing self-check activities. With this they quickly start to develop for themselves, as they know when they have turned effectively, or been able to rudder the boat in a straight line.

So in summary our job as a coach is to make sure we develop students ability to absorb information from us, they are given an opportunity to process it in a way that works for them and then given suitable activities that help develop techniques into skills and lets them carry on learning for themselves.

You as a coach have to experiment with these different ideas and styles of getting the information from your head to the students performance.

See Chapter 7 from the 'BCU Canoe and Kayak Handbook' for further details, or Chapter 1 from the 'BCU Coaching Handbook' for an even more in-depth look at this topic area. Both available to purchase from www.bcu-shop.org.uk or try your local paddlesport retailer.

Gareth Field, Canoe England Paddlesport Development Officer.



CANOE ENGLAND COURSE DATES

Level 1 Coach:

Start Date	Venue	Director	Contact
24/11/2009	Sunderland NE	Ken Hughes	kenhughescourses@aol.com
28/11/2009	North East,	George Thompson	gtcanoe@hotmail.co.uk
28/11/2009	Haven Banks	Daniel Withers	DZWITHERS@bicton.ac.uk
2/12/2009	EBOEC	Justin Douglas	devilboater@yahoo.com
3/12/2009	Todmorden,	Ken Hughes	kenhughescourses@aol.com
7/12/2009	Cumbria	Greg Bartlett	grog_uk@yahoo.com
7/12/2009	Cumbria	Ashley St.John-Claire	ashley@outdoor-resources.co.uk
8/12/2009	Bristol	Sam Roberts	doc.roberts@btinternet.com
16/01/2010	Clitheroe	Andrew Noblett	a.noblett@tiscali.co.uk
16/03/2010	Cumbria	Sean McGrath	www.wildriver.co.uk
27/03/2010	Maidenhead	Andy Maxted	morven@ukonline.co.uk
30/03/2010	Cumbria	Sean McGrath	www.wildriver.co.uk
2/04/2010	Clitheroe	Andrew Noblett	a.noblett@tiscali.co.uk
24/04/2010	Clitheroe	William Hanham	hanham@enterprise.net
24/04/2010	Clitheroe	Andrew Noblett	a.noblett@tiscali.co.uk
2/05/2010	Cumbria	Sean McGrath	www.wildriver.co.uk
30/05/2010	Cumbria	Sean McGrath	www.wildriver.co.uk

Level 2 Coach Training:

Start Date	Venue	Director	Contact
23/11/2009	Weymouth	Paul Hurrell	p.hurrell@dorsetcc.gov.uk
23/11/2009	River Dart	Darren Joy	darren@fluidskills.com
5/12/2009	Nene,	David Balazik	david@balazik.wanadoo.co.uk
5/12/2009	Cumbria,	Greg Bartlett	grog_uk@yahoo.com
7/12/2009	Cornwall,	Lee Pooley	i.c.g@live.co.uk
7/12/2009	Exeter,	Phil Hadley	phil.hadley@bcu.org.uk
18/02/2010	Norwich,	Leo Hoare	info@getafix.com
27/02/2010	Clitheroe,	Andrew Noblett	a.noblett@tiscali.co.uk
9/03/2010	Weymouth,	Paul Hurrell	p.hurrell@dorsetcc.gov.uk
17/04/2010	Cumbria,	Sean McGrath	www.wildriver.co.uk
12/06/2010	Clitheroe,	William Hanham	hanham@enterprise.net

Level 2 Coach Transfer (UKCC):

Start Date	Venue	Director	Contact
4/12/2009	Cornwall	Lee Pooley	i.c.g@live.co.uk
12/12/2009	Worcester	Phil Hadley	phil.hadley@bcu.org.uk
27/03/2010	Clitheroe	Andrew Noblett	a.noblett@tiscali.co.uk

Level 2 Coach Assessment (UKCC):

(If you would like to contact an assessor direct, or arrange some support training prior to assessment please contact one of our active Level 2 Assessors.)

Start Date	Venue	Director	Contact
27/11/2009	Kent	David Barker	dave@what4.org.uk
19/12/2009	Clitheroe	Andrew Noblett	a.noblett@tiscali.co.uk
17/02/2010	Norwich	Leo Hoare	info@getafix.com
28/03/2010	Clitheroe	William Hanham	hanham@enterprise.net
28/03/2010	Oxford	Rob Yates	robbyates@hotmail.com
4/04/2010	Clitheroe	Andrew Noblett	a.noblett@tiscali.co.uk
8/04/2010	Maidenhead	Andy Maxted	morven@ukonline.co.uk

Level 2 Canoe Coach Assessment (Old Scheme):

Start Date	Venue	Director	Contact
27/03/2010	Clitheroe	Andrew Noblett	a.noblett@tiscali.co.uk

Level 2 Kayak Coach Assessment (Old Scheme):

Start Date	Venue	Director	Contact
6/12/2009	Worcester	Phil Hadley	phil.hadley@bcu.org.uk
27/03/2010	Clitheroe	Andrew Noblett	a.noblett@tiscali.co.uk

Level 3 Coach Assessment (Inland Kayak):

Start Date	Venue	Director	Contact
28/11/2009	N. Wales	Ian Cave	ian@computadoc.co.uk
28/11/2009	Cumbria	Greg Bartlett	grog_uk@yahoo.com
1/12/2009	Adventure Plus	Jon Cox	jon@adventureplus.org.uk

RCO Update

New RCOs -

I am pleased to announce that we have two new RCOs elected in position for a term of three years, effective immediately;

Gavin Smallbone
RCO Cumbria-
rco.cumbria@bcu.org.uk

Brian Aplin - RCO Channel Islands -
rco.channelislands@bcu.org.uk

RCO Vacancies:

The RCO South West (Andy Barclay) is standing down, and the RCO Wessex (Simon Westerman) is due for re-election. Updated Coaches eligible for the roles have been contacted directly with information on how to put nominations forward.

Contact Your RCO:

The Regional Coaching Organiser plays a vital role within paddlesport coaching in England. They form a key communication connection between the English Coaching Department and the wider membership.

The main tasks of the RCO is to:

- Represent the needs of coaches within their region at English and UK policy making committees
- Communicate English Coaching Matters to the members within their region through the Local Coaching Organisers;
- providing support to the LCO team, helping to establish an effective team
- Co-ordinate the provision of Coach Update and Coach Education opportunities
- Any other activities / initiatives in support of the general development of Coaching
- To monitor the regional coaching workforce; identifying where gaps exist that affect paddler pathways and targeting coach education opportunities appropriately, through a Regional Coaching Programme

All contact details regarding RCOs are available on the Canoe England Website.

Go to the Coaching Tab; and click on 'English Coaching Network, Including RCOs & LCOs'
Or -
<http://www.canoe-england.org.uk/coaching/english-coaching-network-including-rcos-lcos/local-coaching-organisers/>

Lara Tipper, English Coaching Manager.

CANOE ENGLAND COURSE DATES

Level 3 Coach Assessment (Inland Kayak):

Start Date	Venue	Director	Contact
28/11/2009	N. Wales	Ian Cave	ian@computadoc.co.uk
28/11/2009	Cumbria	Greg Bartlett	grog_uk@yahoo.com
1/12/2009	Adventure Plus	Jon Cox	jon@adventureplus.org.uk
4/12/2009	Cumbria,	Steve Banks	steve@stevebanksoutdoors.co.uk
12/12/2009	Devon,	Simon Westgarth	kayaking@gene17.com

Level 3 Coach Assessment (Canoe):

Start Date	Venue	Director	Contact
27/12/2009	Cumbria	Steve Banks	steve@stevebanksoutdoors.co.uk

Level 3 Coach Assessment (Sea):

None currently planned

Coaching Processes:

Start Date	Venue	Director	Contact
20/12/2009	Cumbria	Steve Banks	steve@stevebanksoutdoors.co.uk

Moderate Water Endorsement - Training:

Start Date	Discipline	Venue	Director	Contact
23/11/2009	Canoe	S.Wales	Owen Burson	owen@low-seakayaking.co.uk
23/11/2009	Whitewater	S.Wales	Dave White	dawhite1979@mac.com
19/12/2009	Whitewater	Devon	Rob Yates	robbyates@hotmail.com

Moderate Water Endorsement - Assessment:

Start Date	Discipline	Venue	Director	Contact
24/11/2009	Canoe	S.Wales	Owen Burson	owen@low-seakayaking.co.uk
24/11/2009	Whitewater	S.Wales	Dave White	dawhite1979@mac.com
20/12/2009	Whitewater	Devon	Rob Yates	robbyates@hotmail.com

4 Star Leader Training - Whitewater:

Start Date	Discipline	Venue	Director	Contact
28/11/2009	4*Whitewater	Plas y Brenin	N.Wales	info@pyb.co.uk
30/11/2009	4*Whitewater	Lee Pooley	River Dart	i.c.g@live.co.uk
04/12/2009	4*Whitewater	Kevin Dennis	TBC,	kdennis@westberks.gov.uk
04/12/2009	4*Whitewater	Sean McGrath	Cumbria	sean@wildriver.co.uk
05/12/2009	4*Whitewater	Andrew Noblett	North West	a.noblett@tiscali.co.uk
05/12/2009	4*Whitewater	Alastair Randall	TBC	alastairrandall@hotmail.co.uk
10/12/2009	4*Whitewater	Sean McGrath	Cumbria	www.wildriver.co.uk
12/12/2009	4*Whitewater	Andrew Holt	South Wales	andrewholt99@yahoo.co.uk
12/12/2009	4*Whitewater	Joe Jordan	SW Wales	joejordan599@blueyonder.co.uk
13/12/2009	4*Whitewater	James Wilson	Carlisle	jimwil123@hotmail.co.uk
16/01/2010	4*Whitewater	Joe Jordan	SW Wales	joejordan599@hotmail.co.uk
30/01/2010	4*Whitewater	Simon Westgarth	Devon	simon@gene17.com

4 Star Leader Assessment - Whitewater:

Start Date	Discipline	Venue	Director	Contact
28/11/2009	4* Leader WW	North Wales	Dennis Newton	dennis@sweetwatercoaching.co.uk
5/12/2009	4* Leader WW	Devon	Simon Westgarth	kayaking@gene17.com
5/12/2009	4* Leader WW	N. Yorks	Roy Halpin	www.itonlywater.co.uk
5/12/2009	4* Leader WW	Dartmoor	Paul Smith	paul@rockandwateradventures.co.uk
6/12/2009	4* Leader WW	TBC	Kevin Dennis	kdennis@westberks.gov.uk
10/12/2009	4* Leader WW	River Dart	Lee Pooley	i.c.g@live.co.uk
12/12/2009	4* Leader WW	Windsor CC	Joe Jordan	joejordan599@blueyonder.co.uk
12/12/2009	4* Leader WW	West Country	Stuart Woodward	stuart@canoecontrol.com
16/12/2009	4* Leader WW	TBC	Alastair Randall	alastairrandall@hotmail.co.uk
19/12/2009	4* Leader WW	Cumbria	Steve Banks	steve@stevebanksoutdoors.co.uk
23/01/2010	4* Leader WW	Devon	Simon Westgarth	kayaking@gene17.com
23/01/2010	4* Leader WW	S.W. Wales	Joe Jordan	joejordan599@blueyonder.co.uk
6/02/2010	4* Leader WW	S.W. Wales	Joe Jordan	joejordan599@blueyonder.co.uk
16/02/2010	4* Leader WW	Cumbria	Steve Banks	steve@stevebanksoutdoors.co.uk
20/02/2010	4* Leader WW	S.W. Wales	Joe Jordan	joejordan599@blueyonder.co.uk



New 2 Star DVD Resource Now Available

A resource for Trainers / Assessors and Candidates.

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Initial promotional price to registered and Up-to-date 2 Star Assessors of £2.50 (Until 31/12/09)
email - rachel.derry@bcu.org.uk





23/01/2010	4* Leader WW	Devon	Simon Westgarth	kayaking@gene17.com
23/01/2010	4* Leader WW	S.W. Wales	Joe Jordan	joejordan599@blueyonder.co.uk
6/02/2010	4* Leader WW	S.W. Wales	Joe Jordan	joejordan599@blueyonder.co.uk
16/02/2010	4* Leader WW	Cumbria	Steve Banks	steve@stevebanksoutdoors.co.uk
20/02/2010	4* Leader WW	S.W. Wales	Joe Jordan	joejordan599@blueyonder.co.uk
6/03/2010	4* Leader WW	S.W. Wales	Joe Jordan	joejordan599@blueyonder.co.uk
13/04/2010	4* Leader WW	Cumbria	Steve Banks	steve@stevebanksoutdoors.co.uk
13/04/2010	4* Leader WW	Cumbria	Sean McGrath	www.wildriver.co.uk
17/04/2010	4* Leader WW	Carlisle J	ames Wilson	jimwil123@hotmail.co.uk

4 Star Leader Training - Sea:

Start Date	Discipline	Venue	Director	Contact
20/03/2010	Sea	Cumbria	Steve Banks	steve@stevebanksoutdoors.co.uk
20/03/2010	Sea	Isle of Wight	Owen Burson	owen@iow-seakayaking.co.uk
2/05/2010	Sea	Isle of Wight	Owen Burson	owen@iow-seakayaking.co.uk
13/06/2010	Sea	Anglesey	David Brown	davebrown@ekit.com
7/06/2010	Sea	Isle of Wight	Owen Burson	owen@iow-seakayaking.co.uk

4 Star Leader Assessment - Sea:

Start Date	Discipline	Venue	Director	Contact
28/11/2009	Sea	Cumbria	Steve Banks	steve@stevebanksoutdoors.co.uk
28/11/2009	Sea	N. Yorks	Steve Graham	steve.graham@northyorks.gov.uk
20/02/2010	Sea	Isle of Wight	Owen Burson	owen@iow-seakayaking.co.uk
2/04/2010	Sea	Cumbria	Steve Banks	steve@stevebanksoutdoors.co.uk
22/05/2010	Sea	Isle of Wight	Owen Burson	owen@iow-seakayaking.co.uk
14/08/2010	Sea	Isle of Wight	Owen Burson	owen@iow-seakayaking.co.uk

4 Star Leader Surf Training/Assessment:

None currently planned

4 Star Leader Canoe Training:

Start Date	Discipline	Venue	Director	Contact
14/01/2010	Canoe	Cumbria	Sean McGrath	www.wildriver.co.uk
16/01/2010	Canoe	River Dart	Gary Peverill	canoeandkayakcoaching@yahoo.co.uk
23/01/2010	Canoe	Cumbria	Steve Banks	steve@stevebanksoutdoors.co.uk
6/02/2010	Canoe	Cumbria	Sean McGrath	www.wildriver.co.uk

4 Star Leader Canoe Assessment:

Start Date	Discipline	Venue	Director	Contact
28/11/2009	Canoe	Cumbria	Steve Banks	steve@stevebanksoutdoors.co.uk
28/11/2009	Canoe	N. Yorks	Justin Douglas	devilboater@yahoo.com
11/12/2009	Canoe	River Dart	Gary Peverill	canoeandkayakcoaching@yahoo.co.uk
12/12/2009	Canoe	Cumbria	Steve Banks	steve@stevebanksoutdoors.co.uk
9/02/2010	Canoe	Cumbria	Steve Banks	steve@stevebanksoutdoors.co.uk
13/03/2010	Canoe	Cumbria	Sean McGrath	www.wildriver.co.uk
19/03/2010	Canoe	Carlisle	Jim Wilson	jimwil123@hotmail.co.uk
27/03/2010	Canoe	Cumbria	Steve Banks	steve@stevebanksoutdoors.co.uk

5 Star Canoe Leader Training:

Start Date	Discipline	Venue	Director	Contact
12/11/2009	Canoe	North East	Kenneth Hughes	kenhughescourses@aol.com
26/01/2010	Canoe	Cumbria	Steve Banks	steve@stevebanksoutdoors.co.uk
5/02/2010	Canoe	Cumbria	Steve Banks	steve@stevebanksoutdoors.co.uk
19/03/2010	Canoe	Cumbria	Benjamin Daines	bdaines@btinternet.com

5 Star Canoe Leader Assessment:

Start Date	Discipline	Venue	Director	Contact
11/12/2009	Canoe	Cumbria	Steve Banks	steve@stevebanksoutdoors.co.uk
9/02/2010	Canoe	Cumbria	Steve Banks	steve@stevebanksoutdoors.co.uk

5 Star Whitewater Leader Training:

Start Date	Discipline	Venue	Director	Contact
28/11/2009	WW	N. Wales	Richard Watson	canoerichie@tesco.net
5/12/2009	WW	R. Dart	Lee Pooley	i.c.g@live.co.uk
5/12/2009	WW	West Country	Stuart Woodward	stuart@canoecontrol.com
12/12/2009	WW	French Alps	Simon Westgarth	kayaking@gene17.com

5 Star Whitewater Leader Training:

Start Date	Discipline	Venue	Director	Contact
28/11/2009	WW	N. Wales	Richard Watson	canoerichie@tesco.net
5/12/2009	WW	R. Dart	Lee Pooley	i.c.g@live.co.uk
5/12/2009	WW	West Country	Stuart Woodward	stuart@canoecontrol.com
12/12/2009	WW	French Alps	Simon Westgarth	kayaking@gene17.com
12/12/2009	WW	Anglesey	David Brown	davebrown@ekit.com
19/12/2009	WW	N. Wales	Richard Watson	canoerichie@tesco.net
9/01/2010	WW	Fench Alps	Simon Westgarth	kayaking@gene17.com
2/02/2010	WW	Cumbria	Steve Banks,	steve@stevebanksoutdoors.co.uk
13/02/2010	WW	Cumbria	Steve Banks	steve@stevebanksoutdoors.co.uk
20 /03/2010	WW	Cumbria	Sean McGrath	www.wildriver.co.uk

5 Star Whitewater Kayak Leader Assessment:

Start Date	Discipline	Venue	Director	Contact
8/12/2009	WW	River Dart	Lee Pooley	i.c.g@live.co.uk
23/01/2010	WW	Devon	Simon Westgarth	kayaking@gene17.com
16/02/2010	WW	Cumbria	Steve Banks	steve@stevebanksoutdoors.co.uk
27/03/2010	WW	Cumbria	Sean McGrath	www.wildriver.co.uk

Foundation Modules:

Start Date	Module	Contact
24/11/2009	Performance Planning Paddlesport Coaches	Gillian Mara (gillimara@hotmail.com)
14/03/2010	Outdoor Education and Paddlesports	Owen Burson (owen@iow-seakayaking.co.uk)
16/01/2010	Mentoring Skills for Paddlesport Coaches	Owen Burson (owen@iow-seakayaking.co.uk)

White Water Safety & Rescue:

Start Date	Venue	Director	Contact
3/12/2009	N.Wales,	Julian Burnard	jules@voyageur-coaching.co.uk
5/12/2009	N. Wales	Andrew Jackson	service@kayakojacko.com
5/12/2009	River Dart	Darren Joy	darren@fluidskills.com
16/01/2010	Devon	Simon Westgarth	kayaking@gene17.com
6/02/2010	River Dart	Gary Peverill	canoeandkayakcoaching@yahoo.co.uk
27/02/2010	Cumbria	Sean McGrath	www.wildriver.co.uk

Coastal Navigation and Tidal Planning:

Start Date	Venue	Director	Contact
17/01/2010	Oxfordshire	Roger Hiley	Roger.Hiley@btpenworld.com
21/02/2010	Oxfordshire	Roger Hiley	Roger.Hiley@btpenworld.com
27/02/2010	Carlisle	Jim Wilson	jimwil123@hotmail.co.uk
19/03/2010	Isle of Wight	Owen Burson	owen@iow-seakayaking.co.uk
19/03/2010	Cumbria	Steve Banks	steve@stevebanksoutdoors.co.uk
1/05/2010	Isle of Wight	Owen Burson	owen@iow-seakayaking.co.uk
9/07/2010	Isle of Wight	Owen Burson	owen@iow-seakayaking.co.uk



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A resource for Trainers and Assessors



SCA Coach Updates

Fife - 31st Jan 10 **rco.fife@canoescotland.com**
Central - 31st Jan 10 **rco.central@canoescotland.com**



RCO Service in Scotland

RCO Borders	Giles Chater	RCO.Borders@CanoeScotland.com 01387 375394
RCO Central	Dave Rossetter	RCO.Central@CanoeScotland.com 01786 464777
RCO Dumfries & Galloway	Alex Lumsden	RCO.Dumfries@CanoeScotland.com 07920 528 11
RCO Fife	Ian Vossler	RCO.Fife@CanoeScotland.com
RCO Grampian & Speyside	Andy Yule	RCO.Grampian@CanoeScotland.com 07739 910960
RCO Highlands & Islands	Steve MacKinnon	RCO.Highlands@CanoeScotland.com 07775 682034
RCO Military Personnel	Scott Simon	RCO.MilitaryPersonnel@CanoeScotland.com 01855 811348
RCO Lothians	Mark Foster	RCO.Lothians@CanoeScotland.com 0131 332 4506
RCO Strathclyde East	Mark Mckerrall	RCO.Strathclydeeast@CanoeScotland.com 07841 353460
RCO Strathclyde West	Richard Cree	richard.cree@tiscali.co.uk 01505 502266
RCO Tayside	Ben Kellet	RCO.Tayside@CanoeScotland.com 07751 722927

SATISFACTION SURVEY

Congratulations to Canoe England Coaches!

I was particularly proud of our Paddlesport Coaches when a summary of the Sport England Satisfaction Survey landed on my desk! The survey was set up by Sport England to measure satisfaction levels within individual sports across England. The survey aims to help us provide a better service, based on the premise that people will only keep doing sport if they enjoy it. Approximately 44,390 regular sports participants, from 45 sports, took part in the survey between March 2009 and May 2009 with. For each of the 45 sports, respondents were asked questions about 10 different sporting 'domains' or areas of satisfaction, Coaching being one of them; they were asked to rate their satisfaction with and the importance of each. Over 1,000 paddlers completed the survey including 299 general participant, 674 Affiliated Club Members, and 45 from the World Class Slalom and Sprint Junior Programmes (the 'Talent Pool'). The results were good!!

Summary of Results;

Please note the wording of the questions have been amended slightly to provide a clearer summary. A copy of the full results for the survey is available on request from coaching@bcu.org.uk. The full results show more details regarding the level of satisfaction (satisfied/neutral/dissatisfied/not applicable), and results for each category (general participants/affiliated club members/the talent pool). Further details can also be obtained from Sport England Website http://www.sportengland.org/research/sport_satisfaction.aspx

How Satisfied were you with;

	All Sports 44390 replies	Canoeing & Kayaking 1018 replies	
The opportunity to receive coaching from an instructor or coach	Satisfied	28%	35% ↑
The suitability of the coaching you received in relation to your ability	Satisfied	26%	42% ↑
The technical competence of your Coach/es	Satisfied	29%	46% ↑
The coaches ability to understand and respond to your particular needs	Satisfied	26%	39% ↑
The improvements you made in your performance as a result of coaching	Satisfied	26%	39% ↑
The level of enjoyment in your participation as a result of coaching	Satisfied	27%	40% ↑
The level of influence you have over the structure and content of your activities	Satisfied	63%	55% ↓
The working relationship you have with your coach/es	Satisfied	82%	72% ↓
How motivating and encouraging the feedback you received from your coach/es was	Satisfied	26%	40% ↑
That your coach/es showed you respect and treated you fairly	Satisfied	80%	77% ↓
Taking everything into account how satisfied would you say you are with your Coaching in Paddlesport	Satisfied	47%	52% ↑

Lara Tipper - English Coaching Manager

Level 5 Assessments 2010

If you are an aspirant Level 5 coach, planning to put yourself forward for assessment please be advised that we have the following dates scheduled:

Date	Venue	Director	Disciplines	Registration Closing Date
27/28 Feb 2010	North Wales	Dean Sinfield	Inland & Canoe	5th Dec 2009
10/11 April 2010	Scotland	Gordon Brown	Sea, Surf, Inland & Canoe	16th Jan 2010
26/27 June 2010	North Wales	Dean Sinfield	Sea	March 2010
Oct. 2010 (exact date TBC)	Devon/Cornwall	Lara Tipper	Sea, Surf, Inland & Canoe	July 2010
Nov. 2010 (exact date TBC)	Scotland	Gordon Brown	Sea, Surf, Inland & Canoe	Aug. 2010
26/27 Feb. 2011	North Wales	Dean Sinfield	Inland & Canoe	Nov. 2010

Registration:

In order to register for one of these dates you will need to send the following to the BCU before the Registration Closing Date:

- A letter of support from your tutor, making a recommendation that you are ready for an assessment
- Your Level 5 project; the marking process may result in further actions required prior to Certification. Any aspirant Level 5 can send their project to the BCU for marking – the earlier you start this process the better!
- A copy of your completed action plan with a self declared statement completion
- Your C1 form stamped for assessment
- A £50 deposit (Cheques made payable to the BCU)

Please register with BCU: 18 Market Place, Bingham, Nottingham, NG12 8AP.

If you wish to discuss your assessment further, please contact the Course Director, or your Home Nation Assessment

Co-ordinator;

• Canoe Wales	Dean Sinfield	sid.sinfield@pyb.co.uk
• SCA	Gordon Brown	gordon@skyakadventures.com
• Canoe England	Lara Tipper	lara.tipper@canoe-england.org.uk
• CANI	Oisín Hallissey	oisin.hallissey@sportni.net