

Coaching Development

CoDe

the magazine of the BCU Coaching Service

The Coaching Service is supported by



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 organ of the BCU Coaching Service. Members are free to express their views within its pages. Articles and comments therefore reflect the thoughts of the author and do not necessarily state the policy of the National Coaching Committee.

CoDe is programmed for publication in February, April, June, August, October, December.

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

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

Editor: Mike Devlin BCU UK Director of Coaching.



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Welsh Canoeing Association



Duty Manager / Paddlesport Development Officer - 37 $^{\circ}$ hours per week (Flexible hours), approx. £15000 per year, 35 days holiday

The WCA seek to appoint a motivated and appropriately qualified person to the post of Duty Manager at Canolfan Tryweryn, The National Whitewater Centre at, Bala. The successful applicant will be expected to undertake daily management duties during weekdays and on weekends at the centre for 60 – 70% of the contract. This will consist of supervising centre operations and delivery of white water rafting, coaching and safety training. Additionally, the post holder will be involved in the development of paddlesport initiatives in North Wales (30 – 40% of the time), working with clubs and disciplines to provide coaching opportunities for junior athletes in competitive activities.

The post holder will be expected to possess good communication and organisational skills, an empathy with coaches, voluntary clubs and customers at the centre. The post holder should have a knowledge / understanding of white water rafting, delivery of coaching courses in a centre environment and health and safety issues associated with running a public accessed site. A valid driving licence (including D1 endorsement) and a minimum of BCU level 4 Coach (Inland Kayak or Open Canoe) qualification is required. White water rafting and competition qualifications are desirable attributes.

For further information contact Jon Gorman on 01678 521083. Applicants should send a cover letter outlining their suitability for the post and a CV (with the names / addresses of two referees) to Jon Gorman, Canolfan Tryweryn, Frongoch, Bala, Gwynedd, LL23 7NU or by e mail to ct.operations@virgin.net.

Closing date for applications: 14th February 2003. Interview date: 24th February 2003. Contract start date: March 2003.

National Development Officer
£22 – 24000 per annum, including 20% unsocial hours allowance, 35 days holiday p.a.

The WCA seek to appoint a key member of the governing body staff to undertake the the coordination, delivery, development and evaluation of the BCU coaching service in Wales, alongside management of participation and club initiatives within Wales. The position can be home based (if the applicant lives in or near Wales) or accommodated at Canolfan Tryweryn, near Bala in North Wales.

The key roles are:

The management of the coaching scheme in Wales. Support of the RCO network and National Coaching and Competitions Committee. Initiation and management of funded club development and participation schemes. Line management of paddlesport Development Officer work programmes. Representation of WCA members at a UK policy level.

The post holder should have the following attributes:

Level 4 or 5 recreational canoeing awards in one or more disciplines. Dynamic and motivated with vision to deliver demanding but realistic programmes. Excellent organisation, communication, presentation and negotiation skills. Knowledge and / or qualification of competition disciplines. A valid driving licence (or driver support).

For further information, contact Richard Lee on 01678 521199.

Applicants should send a cover letter outlining their suitability for the post and a CV (with the names / addresses of two referees) to Richard Lee, WCA, Canolfan Tryweryn, Frongoch, Bala, Gwynedd, LL23 7NU or by e mail to richardlee.wca@virgin.net.

Closing Date for applications: 7th April 2003. Interviews to be held week commencing 21st April. This post is pending Sports Council for Wales support, which will be confirmed in late February 2003.

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Improve your kayaking — go open boating!

Top tip 175 from "Top tips for coaches" by PYB inspired me to write this, I thought I'd also assume not all coaches or students are teachers.

Let's look at a canoe – 16 foot long, heavy, difficult to turn, to move sideways, forwards and backwards and with only half a paddle, however these craft can regularly be spotted dancing gracefully down white water with an elegance kayakers can only dream of. There with my coaches head on, I thought apply their knowledge, skill and understanding to a much lighter responsive craft, one with a real paddle (2 ends) and my game-play is bound to improve.

Efficiency in what these canoeists were doing was obviously the key, so I decided to start talking to some friends of mine who are Asp L5 Canoe coaches and decided to take my participation in the sport (I stopped calling it a 'pastime') a bit more seriously.

"Reduce stroke work/rate" – advice always offered by coaches - now I see how, not by efficient strokes, although vitally important, but by getting the essentials right that are:

- Trim, position and speed of the boat relative to the task being done.
- Position of the paddlers body in the boat.
- Greater understanding of hydrology – see Nealy
- Finally effective use of the paddle, after all it is only there to provide a form of resistance for our body to act against.

Big craft require accurate, careful lines down rapids, the consequences are potentially high, one cannot simply rely on your plastic boat being short enough to bounce out of trouble, so do kayakers put as much thought and importance into reading moving water and interpreting lines as canoeists? Do we consider boat speed to be important; do we know when to paddle faster, slower or at the same speed as the water? Can we use the same eddy techniques as canoes and does that improve our efficiency?

Surely as we paddle more demanding water, our rescue skills should be honed, what better way than to practise with big boats, surely a kayak will be easy after that.

Does the body help us? The movement of the body in a canoe certainly improves efficiency, if the same logic were applied to kayaks would we all paddle better? How many of us use the same fore and aft trim, edge as efficiently, have the same amount of trunk/rotational movement as our one sided cousins?

Why do canoeists use short vertical strokes in preference to long less vertical strokes that kayakers tend to use going forwards, backwards and sideways? Do they think about the depth of their blades? Why use cross deck strokes? Does the ability to paddle one sided improve our kayaking, what moves/techniques will benefit? Can we apply strokes traditionally associated (E.G. prys and jams) with canoes to kayaking?

How often do canoeists buy new boats? Why do kayakers, particularly 'playboaters' buy new boats very frequently? It's not cost (not with new kayak prices); perhaps it's a short cut (a

perceived one!) to skill acquisition.

This advise (I say advice, as most of the questions are rhetorical) is what all good kayakers and coaches should already know and practise, however from observation a lot of them do not put on their thinking heads on when paddling, yet expect to master complex water and difficult moves without thinking about foundation white water skills. The message is simple, get out open boating, and learn to select better lines, control your boat, paddle harder water and whip it up in playspots

This article isn't a set of answers on what to do to improve your kayaking, but a series of issues that can be addressed by looking at potential starting blocks and it would seem that if half the paddle can move double the boat, then that would be a good place to look.

Jeff Handley
E-mail address supplied if required



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Phone/Fax —01803 852797 e-mail —
info@grenvillehouse.com**

Placing image on a higher priority than safety

I write this article with a view to questioning general concepts of safety within paddlesport. Often, it can appear that higher consciousness of appearance can lead to people placing a greater priority on image than on safety. This is nowhere more obvious, I feel, than in the choice of helmet.

Having worked in the adventure activities industry for over ten years, where the wearing of a helmet is focused uniquely on safety, it seems strange to me that fashion rather than safety dictates the choice of helmet for so many paddlers.

A coach who will be the role model, arguably has a greater responsibility for their choice of kit. As an example, I take the use of hard peaked helmets. These have become increasingly popular during the last five years. A raft guide for example, in an off balance raft is still subject to the general laws of physics, and might fall onto, or be tumbled into, by clients. A hard peak in collision with c-spine vertebra could cause considerable damage, as could the snapping back of the neck of the wearer in an impact situation, for instance a white water kayaker in collision with a boulder on a rapid.

Soft peaks, on the other hand, worn to protect eyes from the sun will fold under such stress, and whilst impact injury might still result, a broken nose will mend much easier than spinal damage. In todays world of increasing litigation how can the coach or adventure activity company attempt to defend the use of hard peaked helmets. I feel that in a court driven insurance claim doctors may well be called as expert witnesses to prove that the hard peak was a major contributory factor in exacerbating an injury leading to higher settlements.

After discussing the sale of helmets with local retailers, it was evident that despite the fact that they advise of the possible dangers of such helmets sales continue to increase and the primary reason for purchasing a hard peaked helmet is that of

"It makes me look good"

Thus supporting my concern over the issue of placing image over safety.

Additional concerns regarding image over safety arose for me whilst observing an interesting and creative flat water coaching session. In which helmets were not being worn and arguably were unnecessary. When members of the group moved to a small grade 1 / 2 chute in order to apply their newfound movement skills, the coach did not insist on donning helmets.

Whilst responsible coaches usually carry out appropriate risk assessments, and make suitable decisions, is there not a responsibility upon the coach to promote safety consciousness both legally and morally?

Wondering what the students at the University Safety Symposium being run at the same time thought, I enquired as to their opinion, and despite them being free spirited University kayakers I found their views to be similar to mine. The general consensus was, why aren't they wearing helmets! Not as may generally be supposed, coming from a student body, the attitude of its cool not to wear helmets.

The physical education teacher in a school must, should they wish to remain in employment enforce safety issues even to the point of ensuring that laces in trainers are tied appropriately, irrespective of the current street fashion to tuck them into the sides of shoes.

It further concerns me, that an old trend has re-emerged or is seemingly re-asserting itself, the wearing of helmets without fastening the buckle. It might be that those choosing to do this are experienced /elite paddlers and see themselves as having a reduced chance of capsizing, but it is not impossible. A horse rider in an accident, who has not buckled their helmet renders any insurance invalid. Similarly, imagine the effect of an elite footballer such as Alan Shearer or David Beckham, role models for arguably millions, endorsing playing with socks down and no shin guards against F.A rules and thus obviously eschewing the issue of safety. Fines would follow.

It may be the case, that the potential of capsizing is minimal to the experienced /elite paddler, but what about the less experienced who observes and copies the role model, and does capsizing? Has the elite paddler heard of or aware of the duty of care placed on all individuals in society, not just coaches.

In conclusion, I would like to say we all have a right to choose which colour, style, make and model of helmet we purchase and furthermore when we wear it!

However I would suggest to all paddlers and coaches out there that if good practice is to be maintained and the safe nature of our sport is to be promoted, it is incumbent upon us all at whatever level to be the ambassadors of safety.

My concern is not to restrict peoples freedom but to recognise that some people are placing image on a higher priority than safety.

Paul Gray (Reg)
(Aspirant Level 5 Canoe Coach)

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The Paddlesport review- some questions, some answers.

**Liz Mallabon and Bill Taylor.
(Manchester Metropolitan University)**

A number of you have taken the time to write to, or phone the paddlesport research team to ask for clarity on some points and to add your views and considerations on wider issues as part of the consultation process.

All these contacts are very worthwhile, and we would ask you to continue to be involved, and comment on an ongoing basis at any level you feel able too. Time is moving on with regard to the research timetable, and we are well into phase two, and are now looking at possible new structures for a future coach education scheme within the BCU. It would be a considerable shame if anybody felt they had missed out on the opportunity to have their say on the future direction of the new coach education programmes, so again, please make a contribution.

A number of you have already had an opportunity to input at regional and coaching events, and thanks for making that effort. If we are due to come to your local event or regional get together, please make the time to come and have your say. It is important that we have your views

Returning to some of the issues and questions all ready raised, we hope the following adds some clarity.

Q Why did we only look at 1000 returns out of 7300 from the main questionnaire?

The reason is really straightforward. There is no additional statistical advantage in inputting all of the returns, it is also expensive to do so and takes a long time. As long as the sample taken from the total (i.e. the 1000 we used) is representative of the regional populations of the BCU as a whole (as it was), the 1000 questionnaires inputted into the data base will give us a strong enough sample to make a number of conclusions and suggestions to the BCU.

Indeed, the General Household Survey (GHS) which the Government use to base some of its policy decision on, is only based on a selection of 160,000 households. The method used is part of accepted research methodology.

No other NGB, which we are aware of, now has this degree of factual information about the real picture and position of their sport.

What the total number of returns (7,300) of the main questionnaire will allow us to do is to isolate particular populations, and draw focussed conclusions on selected groups.

For example, if the proposed white water course based on the River Clyde needed to find out the number of BCU/SCA members living within a hundred mile radius, who indicated that they were mainly interested in white water paddling and had visited man made white water courses before, we can now provide that information by revisiting to the total returns (7300) and selecting only those returns from that particular population.

We could also tell how much people are prepared to pay for a facility and how often they participate. The number of combinations that the research could provide, from the questionnaire returns alone is near to one thousand! The results from the main questionnaires are supported by the other questionnaires, which were put out to clubs, individual coaches and paddlesport centres.

In addition we have now conducted, and videoed a number of focus groups, which amount to many hours of tape recording, of you having your say on the future of coach education within the BCU.

Q Why is the research not considering the star test system?

First, the coaching department did not ask us to. The star tests should represent the needs of the paddling public, and are used by assessors to benchmark a standard an individual has reached. They also should reflect the type of skills and manoeuvres that are commonly performed by paddlers up and down the country. By separating the coach education system from the star tests, it will allow the two systems to respond to changes independently. The coach education programmes that come out from the paddlesport review should last the union up to 2012/15 or so.

The star test should be more dynamic in nature and reflect changes in paddling practice on a more regular basis.

Q What will happen to existing coach educators and coach assessor?

Some of the changes that are likely to come out of the final consultation document could be fairly dramatic. The end result could mean considerable changes right across the board, from competition to recreation, for assessors and trainers.

The coaching department needs to consider issues such as grandfather/mother rights, whether to go for a slow incremental change or a big bang, and how to retrain existing coach educators.

It could be that with a slimmed down system (having 47 different awards is untenable), the union will require fewer coach educators. Those involved would need to be updated and happy with both the content and philosophy of the new system. No final decision on these aspects has been taken as yet with any to be made being subject to discussion and debate.

If you need any additional information on the paddlesport review or would like to add to the consultation process please do so by contacting;

Liz Mallabon (01612475469) or Bill Taylor (01612475146)

l.mallabon@mmu.ac.uk or w.taylor@mmu.ac.uk

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Dear Code....

With a little more room than normal for Dear Code I take the opportunity to cover responses which particularly pick up on Colin Broadway's observations in the last edition of code on the Star Award Scheme, also we have interesting comment on the assessor scheme. With the Paddlesport Review progressing and indeed raising questions of its own in terms of coach education these are interesting and exciting times - all the better therefore that readers are taking the opportunity to comment on issues and express their own opinion. There will be more in the next edition.

Re: Colin Broadway - December 2002

Colin's letter raises some interesting issues and I would agree that the Star Awards scheme has become a little out of touch with modern paddling.

A few observations:

Lowering of Standards

I do not feel that the introduction of Star Awards lowered standards as a result of the awards themselves. A major problem was coaches who gave awards away too readily either a) to paddlers who just weren't good enough or b) immediately following the end of a course when the skills involved were fresh in the paddler's mind from the coaching - what happened 6 months later when the 'paddler' hadn't been in a boat in the intervening period was another issue! Perhaps assessments shouldn't take place immediately following the end of a course! Certainly in the Greater Manchester area, paddlers presenting themselves for Level 2 Coach Training nowadays are generally 3 Star standard. It is interesting to note, however, that they are predominantly club paddlers who go paddling regularly.

Star Awards

The original concept of Star Awards (if I remember correctly) was that they were there to be used as performance benchmarks - not as a training syllabus. Paddlers were intended to learn by 'going paddling' rather than following 'the syllabus'.

3 Star/Moving Water

There was an attempt to introduce moving water into 3 Star several years ago. In the modern situation I agree it would be desirable to do this if feasible. The recognised problem, however, was that coaches in areas such as Norfolk, where moving water is scarce, would be prevented from working at a higher level than 2 Star. That is why moving water isn't in 3 Star at present. What are people's views on this nowadays? If basic moving water skills were included in 3 Star, perhaps 4 Star could encompass basic playboating skills?

Level 2 Coaches

How good can we expect them to be? The official requirement is to obtain a minimum of 20 hours coaching experience between training and assessment. Unfortunately, too many candidates do just that. When deciding on what standard to accept, one surely has to take into account the amount of coaching experience they have been asked to get? I feel that the experience requirement should be far higher with some compulsion to work alongside other coaches.

A secondary problem has been learning to 'do this' or 'that' with the paddle or boat rather than being taught by methods which induce understanding. I have encountered many paddlers of 3 Star standard who simply don't know why they are doing all these things - all they know is it works! What happens when paddlers who have been taught in this manner decide they want to become coaches? They tend to teach the same way that they were taught themselves. On a positive note, the situation here does seem to be improving gradually

with a wider availability of knowledgeable modern coaches to spread the gospel.

Interestingly, I was reading through the Cadet Leader Scheme information pack recently. It seems to me that a Cadet Leader could potentially get a better training than a Level 2 Coach. Why? - because they are required to learn on the job over a long period of time under the guidance of a coach. They have a role model to follow. It might be an interesting thought to do the same with coaching awards. How about requiring would-be coaches to join a club and serve their apprenticeship in a similar manner to a Cadet Leader? Sounds potentially interesting but, with some clubs out there still refusing to get involved with the Coaching Scheme, perhaps not entirely practical.

Brian L Mee

Dear CoDe,

Colin's letter in December's CoDe seems to re-introduce some points that we have had in the past. Before I go any further, let me state that I am happy to believe that canoeing has to be dynamic and be ready to adapt in order to go forward. I am a junior coach (of long experience) and an all round boater (motor, oars, sail).

We should all understand that MOST canoeing takes place at the lowest level, i.e. 1 Star, 1 Star training and taster sessions. Anything that makes this more difficult to carry out will result in less canoeists and this is not what we want. It is certainly also true, that at these levels of activity, you do not see many Level 5 coaches.

It is also worth noting that at these lowest levels, many of the participants will be children of 10, 11 and 12 years of age. While every coach is looking to increase canoeing numbers, and not refuse places to the youngest, it is a sad fact that today's children sometimes have to be taught how to climb, and they will certainly have to be taught how to canoe. The fact is that these people are probably going to have difficulty with the (1 Star) draw stroke, stern rudder and preventing a capsize, but as long as they do what the BCU syllabus says, they must not be denied their award. I believe that, because the average age of starter canoeist is coming down, inevitably they will not canoe to the same standard as an older participant. I would hate age entry levels (they are probably illegal anyway) but that is the alternative.

In my opinion, there is nothing wrong with the present star system provided that everybody follows the rules. The same could also be said of any other system provided that its rules are followed. All coaches, please stick to the laid down syllabus.

On another subject, having been on a Bell Boat Helm course recently, I was (as an owner of a Thames launch) appalled that the course contained no reference to "rule of the road at sea". I was also extremely concerned that with 12 beginners aboard (the usual purpose of the craft and the usual scenario) it had extremely sluggish handling characteristics. In my opinion, after 50 years boating of all kinds, this is an accident waiting to happen. Of course, by thinking very far ahead and staying out

of the way of other river traffic, it is possible to stay safe in a bell boat. But you have to work at it.

An input of general seamanship could be appropriate at all levels of canoeing. After all, when you go on the motorway it is accepted that you know what you are doing and will follow certain rules. A similar (rule of the road) assumption also applies when you go afloat on our waterways, but the rules are international.

Keith Hooker

I would agree with Brian – the interpretation of skill level / performance by some assessors and indeed misunderstandings of, and non recognition of the basis of skill acquisition, development, consolidation and consistent repetition, by assessors and coaches has led to inconsistent star award standards. Assessors in this instance need therefore to consider, particularly at three star level, that performance should be repeatable and consistent and that testing for three star award may not be appropriate immediately after training or following coaching input within an assessment!

Again it is common to see many coaches using the Star Award syllabi as a specific programme guide when running sessions. This can lead to specific focus and specific outcome and not to an understanding of variable aspects of stroke work and their application – varied practice will lead to reactive, repeatable performance.

This would also perhaps suggest that some aspect of training and practice for three star should take place in an environmental context i.e. moving water!!

Of course these issues can have an enormous effect on Coach Level 2 performance, particularly where a candidate has progressed quickly to training with minimum experience. It could be argued that we have a system or series of steps – personal performance, Coach education, assessor development too dependant and interlocked with the Star Award scheme and the concurrent performance variables. Perhaps within our review of coach education we should be looking at a foundation course pre-requisite at each level as opposed to a Star Test pre-requisite. In this way and where appropriate action planning and development could ensure that a candidate moves forward aware of their performance level and the requirements to improve.

Mr Hookers comments with regard the lower star levels are equally important. We do need to recognise that for novices and young paddlers encouragement and fun is an important ingredient. Enter variable practice again and a wider introduction to disciplines and boats. Performance awards do however, at an appropriate level, need to recognise consistent and reliable performance. Currently this is recognised at Three Star when the candidate is recognised as being able to regard themselves as a paddler.

Again emphasis on learning to paddle with variable interventions with an eye on what is required at Star Award levels is perhaps what we should focus on when coaching, as opposed to strict and rigid adherence to Star Award test syllabi.

It is encouraging that Brian sees some of these issues

being addressed, however, once we have been able to conclude our Coach education review, we will need to consider the wider implications of assessment, both of Star Awards and Coaching Awards and assessor training in order to achieve greater consistency and uniformity of performance standards.

Dear Code

A Different Way of Looking at Assessor Levels

It may be beneficial to award assessor "training" status and assessor "assessment" status separately. There are two distinct skill sets involved in conducting trainings and assessments. The training program requires a solid knowledge of the course content and the ability to efficiently and effectively deliver the information that the candidates need. The assessment course requires a much greater degree of judgement and experience to be able to make the best possible decision on behalf of the candidate.

It is quite reasonable to expect a competent coach to rather quickly become proficient at delivering an effective and efficient training course. I believe it takes substantially more experience to as effectively run an assessment. The assessor candidate needs to see as many difficult decisions made under the auspices of as many different mentors as possible. It is not the course run in ideal conditions with candidates who are 100% "passes" or 100% "not ready yet" that requires the mentoring time. It is the "on the edge" calls that need to be witnessed to allow the assessor candidate the ability to draw from a wide range of experience. This additional mentoring time provides the candidate with the breadth of knowledge necessary to make difficult decisions on his own.

Under the current system, we may be holding back coaches who would otherwise be able to deliver good training programs while they work toward gaining more experience for their "final" signature. The inverse may also be true: Final signatures are being given to a candidate who does a good job at delivering the program even while lacking the depth of experience that would enable them to make better decisions on behalf of those being assessed.

This makes the whole mentoring process much more important. The mentor needs to share their thought processes with the assessor candidate as often as is practical since the candidate needs to see the big picture. (It is still important to exhibit non-interventionist techniques with candidates going for final signatures). The candidate needs to understand why decisions were made and not just that they were made. The mentor should not view his role as just a "signature giver" but as a sharer of knowledge.

Scott Fairty
North America

Scotts comments follow on interestingly from our other contributors and as such raise thoughts as to how we might progress / develop our assessor scheme. No doubt the first response from many would be that separation of training and assessment status would mean that aspirant assessor would have to jump too many hurdles before becoming a trainer and or Assessor, however it is the case, as perhaps indicated by the earlier letters that we do have an issue of mentoring aspirants towards fulfilling a role that not every coach is naturally able to do!. While not directly suggesting that we should adopt such an approach, it is this type of out of the box thinking that we all need to do if we are to progress the Coaching Service to best support paddlers and coaches alike.



Regional Round-UP

WEST MIDLANDS

SOUTHERN REGION

WEST MIDLANDS REGIONAL COACHING DEVELOPMENT COURSES 2003

Regional Assessors / Coaching Forum 17-18 May

Workshops / courses to include:

Assessors Training
Aquatic First Aid
Updating Safety test Assessors
Quality Audits for coaching courses
Child Protection issues

Coaching Processes Course 8 – 9 February

4* Training/Assessment weekends – Canoe or Kayak
1 – 2 February / 12 – 13 July / 9 – 10 August

Level 1 coach Training and Canoe Safety tests / Canoe or Kayak 3 - 4 May

3* and Canoe Safety test – Canoe or Kayak
10 – 11 May / 14 – 15 June

Level 2 Coach Training – Canoe or Kayak
8 – 9 March / 19 -20 April

Level 2 Assessments - Canoe or Kayak - 3 May

Many of these courses have been specially organised for West Midlands Clubs to promote coach development, and have preferential rates for Club Coaches working in a voluntary capacity.

Please contact the West Midlands RCO Phil Ascough (01527) 861426 for further details.

Staffordshire Area

Coaching Processes Course
Saturday 1st / Sunday 2nd March Burton Canoe Club

First Aid Course(16 hour) (HSE Approved)
Saturday 5th April, Sunday 6th April Burton Canoe Club

Staffordshire Coaching Service

Coaching Panel Meeting - Sunday 13th April
10.00 to 12.00
Open to All Coaching Service Members living and/or working in Staffordshire. This is an 'on the water' meeting to play with boats, discuss coaching ideas & issues, tamper with technique & strokes.
Kayak and Open Canoe.

'Follow up' planned for Sunday 18th May

Comments and Queries on all above to:

Stuart Briggs(LCO Staffs)
Tel 01283 533416 stuart.briggs@lineone.net for further details

SOUTHERN REGION

Regional Update Forum

8 March 2003 Provisional venue - Calshot Activities Centre
Assessor Training Day

Coaching Processes

26-27 April 2003 venue tba

Disability Awareness

Date and venue to be arranged

For further information, please contact Steve Finch
Home: 01189 755318 e-mail stevefinch@bcuinternet.com

DEVON and CORNWALL

RCO: Andy Barclay

NEW Tel: 01822 833885 (daytime)

Email: abarclay@cornwall.gov.uk

Regional Update Forum:

Sunday 27th April, the venue is Bude.
For details contact Andy Barclay, RCO.

Andy Barclay has a new work address:
Delaware Outdoor Education Centre, Drakewalls,
Gunnislake, Cornwall PL18 9EH

LONDON REGION

RCO: Gareth Moss

Tel: 020 8940 5550

Fax: 020 9840 7052

Email: Gareth.moss@surreycc.gov.uk

Happy New Year to everyone

Assessor Day

Saturday 29th March, Thames Young Mariners
If you want to arrange an Assessor Day and have a group of Level 2 Coaches (or above) and a venue anywhere in the London region please contact Gareth Moss to set it up.

Coaching Processes Course

March or May (Date to be Confirmed)

There are numerous Kayak Level 2 Coach Training and Assessments due to run when the weather gets better in the region. Contact Gareth Moss if you need help in finding a course.

Open Canoe Level 2 Training

May 17 – 18. Contact Gareth Moss for more details

Coach Development Fund

The London & SE Coach Development Fund is still available for any club-based paddler that wants some financial assistance towards either Level 3 Training or Assessment.

Regional Round-UP

EAST MIDLANDS

RCO: Chris Cartwright
Mobile Tel: 07855 385323
Email: chris@adventureimages.co.uk

Regional Update Forums:

Sunday 30th March, Lincoln

Monday 5th May, East Midlands Coachfest –
Nottingham

Saturday 18th October, Northampton
For details contact Chris Cartwright, RCO.

BCU Coaching Update Day
Saturday 8th March 2003

Todbrook Sailing Club, Todbrook Reservoir, Whaley Bridge Nr Buxton Derbyshire
Map: OS Outdoor Leisure 1 Grid Ref: SK 007811
Phone Christine Wilson for further directions if required

Fee: £10.00 please confirm attendance and choice of afternoon sessions (1.00-4.00pm) by phone, Email or snail mail and if possible send a cheque to Christine at the address below ASAP (*cheques made payable to Christine Wilson*) Address: Christine Wilson, Kingfisher Cottage, Far Hill, Bradwell, Hope Valley, S33 9HR Tel: 01433 621149 Email: alan.wilson6@virgin.net

Leicestershire Coaches

To find out what's happening in Leicestershire please contact your LCO, Andy O'Connor, email: leicesteropc@lineone.net .

Email Communications:

The East Midlands Development Team are re-compiling an Email database to help speed up communications to coaches and paddlers. If you would like to be included please email Lorraine Pell, Regional Secretary: l.pell@ntlworld.com .

YORKSHIRE

RCO: Ian Scott
Tel: 0114 263 0178
Mobile: 07961 815038
Email: Highcliffeadventure@hotmail.com

Regional Update Forum:

Saturday 22nd March at Rother Valley Country Park
For details contact Ian Scott, RCO

Regional Coaching Panel meeting: 7.30 pm Tuesday 18th March At Buckles Inn (A64 near York)

For up to the minute details about Coaching in Yorkshire please visit the **NEW** Website:

www.coaching-yorkshire.org.uk

SOUTH EAST REGION

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

Disability Awareness Training

22 – 23 March based at the Adur Centre.
Contact Chris West, tel. 0208 599 7083 for more details.

NORTH EAST REGION

RCO: Ken Hughes
Tel: 07890 139908
Email: Kenneth.hughes@sunderland.ac.uk

Northumberland

The next Local Panel meeting (originally scheduled for 16.1.03) will be held on Thursday 6th March at 7pm. Venue to be confirmed. Further information will be circulated closer to the meeting. Contact your LCO, Carl Halliday for more details. Tel: 01665 605482, email: carl.halliday@northland.ac.uk

NORTH WEST REGION

RCO: Ian Bell
Tel: 0151 638 1555
Email: ian.alison.bell@bcuinternet.com

RCO Election Result

Ian Bell is the new RCO for the North West Region. Thank you to all the coaches that took the trouble to vote; by RCO election standards it was a bumper return!

Calvert Trust
KESWICK

KESWICK
CUMBRIA, CA12 4QD Tel: (017687) 72254

Outdoor Activities Centre for people with disabilities

Requires

INSTRUCTOR

(full time permanent)

with a wide range of National Governing Body Awards, experience of residential centres and interest in working with people with disabilities.

Further details and application form from above address

“Development of Elite Potential in Young Athletes”

The much anticipated conference held at NWSC over the weekend of December 7/ 9th 2002 proved to be a world class event for our competition coaches and others who took the opportunity to update their knowledge at the cutting edge level.

Some 90 coaches attended the weekend. One presenter from Australia indicated that she thought it was worth coming from the Southern hemisphere just to be there!

The additional staffing resources now available to Coaching through the World Class programme had meant that Alan Edge and Graham Campbell had been able to plan this event for nearly a year, and the content and quality of presenters was all that was hoped for.

Angela Calder: Recovery Strategies in Training and Competition.

Angela, an Australian Institute of Sport contributor, encouraged us to look at recovery as a major part of our planning of training and competition programmes. This is much more than having a rest day each week, for although athletes expect to be fatigued, how this is monitored and dealt with in practical ways can determine the quality of training and performance that the athlete can achieve. Encouraging the athlete and coach to have the tools to have a daily awareness of the recovery level, of sleep patterns, nutrition, supplements, physical therapy, psychological skills all helps to ensure the athlete can train at the limit without going over the edge into negative longterm fatigue situations.

Istvan Balyi: Longterm athlete Development

Istvan, a Hungarian Canadian, working as a Consultant with Sport England, has an analysis of the way we prepare our athletes long term. Accusing sport and Government of wanting “results by Friday”, he outlines a model of development that helps ensure that athletes achieve their genetic potential, whatever their sport.

This is a process that starts at 6 and goes onto sporting retirement, and he quotes the 10 years and 10,000 hours principle to be good at any sport/activity.

Missing any stage – be it coordination and balance windows at 6 – 8, aerobic development between 9 and 16, strength development optimum windows between 12 and 16, means our athletes will end up performing below their potential for the rest of their career in sport.

Following the conference we are working to translate Istvan’s ideas into our own BCU system to see what we may have to do to match these challenges. More news later!

World Class Sports Science Department

Our sports scientists Barney Wainwright and Gordon Burton took the opportunity to update coaches on the work they have been doing in testing and analysing athlete performance. They were able to give examples of new analytical tools being used to break down forces in the paddlers’ strokes to highlight strengths and weaknesses and help match paddlers together in crew boats.

Richard Ward : Blue Tits and Robins

Richard had a largely new audience for his lighthearted but serious look at how the various areas of BCU Coaching can work together for improvement, and challenged us to decide if we wanted to follow the robins and be isolated solitary sections,

or flock with the blue tits and spread our knowledge and progress faster.

Jim Roberson:

Jim, an American Football coach from the Bronx, challenged us with his ideas and personal charismatic example of coaching motivation. At a time when many coaches are striving to encourage athletes to go faster higher etc, train in a professional or semi professional way, motivation becomes a key issue, and we cannot just give it out to our athletes. Jim was full of tools and tricks to raise our athlete’s self esteem, help the athletes become more self disciplined, raise the whole status of their skill and performance with their peers and in their own eyes. For the coaches there, Jim was All American confidence, one coach remarked that it easy to see why Americans usually win – self belief. He also challenged us to be aware of the different learning styles that our athletes will be dominated by. There was lots to take away from Jim’s contribution for us to use in our coaching.

Phil Stephenson and Mark Hickman: Skill Development

In house high quality academic expertise in Phil Stephenson and Mark Hickman gave us workshops on skill development. Phil had done some fascinating analysis of what makes an athlete tick in his slalom context, looking at personality characteristics for the special aspects that are desirable in a top level athlete. This opportunity to approach recognition of these fundamental traits gave all coaches extra insight into their own athletes.

Mark, covering a last minute illness in the advertised presenter, was able to take on the aspects of skill development that can mean success or abject failure for the coach. Looking at the type of instructions given, the differentials needed in coaching skills with males and females, and how skills develop and what may hinder their progress, only touched the tip of the iceberg but sent coaches away wanting to find out more.

With a range of coaches from Sprint, Marathon, Slalom, WWR, Polo and recreation, the closing forum immediately showed that there were big issues on the agenda that needed airing. The limited time available did not do justice to a debate on the relationships between competition and recreation coaching, but indicated that there were strong feelings and issues that coaches need the opportunity to thrash out.

Pleas for a widening of the access to the conference to inspire and update knowledge in coaches over a wider range were made, and as planning for next year’s conference begins, with a new date now set as 13th/14th December 2003, this is an area at the forefront of the challenge to flock rather than remain isolated.

There is material available on www.worldclass-canoeing.org.uk following up the sessions.

Graham Campbell: Flatwater National Development Coach



Happy New Year To Our Readers

New Year New Phone System !!

Due to the new telephone system recently installed direct contact can be made with Coaching Office staff on the following lines:

General coaching enquiries-

C1 queries – courses

Centre Approval/Star Test/

Coaching Supplies

Senior Coaching Secretary

Diane 01159 824200

Amanda 01159 824201

Val 01159 824204

Maria 01159 824203

English Coaching Manager

Richard Ward

01159 824219

Coaching Secretary

Mandy Delaney

01159 824220

CDO MIDLANDS

Howard Blackman

01159 824218

We also now have a 24 hour line for ordering C1's and Star Test pass slips on 01159 821100 (press 1 for Coaching)

Plus - New BCU Website

Up and running in time for the Canoe Exhibition !!!

Yes - www.bcu.org.uk is in for a make over!! By March of this year a new look site will be available and what's more its a site that begins to give direct access to all BCU info, leaflets and forms.

Contracted Course Providers

Course Providers are reminded that they should not be allowing candidates onto courses unless they have first registered with the BCU office and then attend the course with a stamped C1 form.

If a candidate arrives on course without the required C1 this is seen as a fault of course admin. In extenuating circumstances late (as in during week prior to course) application for registration can be covered by the office. There is no reason why informed candidates should not be able to comply with central registration. Simply accepting candidates on your course assuming that all will be sorted after the event is unfair on candidates and the system. Unless specific arrangements are made prior to courses any candidates that do attend courses without registering beforehand will not be recognised as eligible for certification.

Scottish Sea Kayak Symposium

23 - 26 May 2003

Based at Sabhal Mor Ostaig (the Gaelic College) in Sleat (South Skye) from 23 - 26 May 2003

with paddles around Skye for those able to stay on during the following week.

Accommodation information options will be forwarded with a draft programme. There will be camping and single and twin rooms available at the college.

Alternatively people can choose to stay in local hotels B&B's or self Catering.

For further information contact

Gordon Brown on
ssksymposium@onetel.net.uk

Novacraft Canoes arrive in UK

CANADIAN CANOES FROM CANADA

From the New Year, canoeists in Britain will have the chance to buy Canadian Canoes from the major Canadian manufacturer, Novacraft of London, Ontario.

Seven traditional designs, including the Chestnut Canoes 'Bob special' and Bill Mason's favourite Prospector 16, are to be available, in Royalex and in vacuum formed composite materials.

The 'Bob Special' in Superlite: S-glass, Kevlar and Spectra is a fifteen foot tandem or solo canoe weighing an amazing 35 pounds.

Boats will be available from late January and on view at the International Canoe Exhibition in March. Check out the range on www.novacraft.com

Press contacts: **Lindsay Williams 01434 381929**
Alan Allred 016973 23358 George Thompson
01434 606126

www.wannacourse.com

- BCU Star Tests
- Canoe Safety
- BCU Level 1
- BCU Level 2
- BCU Level 3
- BCU Coaching Processes
- BCU White Water Safety
- Swift Water Rescue

2003 Specials
Open Boat Skills Courses
Open Boat Coaching Courses
Aquatic First Aid
BCU Approved White Water Safety
Swift Water Rescue Courses

- Aquatic First Aid
- Assessor Training
- White Water Skills
- Leadership
- Safety and Rescue
- River Running
- Freestyle
- Open Boat Skills

Special Offer - Places on 2003 Coaching Processes booked and paid for in advance £75 per person
Be a Professional - Learn from the Professionals

BCU COACHING SUPPLIES

The BCU Coaching Service offers a range of supplies to help you to develop your teaching skills and to aid you with your personal coaching development. **The BCU Coaching Logbook** is full of useful information, provides a log for your experiences and courses and keeps a record of your development up the coaching ladder. It is a necessity for all coaches. **Our Canoeing Handbook** is a very popular instruction manual and also makes a very welcome gift to paddlers of all ages. This book provides information on teaching, leading and the history of canoe sport.

"Canoeing for Disabled People" is the sister publication to the BCU Canoeing Handbook and is a very handy tool for the less able-bodied paddlers and those who wish to help them to develop in paddling.

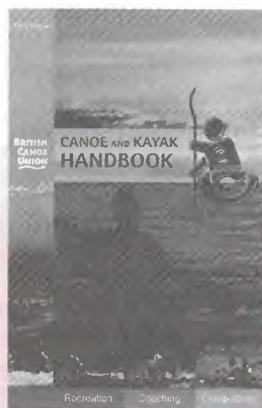
The Paddlepower Deliverer's Pack is a 'must' for coaches who wish to help develop the paddling skills of younger paddlers, the pack gives helpful information on the best ways to carry this scheme. **Activity Cards** are a supplemental aid to Paddlepower which contain instructions for making learning and development fun by playing games.

Our **Posters** are colourful, double sided A3 size and have pictures of the star test award badges for Canoe on one side and Kayak on the other. **Crib Cards** are a set of 12 plastic cards outlining the main elements of the basic strokes. There are two books for Open Canoe, Single or Tandem, and one for Kayak. Please indicate which one you require when ordering. Star Test Marking Sheets are a similar format as the Crib Cards and are wipe-clean marking sheets for you to keep track when coaching. These are available for Canoe and Kayak, so please indicate which one you require when ordering.

Please write enclosing cheque/ access/visa/Mastercard
No etc

To **BCU Coaching Supplies, Adbolton Lane, West Bridgford, Nottingham NG2 5AS**

A4 BCU Coaching Logbook	£7.00
Canoe and Kayak Handbook	£17.95
Coaching Directory	
Loose leaf	£4.95
CD	£4.95
Paddlepower Deliverer's Pack	£5.00
(Available only to Level 2 coaches and above)	
Paddlepower Activity Cards	£3.00
Plastic game cards	
Posters	£1.00
A3 star test posters	
Star Test Badges and Certificates (min. 10)	
Set of 10	£25.50
Set of 50	£127.50
Plasticised Cards	
Crib Cards	£7.95
Star Test Marking Sheets	£7.95



ALL NEW CANOE and KAYAK HANDBOOK

- The complete paddlesport reference book
- Completely re-written 3rd edition
- Now in full colour

£15.95 Plus £2 P+P

Canoeing for Disabled People

~~£17.95~~ £10

Classified Adverts

CHIEF INSTRUCTOR REQUIRED - A Chief Instructor is required to take charge of the instructional staff at the National Water Sports Centre for the 2003 season. The minimum qualification required is that of BCU level 3 coach. Any RYA qualifications would be a bonus. **Please apply to the Business Manager, National Watersports Centre, Adbolton Lane, Holme Pierrepont, Nottingham NG12 2LU**

LEVEL 3 SEA COACH REQUIRED - by Spray Water Sports, Eastbourne, the East Sussex County Council Water Sport Centre. This is an exciting challenge to the right person to develop the canoe section of the centre and promote the sport throughout the schools and local communities. **For details contact Peter Towner Centre Manager/Principal, Spray Water Sports, Royal Parade, Eastbourne, East Sussex, BN21 7LD, tel. 01323 417023 or 07740 665084.**

FALCON ROWING AND CANOEING CHARITABLE TRUST - Falcon CC in Oxford needs a qualified women coach to take a ten week course for Asian girls this spring and summer. We are able to pay £15 an hour plus some travel. We are a placid water club using Lightening K1's. We are also looking for a volunteer coach willing to work with unaccompanied children and asylum seekers. **Contact Peter Travis 01865727388. petertravis@ukonline.co.uk**

LOW WOOD WATERSPORTS & ACTIVITY CENTRE - Require qualified and experienced instructors in canoeing, sailing, water-skiing...Join the team at this busy centre catering for the public and corporate entertainment & teambuilding. The Centre is situated on the shores of Lake Windermere, a few minutes from the lively towns of Bowness and Ambleside. Offering a good financial package and great perks. There are plenty of opportunities for expanding your outdoor qualifications. Send your CV now to Mike Coates, Centre Manager, **Low Wood Watersports and Activity Centre, Low Wood, Windermere, Cumbria LA23 1LP** -Tel 015394 39441 or e-mail Watersports@elhmail.co.uk