

WELCOME



Coaching Delivery
4 Star Touring Leader Award
Canoe England Coaching Conference
Regional News
Course Info

Canoe England Coach Updates 2012

Yorkshire - Manvers 6th October 2012

Details available from John Lucas rco.yorkshire@bcu.org.uk
Tel 07884 18828

South East - Shoreham 21st October 2012

Details available from Stewart Lindfield
stewartlindfield@gmail.com Tel 01273 554688

West Midlands - Staffordshire 10th November 2012

Details available from Ian Dallaway
rco.westmidlands@bcu.org.uk Tel 07715 005153

North East - Northumberland

10th December 2012



**For a whole
range of ...**

**Coach Education Courses,
Moderate Water Endorsement
Courses,
4,5 Star Leader Courses,
FSRT and WW Safety
and Rescue courses,**

**and more
go to**

**[www.canoe-england.org
uk/coaching/courses-dates/](http://www.canoe-england.org/uk/coaching/courses-dates/)**



Training (ML, SPA, MIA, MIC, IML and BMG) British Canoe Union (BCU) BASI and the RYA.

Based in Cheshire, Outdoor Approach First Aid offers a range of courses that include the Rescue Emergency Care (REC) Emergency First Aid course; which has been recognised for decades as the 'course of choice' and subsequently accepted by many UK National Governing Bodies such as the Mountain Leader

They are offering a 12 ½ % discount for all BCU members when quoting your BCU membership number. For more information and how to book go to www.outdoorapproach.co.uk or call on 07889 399 747

*PYB Add
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Part 1 of a 2 part look as Coaching delivery in our series of **articles taken from the BCU's Level 2 Coach Support Book. Supporting Coaches develop and improve their coaching practices.**

Introduction

In this section we will look at the theory and practice of coaching delivery and will focus on how we can maximise our paddlers learning.

Coaching can sometimes seem like a complex and frustrating exercise as there are so many components of the coaching process but (as you probably know) it can also be highly rewarding and enjoyable.

Ed Christian

Watching a student enjoying a fluid and skilful performance of skill that you have taught them is highly satisfying, for most of us it is the reason we coach and what motivates us to improve. Thinking of coaching as a science can be rather daunting but it really doesn't need to be! The best coaches out there are the ones who are flexible, adaptive and constantly stealing new ideas to put in their coaching tool box.

This section has 3 main aims; firstly to look what actually learning is, secondly to consider how people learn and lastly to think about ways that we can teach them.

7.1 What is learning?

Learning is the process of acquiring skill, whether they are motor skills or cognitive skills (see below). We can define learning as a permanent change in behaviour, that is to say that we only really learnt something if we can perform it consistently. If a child catches a ball in one of every ten throws has he learnt to catch? Sports psychologists would say not, he has been successful through chance or luck. This definition is important to us as coaches because we can only judge if our students have learnt something if they can repeat it, that makes it our job to engrain skills through the process of coaching.

The Role of Memory

Memory is a central part of learning. In order to consistently perform a skill we have to have it stored in memory and be able to retrieve it when we need it. If a skill is not stored in memory, we have not learnt it.

There are three stages of memory that we shall briefly look at

Short Term Sensory Store (STSS)

Information that we pick up from the environment enters our brain via the Short Term Sensory Store (STSS) which can hold a lot of information but only for a short time. The STSS will hold information on everything ranging from the temperature, wind strength, what someone is wearing etc. Most of this information is irrelevant to the task in hand. The information that we decide is most important will be passed along to the Short Term Memory (STM).

Short Term Memory (STM)

The STM holds information that we are attending to any given time but it can only deal with limited amounts. Research suggests that we can hold 7 plus or minus 2 (7 ± 2) bits of information depending on the person. With children of 12 years this number decreases to 5 ± 2 . (That's why it's important not to give your students too much info at once!)

The STM codes information into groups of similar meaning, such as, movement patterns, sounds or timing. It will only hold onto this information while we are attending to it if we do not practice or rehearse what is in the STM we will lose it forever.



Motor Skills describe actions that result in a physical outcome. The success of a motor skill is determined by the quality of the end performance. Catching a ball, tying a shoe lace or a low brace would be an example.

Cognitive Skills involve an element of tactical decision-making or deciding if or when to do the skill. Deciding whether to shoot or pass in a game of polo. Most actions in paddlesport are a combination of motor and cognitive skills

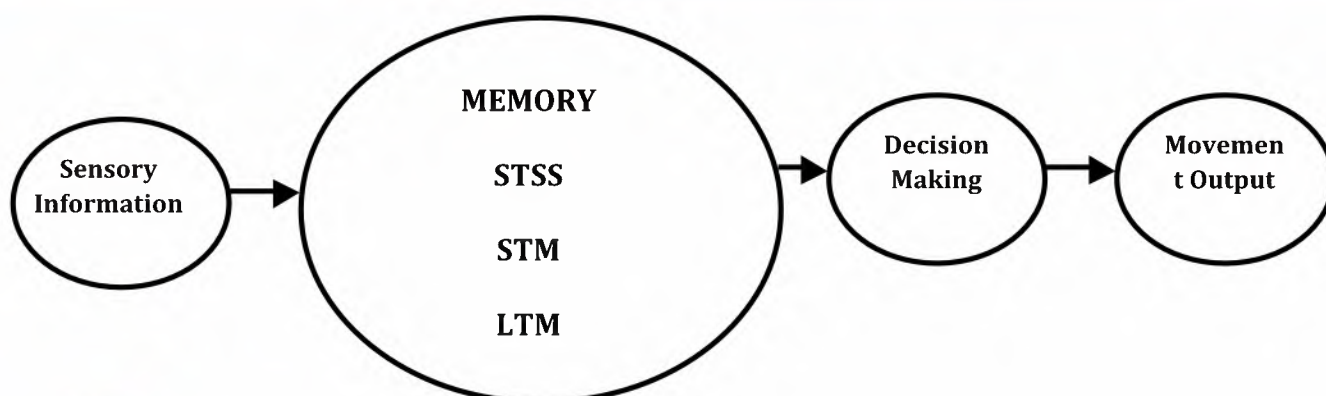
Long Term Memory (LTM)

If we do practice it information will be committed to Long Term Memory (LTM). The LTM is where we hold information that we have learnt and it is where we recall it from when we need it even if we haven't used it for some time. The LTM is where we need to aim to get the information that we give our learners. There are lots of theories about how different areas of memory interact but in its most simple form we can think about the process as information going in, passing through the stages of memory and (when we decide to use it) coming out as performance of a movement. No one really knows exactly how we store information in the LTM but most psychologists think that we learn that is stored in the brain.

believe that we create a kind of movement pattern for each

We might, for example, have a movement pattern for skills like; tying a shoe lace, a sweep stroke or a screw roll.

The way in which we form movement patterns affects our ability to adapt them and transfer them into other skills. For example, if we learn a skill incorrectly, say not having locked elbows in the low brace, we build a pattern that is also incorrect and means that we execute the stroke incorrectly. This is why bad habits are so hard to break. How many times have you tried to correct a paddler who thinks they are doing a stroke correctly.... not easy!!!



Movement patterns can also be referred to as Schemas, Engrams or Motor programmes. For the purpose of this support pack these titles are interchangeable.

For more information on the memory and movement patterns check out:

- **Motor Control and Learning by Schmidt & Wrisberg (Human kinetics)**
- **Acquisition & Performance of Sports Skills by Terry McMorris (Wiley press)**
- **Coaching in the BCU Handbook by Bill Taylor (Pesda Press)**

Stages of Learning

When we learn a new skill we will pass through a number of stages in order to master a movement or action. The ability to recognise these stages allows the coach to select the most productive approach for the student and means that we choose tasks that are challenging and appropriate. The American psychologist Paul Fitts identified three stages of learning as Cognitive, Associative and Autonomous.

Cognitive stage

The cognitive stage of learning refers to novice performers or those to whom the skill is a new concept. The characteristics of the cognitive stage are;

- ☐ Major errors being seen
- ☐ Most skills only just learned
- ☐ Jerky and fitful style
- ☐ Needs demonstration and praise

Associative stage

As we get better we enter the associative stage, this is characterised by;

- ☐ Still seeing some errors
- ☐ Building of patterns and joining up learned skills
- ☐ Hit and miss style
- ☐ The need for different environments to develop adaption

Autonomous stage

This stage is where we can perform skills with a high degree of accuracy and in a confident manner. We don't need to be consciously thinking about what we are doing.... We just do it!

- ☐ Few small errors can be seen
- ☐ Builds and refines established skills
- ☐ Fluid style
- ☐ Can transfer most learning to novel situations.

If we think about a skill that you have learnt, can you recognise yourself progressing through the stages of learning? Take learning to drive a car for example. The first time we sit behind the wheel we are tense, shaky probably nervous and prone to making mistakes. We also tend to over think which inevitably leads to errors. As we move through the stages we tend to relax and become more consistent with manoeuvres, we also become proactive rather than reactive and start to recognise what will happen and prepare for it. When we are fully autonomous driving becomes second nature, we don't have to think about what we are doing as it just happens. Now we can listen to music or talk to passengers without it impeding on our driving.

The assumption with the stages of learning theory is that as the students make progress and move through the stages the characteristics of their performance will change. As students enter the autonomous stage of learning they have formulated a schema of the skill which can then be committed to their Long Term Memory and becomes part of their repertoire. The process of committing a skill to long term memory can take a long time. No one knows exactly how many repetitions we need to rehearse to form an accurate movement pattern but research involving professional baseball players suggests that for a major league pitcher to have developed a movement pattern for pitching would take 300 days a year for practice for 10 years and a staggering 1.6 million throws! Imagine how many free kicks David Beckham must have taken in his career to kick how he does.

This is why it's really important for us to provide lots of opportunity for practice. We will look at practice further in a later article.

Learning Styles

It is essential for us as coaches to understand that our learners are individuals. This means that not all of our students will learn in the same way but, more importantly, it means that we have to have to have to be adaptable to cater for all our learners.

We have already looked at the way that people pick up information visually, audibly, and kinaesthetically. Generally speaking we all have a preference to one of these when we learn. Some people will need to watch other people and look at demonstrations from the coach, these people learn visually. Others will learn by listening (audio learners) and others learn by doing and practicing (kinaesthetic learners).

There are literally hundreds of questionnaires on the web that can help identify your own preference, some of these are printable so you can also use them on your learners to help identify how you can direct your coaching at them as an individual.

Visual learners – Learn by watching and will rely on your demonstrations



Audio Learners – Learn by hearing how to do things and need to hear good explanations

Kinaesthetic Learners – These learners need to feel how the movements work and will need lots of time to practice

APPLIED ACTIVITY

Use a web search to find a VAK type learning style questionnaire. Can you identify your preferred learning style? If so do you feel that it's a true representation of how you learn? Try the questionnaire on your group next time you're coaching. What do they think?

The New BCU 4 Star Touring Leader Award

Introduction;

We are preparing to launch an exciting new BCU 4 Star Leader Award for those interested in Touring. The award is designed for those who lead journeys on inland open water (up to moderate conditions), sheltered tidal water, and flat-water/moving rivers. The award qualifies leaders to take trips/journeys with a range of directionally stable touring craft; this may include for example, racing craft, general purpose kayaks, touring kayaks, open canoes, or sit-on-tops

What makes this award unique is that the leader will be able to lead trips with all of these boats either as mixed trips, or with all paddlers in the same type of craft. The environments covered are more benign than in the Open Canoe, Sea, and White Water 4 Star Leader awards, and the award covers taking kayaks out into moderate open water – an area not covered by any of the other awards.

The leaders own personal skills need to be up to 3 Star in both a double and single bladed discipline then, as they progress to the 4 Star Touring Leader award they are trained to work from their preferred craft.

The award may be of interest to those who look after paddlers on journeys, trips or tours. These maybe things like recreational club trips, trips/journeys as part of outdoor education experiences, or introductory commercial trips. It may also be of interest to those who are responsible for looking after developing racing paddlers on the water.

To achieve BCU 4 Star Leader Touring candidates are required to attend BCU 4 Star Touring Leader Training. Training is valid for 3-years, during this time, and upon completion of the assessment prerequisites candidates can then put themselves forward for a final assessment.

Here we outline a short summary of the award structure;

Prerequisites;

The training course will be open to paddlers with BCU Three Star awards in both a single and a double bladed discipline.

Training;

The 4 Star Touring Training will be run over a minimum of two days and will focus on the personal paddling, rescue, safety, leadership, and group skills required to lead touring style trips. The course should leave the aspirant leader with the tools to be able to look after paddlers with a range of abilities in the different craft, and to go away and start practicing their application. Some training courses may also include the prerequisite BCU Foundation Safety and Rescue Training (extending the programme by an additional day).

Development Phase;

Candidates have a maximum of three years after training to present for a final assessment. Prior to assessment it is important leaders have time to practice and refine their skills. A minimum of 12-logged trips in a range of different river and open-water (tidal or non-tidal) conditions is required. Candidates also need to have the following prerequisites before registering for their final assessment;

- ☐ Recognised 2-day First-aid award within the last 3 years (8-hrs if achieved before 1/1/12)
- ☐ BCU Foundation Safety and Rescue Training Course
- ☐ Aged 16 years or above

Final Assessment;

Candidates are assessed working with a 'real' group of paddlers in both a river and an open-water environment, and the assessment will take place over 2 days. Candidates will be working from their chosen craft, and assessed leading a group of paddlers in a variety of craft (including at least one canoeist and one kayaker). At assessment groups will normally include a group of paddlers who are approximately 3 Star Standard in their chosen craft. The leader's personal paddling, rescue skills, and background knowledge are also checked throughout the assessment.

Notes for Potential Providers;

The Home Nations are currently working with the first wave of providers, running the required orientation this autumn, to be ready for the first courses by January 2013.

How do I find a Course?

We will be working with providers so they can plan for courses in the New Year. These will be advertised through the Home Nation websites, along with other coaching courses, and via individual providers. Keep you eyes peeled towards the end of this year as dates will begin to emerge.

Who can I speak to for more information?

Please contact your Home Nation Coaching Officer in the first instance, they will be able to answer your questions or put you in touch with potential providers if required.

Canoe England Coaching Conference 2012

"Improving Performance & Inspiring Participation"

Seminars, workshops and training courses delivered by leading presenters from around the country and will be supported by a range of exhibitors.

24th & 25th Nov 2012

Cedar Court Hotel
Wakefield

Booking Now Open. Visit:
<http://bit.ly/coachingconference>



CANOE ENGLAND RCO & LCO ELECTIONS & VACANCIES

RCO Elections & Vacancies

The following RCO positions are up for re-election and we invite alternative nominations, these are as follows: Channel Islands – current RCO Brian Aplin. Cumbria – current RCO Gavin Smallbone.

Congratulations to Colin Broadway who will be continuing with his role as RCO East Midlands. Thank you to Colin for his continued support.

LCO Elections & Vacancies

The following LCO positions are currently up for election and we invite nominations, these are as follows:

Team North:
Humberside - vacant
Teeside – vacant
Cumbria SW – current LCO
Richard Simpson

Team South:
Berkshire – vacant
Central London – vacant
South London - vacant

Team Central:
Shropshire - vacant
Rutland – current LCO Steve Newton
Nottinghamshire – current LCO Ozzie Higgins

Please get in touch! If you (or someone you know) are interested in taking on one of these roles please get in touch with Karen Bagshaw at Canoe England (karen.bagshaw@canoe-england.org.uk) who can help answer your questions and help ensure the required nominations are received.

All applicants must also be proposed by two current RCOs/LCOs, or by five other updated and active Canoe England Coaches registered within the region – these individuals must hold current comprehensive Canoe England membership, be up to date with their coaching qualifications, and be working or living in the area – these all need to be received by Karen Bagshaw in the Canoe England Office by 4:00pm on October 12th 2012 – so please don't hesitate to get in touch if you are keen.

Note - before nominating anyone, please ensure you have discussed this with them and that they are willing to stand.

A word on Safety !

With Autumn already upon us and winter around the corner lets all remember to take a pause and make sure we're prepared

In Paddlesport we work and play in an inherently dangerous environment. We go there for adventure and its not always possible or desirable to take away all of the dangers from the environment.

The alternative is to direct all of our efforts in to making ourselves safe.

Participant, Coach, Client, Student - all play a part in ensuring safety out on the water

Know your limitations and always work within them.

Prepare yourself, your equipment and others
appropriately for each and every trip and journey and undertaking and be
particularly aware of and prepared for the prevailing seasonal and weather conditions

Another theory of learning styles was developed by Peter Honey and Alan Mumford and is (not surprisingly) referred to as 'Honey and Mumford's learning styles'. They believed that people could be divided into four categories but most people will use a mixture of all the styles. The categories they identified are:

The Activist

These are people that learn by doing (like our kinaesthetic learners). Activists need to get their hands dirty and tend to dive in feet first. No amount of explanation or demonstration will help the activist as they need to learn skills by actually doing them.

The Reflector

These people learn by sitting back, observing and thinking about what happened. They tend to avoid leaping in and refer to watch from the sidelines before having a go themselves.

The Theorist

Theorists like to understand the theories behind the actions. They need you to explain new movements in a logical. They will often ask for the fine detail of the action before being happy to try it.

The Pragmatist

These people need to see how to put the learning into practice in the real world. They are not too concerned with how things work, that fact that it does is good enough.

It is important to remember that people might not fit neatly into one of these categories. You might be a mix of a number of styles. You might be a reflecting theorist! It doesn't matter that this is not an exact science; those who can learn and coach in a number of ways are in a stronger position to engage with a wider audience.

Remember also that we can also help students to become better learners especially if we use a mix of different methods to appeal to them.

Ed Christian

HOW DO YOU LIKE TO TAKE YOURS

Following our survey earlier in the year and research into alternative options for delivering Code we would like to announce our intention to make changes to the production and delivery of the magazine from the December 2012 issue.



As of the December 2012 issue Code will be available electronically on the BCU Website at
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if we hold your current email address we will email you ahead of publication date to remind you. The December issue and all following issues will be available at the end of the first week of the month of publication

December / February / April / June
 August / October

Level 5 Coach Assessment Dates:

17/18 November 2012	Scotland	All Disciplines
13/14 April 2013	N.Wales	TBC
21/22 Sept 2013	S. Wales	TBC
16/17 Nov 2013	Scotland	TBC

Registration Closing Date 27th August 2012

Please contact maria.winfield@bcu.org.uk for further details or if you wish to book onto one of these assessments.

For a whole range of ... Coach Education Courses, Moderate Water Endorsement Courses, 4,5 Star Leader Courses, FSRT and WW Safety and Rescue courses, and more go to

www.canoeengland.org.uk/coachingcourses-dates

COACH NORTH WALES – Coach Update Event 20th and 21st October 2012

At the Plas Menai National Watersports Centre, Gwynedd

Come and enjoy a weekend of fabulous training sessions, lots of learning and loads of fun!

This exciting event will be hosted by Tom Parker, his first as one of our new RCO's, with sessions from Daniel Butler, Dave Hollins, Chris Easterbrook, Lowri Davies, and Martin Land.

Saturday will include a 'Sprint' development day run by Nigel Midgley for those of you keen to introduce this successful Olympic discipline into your club sessions.

There is something for everyone here!

As well as a great selection of sessions on Saturday and Sunday, Saturday evening will include a Coach Forum with a Q&A session, a free buffet and a talk and slide show by Dan Butler.

Please find the booking form and information about the October 20/21 2012 'Coach North Wales' event at the following link: <http://www.canoewales.com/index.aspx>.

Canoe Wales UKCC Level 3 Courses

Discipline Specific; WW, OC, Sea and Surf - 16/17 March 2013 at Plas Menai

Core Module: 19-21 March 2013 at Plas Menai

Intermediate Support Modules: 22-24 March at Plas Menai

For details and booking, please contact Marianne Davies at marianne.canoewales@gmail.com <<mailto:marianne.canoewales@gmail.com>>

www.ciww.com

**Star Award Courses / Coach Education Courses,
4,5 Star Leader Courses,
FSRT and WW Safety and Rescue courses,**

Cardiff International White Water, Watkiss Way, Cardiff, CF11 0SY, Tel: 02920 829970,
Fax: 02920 877014 Email: info@ciww.com



Live the adventure...

Tollymore Mountain Centre, Bryansford, Newcastle, Co. Down, BT33 OPZ

Tel: 028 4372 2158 **www.tollymore.com**

Tollymore National Outdoor Centre, situated on the edge of the Mourne, is Northern Ireland's National Centre for Mountaineering and Canoeing Activities and is funded and managed by Sport Northern Ireland'. If this is too long please then abbreviate to read 'Tollymore National Outdoor Centre is Northern Ireland's National Centre for Mountaineering and Canoeing Activities and is funded and managed by Sport Northern Ireland'.

www.facebook.com/tollymore

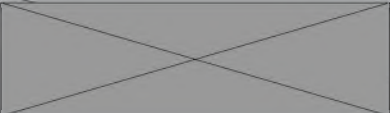
	Displayed Dates	Company	Booking Details
BCU UKCC Level 1 Train and Asses	27-30 Nov 2012	Abernethy Trust	ardgour@abernethy.org.uk 01967 411222
BCU UKCC Level 2 Assessment	1st - 2nd Nov 2012	Glenmore Lodge	enquiries@glenmorelodge.org.uk or 01479 861256
BCU UKCC Level 2 Support Day	4th Nov 2012		Scottish Canoe Association www.canoescotland.org
BCU UKCC Level 2 Training	8th - 11th Oct 2012	Glenmore Lodge	enquiries@glenmorelodge.org.uk or 01479 861256
BCU UKCC Level 3 Core	6th - 8th Nov 2012	Glenmore Lodge	enquiries@glenmorelodge.org.uk or 01479 861256
BCU UKCC Level 3 Assess - OC	6th - 7th Dec 2012	Glenmore Lodge	enquiries@glenmorelodge.org.uk or 01479 861256
BCU UKCC Level 3 Assess - WW	6th - 7th Dec 2012	Glenmore Lodge	enquiries@glenmorelodge.org.uk or 01479 861256
BCU UKCC Level 3 Assess - Sea	6th - 7th Dec 2012	Glenmore Lodge	enquiries@glenmorelodge.org.uk or 01479 861256
BCU UKCC Level 3 Training - Sea	28th - 20th Oct 2012	Glenmore Lodge	enquiries@glenmorelodge.org.uk or 01479 861256
BCU UKCC Level 3 Training - Surf	28th - 30th Nov 2012	Glenmore Lodge	enquiries@glenmorelodge.org.uk or 01479 861256
Coaching Processes	3rd - 4th Dec 2012	Glenmore Lodge	enquiries@glenmorelodge.org.uk or 01479 861256
Moderate Water Assessment - OC	17th - 18th Oct 2012	Glenmore Lodge	enquiries@glenmorelodge.org.uk or 01479 861256
Moderate Water Assessment - OC	24 Nov 2012	Beyond Adventure	email@beyondadventure.co.uk 01887 829202
Moderate Water Assessment - Sea	17th - 18th Oct 2012	Glenmore Lodge	enquiries@glenmorelodge.org.uk or 01479 861256
Moderate Water Assessment - Sea	25th - 26th Oct 2012	Glenmore Lodge	enquiries@glenmorelodge.org.uk or 01479 861256
Moderate Water Assessment WW	17th - 18th Oct 2012	Glenmore Lodge	enquiries@glenmorelodge.org.uk or 01479 861256
Moderate Water Training - OC	13-14 Oct 2012	Beyond Adventure	email@beyondadventure.co.uk 01887 829202
Moderate Water Training - OC	17th Oct 2012	Glenmore Lodge	enquiries@glenmorelodge.org.uk or 01479 861256
Moderate Water Training Sea	25th Oct 2012	Glenmore Lodge	enquiries@glenmorelodge.org.uk or 01479 861256
Moderate Water Training WW	17th Oct 2012	Glenmore Lodge	enquiries@glenmorelodge.org.uk or 01479 861256
Advanced Water Assessment - Surf	31st Oct - 1st Nov 2012	Glenmore Lodge	enquiries@glenmorelodge.org.uk or 01479 861256
Advanced Water Assessment - WW	18th - 19th Oct 2012	Glenmore Lodge	enquiries@glenmorelodge.org.uk or 01479 861256
Advanced Water Training - OC	27th - 28th Oct 2012	Glenmore Lodge	enquiries@glenmorelodge.org.uk or 01479 861256
Advanced Water Training - WW	10th Oct 2012	Glenmore Lodge	enquiries@glenmorelodge.org.uk or 01479 861256
4* Leader Assessment - OC	10-11 Oct 2012	Standing Waves Leisure	paddle@standingwaves.co.uk 01786 464777
4* Leader Assessment - OC	16th - 18th October 2012	Beyond Adventure	email@beyondadventure.co.uk 01887 829202
4* Leader Assessment - OC	10-11 Nov 2012	Glenmore Lodge	enquiries@glenmorelodge.org.uk or 01479 861256
4* Leader Assessment - WW	6-7 Oct 2012	Scottish Canoe Association	www.canoescotland.org
4* Leader Assessment - WW	12th - 14th Oct 2012	Scottish Canoe Association	www.canoescotland.org
4* Leader Assessment - WW	10-11 Nov 2012	Glenmore Lodge	enquiries@glenmorelodge.org.uk or 01479 861256
4* Leader Training OC	20-21 Oct 2012	Lochore Meadows OEC	mike.spencer@fife.gov.uk 01592 583388
4* Leader Training OC	27-29 Oct 2012	Scottish Canoe Association	www.canoescotland.org
4* Leader Training OC	14th - 16th Nov 2012	Beyond Adventure	email@beyondadventure.co.uk 01887 829202
4* Leader Training Sea	13-14 October 2012	Glenmore Lodge	enquiries@glenmorelodge.org.uk or 01479 861256
4* Leader Training Sea	23rd - 24th Oct 2012	Glenmore Lodge	enquiries@glenmorelodge.org.uk or 01479 861256
5* Leader Assessment - OC	28th - 30th Oct 2012	Glenmore Lodge	enquiries@glenmorelodge.org.uk or 01479 861256
5* Leader Assessment - Sea	24th - 26th Oct 2012	Glenmore Lodge	enquiries@glenmorelodge.org.uk or 01479 861256
5* Leader Assessment - Surf	31st Oct - 2nd Nov 2012	Glenmore Lodge	enquiries@glenmorelodge.org.uk or 01479 861256
5* Leader Assessment - WW	25th - 27th Nov 2012	Glenmore Lodge	enquiries@glenmorelodge.org.uk or 01479 861256
5* Leader Training - OC	2nd - 5th Oct 2012	Glenmore Lodge	enquiries@glenmorelodge.org.uk or 01479 861256
5* Leader Training - OC	25 - 27 Nov 2012	Glenmore Lodge	enquiries@glenmorelodge.org.uk or 01479 861256
5* Leader Training - Sea	13th - 14th Nov 2012	Standing Waves Leisure	paddle@standingwaves.co.uk 01786 464777
5* Leader Training - Surf	27th - 28th Nov 2012	Glenmore Lodge	enquiries@glenmorelodge.org.uk or 01479 861256
5* Leader Training - White Water	4th - 5th Oct 2012	Glenmore Lodge	enquiries@glenmorelodge.org.uk or 01479 861256

Foundation and Intermediate Support Units

Optimising Performance Intermediate Part 1	29th Nov 2012
Optimising Performance Intermediate Part 2	30th Nov 2012
Coaching and the Outdoors Foundation Module	30th Nov 2012
Coaching the Mind Foundation Module	29th Nov 2012
Coaching the Mind Intermediate Module	9th Nov 2012
Coaching Young Paddlers Foundation Module	12th Oct 2012
Coaching Young Paddlers Foundation Module	29th Nov 2012
Coaching the Mind Intermediate Module	30th Nov 2012
Mentoring for Paddlesport Foundation Module	30th Nov 2012

Coaching Matters 3rd Nov 2012 Scottish Canoe Association www.canoescotland.org
 Coaching Matters 4th Nov 2012 Scottish Canoe Association www.canoescotland.org

Glenmore Lodge enquiries@glenmorelodge.org.uk or 01479 861256



RCO Service in Scotland

RCO Central	Steve Linksted	07710 415539	rco.central@canoescotland.org
RCO Dumfries & Galloway	Alex Lumsden	07920 528119	rco.dumfries@canoescotland.org
RCO Fife	Ian Vosser	07917044492	rco.fife@canoescotland.org
RCO Grampian, Speyside and Shetland	Lyle Smith	07974431153	rco.grampian@canoescotland.org
RCO Strathclyde East	Willie Macleod	07866 557490	rco.strathclydeeast@canoescotland.org
RCO Military	Scott Simon	07533 497013	rco.military@canoescotland.org
RCO Tayside	Richie Neill	07533 497013	rco.tayside@canoescotland.org

RCO vacancies in Highlands & Islands, Borders, Strathclyde West, Lothians.
See www.canoescotland.org for further info.

Coaching Matters Series

Throughout the summer and autumn of 2012, the SCA is organising a series of regional training days to support the development of coaches. The events will be delivered in partnership by some of the leading paddling coaches from sportsotland National Outdoor Training Centre, Glenmore Lodge with SCA volunteer Regional Coaching Officers providing local facilitation and input. This new style of event replaces the previous regional coach update events and will offer a wide range of practical workshops suitable for all coaches. **Each day comprises three parts:**

- Part 1 - SCA/Regional Update on everything coaching for all attendees. (Classroom based).
- Part 2 - Focus on 2 Star delivery and standards, with underlying 'Fundamentals' considerations throughout. (classroom and water based).
- Part 3 - Discipline specific coaching and technical update where attendees choose which craft they want to work in. We will then deliver update to meet the needs of the disciplines and try and pitch it at a level to suit their coaching level e.g. old Level 3 update, L5 update, new level 2 update.

Dates and Venues

3rd November 2012	Central/Tayside	Firbush, Loch Tay
4th November 2012	Lothian/Fife	Lochore Meadows

Club Coach Support Programme

The SCA Club Coach Support Programme aims to provide financial support and subsidised courses SCA members within affiliated clubs. There are three ways to receive support from the programme, one of which is through centralised SCA Courses. A series of 4 Star Leader Training and Assessment courses and White Water Safety and Rescue (WWSR) courses have been organised by the SCA (See dates below). Eligible members can book directly onto the course online or by contacting the SCA office. Candidates must be Full SCA members and appear on the latest updated club list from their club. Courses will be priced at £25/day (including certification fees where applicable).

Course dates:

- 4 Star Leader Training - Open Canoe 20/21 Oct (Grandtully)
- 4 Star Leader Assessment - Open Canoe 10/11 Nov (Grandtully)
- 4 Star Leader Assessment - Sea TBC
- 4 Star Leader Assessment - White Water 6/7 Oct (Grandtully)