

Coaching Development

# CoDe

the magazine of the BCU Coaching Service  
The Coaching Service is supported by



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#### THE AIM OF THE BCU COACHING SERVICE IS:

*To promote the sport and recreation of canoeing and to ensure that newcomers are introduced to canoeing in a safe and enjoyable way and that they and those already in the sport are assisted to progress to whatever level and in whichever discipline within canoeing suits them best.*

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

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**SYMPOSIWM CANW AGORED CYMRU**  
**THE WELSH OPEN CANOE SYMPOSIUM**  
**Cefnogwyd gan Gymdeithas Ganwa Cymru a Gwersyll yr Urdd Glanllyn**  
 Supported by: Welsh Canoeing Association, and Gwersyll yr Urdd Glanllyn  
**1af /2il/ 3ydd o Hydref 2004**  
 1<sup>st</sup>/2<sup>nd</sup>/3<sup>rd</sup> October 2004

*Dyma un o ddigwyddiadau pwysica y byd canwio yn ystod 2004. Bob yn ail flwyddyn gyda'r symposiwm yn yr Alban a Lloeger bydd canwywyr o wahanol lefelau o brofiad a gallu yn dod at eu gilydd i greu achlysur diddorol a chyfeillgar. Bydd yr hyfforddwyr sy'n rhoi cymorth i redeg y gweithdai yn rhoi o'i hamser yn rhad ac am ddim. Mae'n amlwg felly fod pawb yn cael gwerth eu harian.*

This is one of the great canoe events of 2004. We are alternating with the Scottish and English Symposiums to create an event that brings together people of all levels of experience and ability. The coaches who assist in the running of workshops give their time for free. Because of this the Symposium represents incredible value for money.

**Gweithdai / Workshops**

*Gwella technegau, technegau dwr gwyn, hwylio canws, achub mewn dwr agored, chwaraefadu, dyblau ar ddwr gwyn, polio a chyfle i badlo ar yr afon Tryweryn i Bala, Mae'r afon Fyrnwy ac Aber yr afon Mawddach o fewn cyrraedd hwylus. Mae'n bosib hefyd y cawn fynd i safle 'Melyn mile end' ar y Ddyfrdwy ger Llangollen. Ein bwriad yw cynnig cyfres eang o wethdai bob dydd.*

Improving technique, moving water technique, canoe sailing, open water rescues, playboating, white water doubles, poling and a chance to paddle the Tryweryn to Bala. Both the River Fyrnwy and the Mawddach Estuary are within reach. Our aim will be to give the widest range of workshops on each day. We may visit the Mile End Mill site on the Dee at Llangollen

**Safle / Venue**

**Gwersyll yr Urdd Glanllyn**

Gwersyll yr Urdd Glanllyn. National centre for the youth of Wales

*Mae'r ganolfan ar lannau Llyn Tegid rhyw bedair milltir o dref Y Bala ar yr A494. Mae mynediad i'r llyn o'r Gwersyll. Mae cyfleusterau gwych gan y Gwersyll gyda stafelloedd cysgu en suite sy'n dal 4, 5, neu 6 o bobol. Yn gynwysiedig yn y pris mae pob pryd dydd Sadwrn brecwast a chinio dydd Sul. Bydd hefyd yn bosib defnyddio trafnidiaeth y Gwersyll i fynychu rhai gweithdai.*

The Centre is situated on the shores of Llyn Tegid about 4 miles west of the town of Bala on the A494. You will find a 10 Pin Bowling sign where the entrance is situated and the camp site is about 400m back towards Bala. Access to the lake is from the centre. The accommodation is excellent with en suite facilities in rooms of 4, 5, or 6 persons. All meals on Saturday, breakfast and lunch on Sunday are included in the price. Transport will be available at the centre for some workshops.

**Ymwelydd o Ogledd America: i'w gadarnhau**  
 North American Guest: to be finalised

**Nos Sadwrn / Saturday Evening**

*Yn cynnwys darlithoedd a sleidiau. Hefyd bydd bar a band i'n diddanu.*

Will include a slide show and lectures. There will be a band and bar.

**Pris / Price**

*Rydym yn cynnig tri / pedwar opsiwn*

*We are offering three/four options:*

(1) Llety llawn prydau bwyd dydd Sadwrn hyd amser cinio dydd Sul £92 y pen. Cofiwch archebu'ch lle yn gynnar er mwyn sicrhau lle.

(1) Full accommodation and all meals Saturday through to lunch on Sunday. £92 per person. This is limited so book early.

(2) Gwersylla gan gynnwys bob pryd. Maes gwersylla gwych gyda chawodydd a chyfleusterau golchi a sychu dillad gyda llwybyr cyfleus i'r Gwersyll £58

(2) Camping at the campsite adjoining the centre and including all meals. Excellent facilities with showers and washing / drying facilities. There is a convenient path to the centre. £58 for the weekend.

(3) Gwersylla fel uchod ond hunan ddarpar arwahan i bryd bwyd nos Sadwrn. £46 am y penwythnos a phryd nos Sadwrn.

(3) Camping as above but self catering except for an evening meal on Saturday. £46 for the weekend including a meal on Saturday evening

(4) Ymweliad dydd a phryd nos Sadwrn £36

(4) Day visitor with Saturday evening meal £36

**Ffurflen archebu yn gynwysedig**

Booking form included

**Rhaid i bawb dan 18 oed fod yng ngofal eu rhieni**

Under 18 's taking part in the activities must be accompanied by par-

**Pob gohebiaeth i :**

All correspondence and booking to :

Y Symposiwm, Gwersyll Yr Urdd Glanllyn, Llanuwchllyn BALA, Meirionnydd LI23 7ST  
 e-bost/mail glanllyn@urdd.org

**Dear Code**

This is a short response to J G Sherwens' letter which appeared in Code No117. In it he implied that the lower hand should always stay above the gunnel in order for it not to be crushed between the boat and paddle.

I think that J G Sherwen is confusing what is commonly know as the Short-J stroke which does follow the path he/she describes, with the Long J-stroke which follows the path described on page 77 of the "BCU Canoe and Kayak Handbook" and which Ray goes on to explain the variations of in the additional points.

The Short-J is a very useful variation of the stroke because it is easy on the body, has a fast recovery between strokes, leads into Knifed-J/Canadian etc as J G Sherwen points out but the

Long-J is equally as useful when carving a slow arc or curve, when the paddler wants to carry as much speed in a turn as possible or if a paddler naturally holds the paddle with their hands well spaced.

Being able to perform both the Long and Short-J, I would argue is of equal importance to an accomplished paddler and early understanding of the difference and which circumstances suit each will aid both understanding and help develop fluency. For a visual reference of the Long-J I would recommend any of Bill Masons Videos and for a Visual reference of the Short-J I would recommend Solo Playboating! By Kent Ford.

**Sid Sinfield Coach 5 Canoe**

...See page 11 for More Dear Code Letters





# Planning a Racing Season – A Guide for New Coaches

## Introduction

This paper is based on my experience as a new coach planning the 2003 racing season for U16 girl paddlers. It is intended that it might help people in a similar position to plan a season's training and racing for their paddlers.

We are in a fortunate position to benefit from the knowledge of several expert coaches some of whom are employed as National Coaches. Through the work of the BCU World Class Office, they are encouraged to disseminate information to trainee coaches around the clubs. Much of this information is very useful, however there is a lot of it to digest and sometimes it is just too complicated to be readily useable.

In a similar way, the training programs for the Junior Elite squad is published and circulated to clubs as a way of spreading good practise. However, this plan is designed for the oldest juniors and can often be inappropriate for younger juniors due to both the intensity and duration of sessions and the fact that their competition program may be different.

In December 2002 I undertook to devise my own season plan for U16 juniors at my club with the aim of simplifying the definitions of the types of training undertaken and producing a periodisation plan specifically for this group of paddlers for the 2003 season. I did this with the intention of making it simpler for me to plan their weekly training and to build a season plan which the paddlers would also understand.

In the material which follows, I explain how I categorised different training types in the boat, how I vary the training load and how these are put together into a whole season plan. Finally, in an attempt to analyse the success of the season plan I evaluate the performance of the paddlers in my group against a control group.

## Training Types

In reviewing the existing literature regarding definitions of training types I decided that there was a lot of confusion about the use of different session type abbreviations. If you ask 3 people what SRP (sub race pace) is you may get 3 different answers. Moreover, the stroke rates associated with these definitions were not achievable for U16 girls where physical strength is a major limitation.

I decided to produce my own document to clarify in my own mind what the definitions were as applicable to junior women. A copy of this is included in the Appendix. The key points are to have a consistent approach and define the stroke rates carefully such that they are achievable with good technique. Whilst you may not agree with my definitions, the important thing is that you and your paddlers work to a consistent set of guidelines.

Whilst this information is provided to the paddlers, they are encouraged to be aware just of the Session type abbreviation which I limited to 4 for simplicity – that is general base (GB), specific base (SB), aerobic power (AP) and anaerobic power (AAP).

Within these 4 types, especially AAP, there remains scope for working different energy systems via different session types. From the paddlers perspective they have a fairly clear idea of what type of session they are doing just by looking at the code assigned and more so once they read the session and specified stroke rate which is provided on the weekly plan.

When planning the season ahead, simplicity is maintained by deciding which of the 4 is the dominant type for each week and defining it so, more later.

## Training Load

Next I considered how hard should my paddlers train at different phases. Many factors come into play for any paddler here and perhaps more for junior girls than some others. There are environmental factors such as the weather, river conditions and light. There may be pressure on use of land training facilities and some sessions cannot be undertaken without supervision, for example running. Additionally there is school to work around and of course ensuring that adequate rest is provided.

The reality for school pupils is that during term there is a real ceiling on the number of sessions which can be fitted into a week. Some paddlers cannot fit anything in before school. The important thing is only to write a weekly plan which the paddlers can achieve thus they have the satisfaction of completing their program, and you actually know they are going to do what you set. If you have paddlers who can fit more in, then omit their extra sessions from the general program and advise them separately.

To maintain simplicity I split the load into 3 types, development (DEV), moderate (MOD) and light (EASY). This makes it easy for the paddlers to know what to expect and it was easy to use in planning cycles over a few weeks and tapering for focus events.

A development week (early season during school term) could include 6 boat, 3 gym, 3 run or swim plus core stability and chins sessions. Allowing for a clear day off, practically little more can be squeezed in. A moderate week would allow morning rests and shorter boat and gym sessions, thus allowing fuller recovery although the evening pattern would be similar. Easy weeks are only used leading up to a focus event or after a hard camp. These would allow for plenty of rest and just a few light or short but intense sessions.

## Plan the Season

Late in the preceding year the racing program and squad programs are formulated and a planning process can be undertaken. A certain degree of educated guesswork is required to decide which international events your paddlers may be selected for, in order to establish a framework for the season. Somehow you need to work out what the focus events for the coming season are so you can plan the training to ensure your paddlers can perform to their maximum potential.

Some may argue that periodisation should be avoided for younger paddlers. I see various benefits; as a coach who is setting a program you need to experiment to see how your paddlers' performance will be affected in order to learn for future years. It also provides a framework for allowing variability in the type of training undertaken week to week, month to month. This variability keeps the paddlers interested. It also gets the paddlers used to the reality that they cannot be expected to perform at their best week in, week out, all season.

In a season which starts in April and peters out in August it is realistic to identify 3 periods, possibly 4, during that time when focus events occur. I call them periods because you should expect your paddlers to perform at or near their best for a period of 2 to 3 weeks around focus events. Hopefully, all important events will fall within these periods.

For U16 paddlers this can present a problem as the domestic calendar is designed to some extent around the international one with the result that there can be key events spaced out at 3 weekly intervals through the season. It is also the case that the younger paddlers need to be out racing, especially marathons, as often as possible to gain experience, build endurance and enjoy the social side of sport.





## Planning a Racing Season – A Guide for New Coaches

In the season planner included in the Appendix, I identified for the 2003 season 3 periods where performance was most important which included the key events. The first, mid to late April, included the April regatta (selection) and an international regatta. The second at the end of May was for another international regatta but I made the decision that it was not practical to train for high performance at the domestic regatta in May which preceded it. The third was for July incorporating the sprint and marathon National Championship events.

Planning the season this way meant I anticipated relatively poor performances at the May and June domestic regattas as well as some important marathons. This is hard for junior paddlers to accept and can damage their confidence which can only be redeemed by a top performance at the designated events.

The pattern of training type in the boat is clearly evident in the run up to the April focus period by the steady progression from Base through to Anaerobic work. Whilst each week has a dominant training type, it is only that and will include a mix of session types. The gradual increase in pace and intensity gives the juniors time to adjust to more intensive work whilst maintaining technique. The repeated use of anaerobic power dominant weeks is avoided as it requires only a moderate or light load and technique deterioration can be rapid with younger paddlers.

The season plan shows school holidays as shaded areas. Where possible, load is increased during these times. Development weeks are also interspersed with moderate load weeks, and as the focus event approaches the load is reduced to allow the paddlers to be fresh for every session to improve quality. The load is written on the plan and represented by the number of 'hashes' marked. This provides a visual image for the paddlers who regularly referred to the plan so they knew exactly at what stage their preparation is at.

During the phases between the focus periods the dominant training type is aerobic power although a wide variety of session types are used to maintain some sharpness and allow time for technique work.

The season tapers off much opposite to as it started, and after a break for a few weeks in October the paddlers are back into base work.

### Results of Periodisation

The downsides of this approach are definitely worthy of mention. In the UK it is certainly the case that many junior paddlers do not periodise their training. It is therefore likely that in a competitive environment where there are several paddlers of similar abilities competing for the same goals the periodising paddlers will underachieve at certain times of the year. Where junior girls are concerned the effect upon their confidence and esteem can be considerable. This is a situation which needs to be carefully managed by the coach.

I have observed the downsides but also experienced the satisfaction of paddlers performing to their potential and to or above expectation on the events which we have judged to be most important. This experience may be invaluable as they approach the end of their junior years when they are following a national program carefully prescribed for them.

To try to quantify my memories of the 2003 season I analysed K1 500m and 1000m results from events through the season. I limited my analysis to 2 U16 girls following my program and 2 other U16 girls of similar ability from other clubs where I believe the approach is different. Whilst not statistically significant the

analysis removes some of the causes of variance as these 4 paddlers raced against each other in the same classes and indeed finals at home and abroad through the season.

I averaged the 500m time of both paddlers on my program, and both the other paddlers for the events they raced at. I repeated the exercise for 1000m events. I then compared the averaged times. In both cases paddlers on my program averaged a faster time than the others at the focus events, and a slower time at the non-focus events. The differences were small (+/- 2s) at 500m but much larger (+13/-9s) at 1000m. A working of the analysis is included in the Appendix.

### Conclusion

This small analysis provides evidence to support the view that periodisation will enable your paddlers to achieve better results at the key events. Equally important is the fact that as a coach it gives the season some structure and makes your job easier. Splitting the season down into constituent parts and focusing on different things at different times can help you to maintain focus and interest.

One of the challenges is finding the time to sit down at the start of the year and plan it all out. Having made a plan, try to stick to it, so you can meaningfully evaluate it at the end of the season and do it better next time.

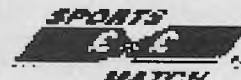
The over-simplicity of my plan can easily be criticised. I have for example made no mention of how to include other forms of training in the periodised plan. There is no detail about what the balance of session types should be within any week type. I have been realistic about how much time I have available for planning and how much knowledge I have to do it. For me the simplicity is what has made it possible to construct and easy to use.



Following on from the success of the BCU/SASA / Endsleigh Scotland student Camp 2004 and the Alps camp July 2004...

**BCU/SASA student safety seminar**  
**23 / 24th October 2004**  
**Plas-y-Brenin**

For more information contact Spike Green....  
01691 772748 or 07752 309838.  
[spikegreen@btopenworld.com](mailto:spikegreen@btopenworld.com) or  
BCU Coaching on 0115 9821100  
[Coaching@bcu.org.uk](mailto:Coaching@bcu.org.uk)





# Paddlesport Review Update

With phase one and two of the Paddlesport review completed it is beginning to be clear that whatever evolution we might see in terms of a revision / new coach education scheme two specific areas of development and sport wide significance will provide both a positive steer and a significant hook on which to base learning outcomes. These being the United Kingdom Coaching Certificate and Long Term Paddler Development. Here we can provide an initial insight in to both and hope to bring you more in future issues. Alternatively you can visit [www.bcu.org.uk/aboutus/paddlesportreview.html](http://www.bcu.org.uk/aboutus/paddlesportreview.html)

## United Kingdom Coaching Certificate.

Many of you will be aware of the background work that has been going on, via the Paddlesport review to look at our overall approach to Coach Education. While there are updates available on the website we have been through a relatively quiet period in terms of development. This has been due to timely and ongoing developments of the United Kingdom Coaching Certificate (UKCC), formerly the National Coaching Certificate.

Sports Coach UK are responsible for co-ordinating the development of the UKCC and in order to do so assembled a Sub-delivery group (comprising of a number of National Governing Bodies of Sport, including BCU, consultants, Sport England, UK Sport and the CCPR). The UKCC is still at an early stage of development, having just undertaken initial consultations with the industry. However, it has been proposed that the UKCC will be "an endorsement process of coaching qualifications set against specific criteria developed and agreed by the coaching industry".

In seeking this endorsement sports will have the opportunity to fundamentally review their coach education programmes, processes and practices. The findings of this review will inform the development of an action plan for the sport's future coach education. Significantly, sports will be empowered to review and develop their own sport-specific coaching qualifications and take responsibility for their own delivery and assessment strategies.

With an established coach education scheme in place, the BCU's as one of an initial 21 funded sports, supported to

deliver a UKCC recognised qualification, should gain additional resource to ensure that we are able to map our developing modular approach to coach education to the UKCC criteria and be in a position, has was hoped for at the outset of our own internal review of coaching, to be up and running with an integrated modular coach education scheme by 2007.

It is anticipated that the functional role of the coach at each distinct level will underpin the development of the UKCC at each distinct level.

## UKCC Functional Role(draft)

### UKCC -coaches at:

- Level 1 will:** Assist more qualified coaches, providing aspects of sessions, normally under direct supervision..
- Level 2 will:** Prepare and deliver sessions over a series of sessions to a mixed ability group; normally working under the overall support of a high lead individual or NGB Scheme.
- Level 3 Will:** Plan, implement, review and revise seasonal/annual Programmes to mixed ability groups of performers, normally using a context specific mix of methods and procedures.
- Level 4 will:** Evaluate the process and outcome of coaching programmes in order to design, deploy and refine coaching practice towards longer term and / more complex goals.
- Level 5 will:** Generate original solutions, programmes and processes, through critical reflection on a broad range of complex issues in order to address the needs of performers in one or more specified contexts.

\*The principles of Long Term Athlete Development will be imbedded at all levels (See follow on update)

You will notice similarities between the descriptors of the UKCC levels and some of the existing BCU levels, however you may well feel that some of the level descriptors do not accurately reflect current perceived roles in canoeing. It should be remembered however that the descriptors are general cross sport references to coaching in both recreation and performance areas.

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Andy Spink on 01631 710317



It is important that we stress that the driving force behind this change is a desire to improve and not simply to align to the UKCC and Coaches with existing BCU qualifications will NOT lose that accreditation.

Accredited Prior Learning (APL) toward NCC qualifications will be applied when appropriate and indeed our current evolution, once mapped to the UKCC, will provide greater opportunities for lateral development and continual professional development as well as greater transferability through our own many discipline based coaching levels.

The UKCC has been viewed in the early stages of its development with a degree of scepticism by those within the coaching industry. Canoeing has been in a privileged position of participating in its ongoing development and will continue to

strive towards its stated aim for Coach Education which is "to provide appropriately trained and skilled coaches to support players at each stage of their development through the most successful and respected Coach Education programme in the world."

As with our own commitment through Paddlesport review to progress towards our stated aims for Coach Education and the inevitable developments that this will bring, the UKCC is itself inevitable. If we want even better coaches we have to choose to adapt and develop. I believe at this moment in time the UK Coaching Certificate is the vehicle that will help all sports achieve standardised outcomes and transferability.

Editor

### Read This ..... Long Term Paddler Development Update

For those of you who don't know me, my name is Lara Tipper and paddling has been my life for the past 24 years! This affliction began in 1980 and despite everything I seem to have been unable to shake it! It all began with slalom; I was European Junior Slalom Champion back in 1988 and on the GB senior team for a couple of years. I then had a back injury which looked like it might put an end to it all, but no - it just sent me off in a new direction and I got a taste for many other aspects of paddlesport.

I played some Canoe Polo, did a bit of marathon and WWR, started coaching both for recreational and slalom paddlers and began paddling rivers. River running, freestyle and coaching seemed to be the main theme for the next few years, with lots of paddling and work all around the globe. In this time I have knocked off a few first descents, gained 9<sup>th</sup> in the freestyle worlds and spent many happy hours on the river working as an inland kayak level 5 coach and national coach to the welsh slalom team.

I am telling you all this because I want you to know all about my new role within the BCU. I have recently been appointed to help develop the long term paddler development (LTPD) strategy. This concept is based around giving paddlers at all stages of development, in all disciplines, the opportunity to be the best they can and to give them the necessary building blocks required to progress. It doesn't matter if you want to become Olympic champion, a hard core river runner or that you just want to have fun on the water.

Whatever your aspirations, long term paddler development is about giving you the chance to get what you want out of the sport, being able to achieve your ambitions and realise your dreams.

The advantages to paddlesport are that we are all working together to help paddlers improve. The strategy aims to ensure:

- Coaches have the right education to allow them to deliver.
- Clubs have the necessary support to help them provide a quality service.
- Discipline specific groups have the infrastructure to support their participants.
- Funding is administered to the areas of the sport where it is needed.
- Competitions and events are structured to provide participants the best opportunity to improve and develop.
- Paddlers are educated as how best to progress.
- Parents are educated about how to help their off spring best develop.
- Volunteers are supported to allow them to assist paddlers' development.
- Access and facilities are developed to give us some where to do all this!

As you can see the benefits are enormous, but this is also a major undertaking for the BCU, these things are obviously not going to happen overnight and are tied in to all aspects of our sport. It is important to understand that the BCU are committed to seeing this through. Long Term Athlete Development is a concept being taken onboard across the UK. There are six sports already at the implementation stage, whilst we are one of 12 sports to receive government funding as part of the second wave.

My initial role is to develop a framework and an implementation plan, through consultation and communication with those involved. Keep your eyes out in the paddling press for more updates and information.

If you are interested in helping out with this topic in anyway please get in touch, or if you wish to contact me to discuss any relevant issues my email address is [laratipper@btopenworld.com](mailto:laratipper@btopenworld.com)

**Regular updates on progress on LTPD can be found on the BCU Website: [www.bcu.org.uk/aboutus/paddlesportreview.html](http://www.bcu.org.uk/aboutus/paddlesportreview.html)**

Recent discussion in the sport about the need for more coaches, as the Whole Sport Plan for the BCU is prepared, has highlighted issues in Placid Water and Racing as to our real needs in clubs.

It has also highlighted the historically confusing parallel strands of Instructional and Competition awards. A brief attempt to clarify is set out below.

## Current structure of awards usually followed in Flatwater Racing Clubs:

Level	INSTRUCTIONAL	RACING COMPETITION
One	Placid Water level 1/ Bell Boat Helm	No Award
Two	Placid Water Level 2	Racing Coach Level 2
Three	Placid Water Level 3	Racing Coach Level 3
Four	Placid Water Level 4	Racing Coach Level 4
Five	No award	No formal Award

## Instructional Strand:

**Level 1** This runs parallel to other BCU awards but for different water types. Level 1 and Bell Boat Helm is the initial starter instructional award for use on very sheltered water and in conjunction with more senior coaches and a club system. It is a stepping stone for beginner coaches and inexperienced paddlers to move into supervising paddlers.

**Level 2** This is the essential qualification for active, on the water coaches in charge of training groups of paddlers, on Placid Water rivers etc, working within a club setup. Coaches need this level to be prepared for regular club activities in a racing club. It includes Canoe Safety test and is usually a weekend course.

**Level 3** Every club needs at least one or two Level 3 coaches. They set the parameters for club activities, supervise paddling risk assessments, make judgements on water safety etc, keep an overall, more experienced higher trained view, of the club activities. They also are able to supervise activities on more challenging open water etc.

**Level 4** This is an award based on trainers or coaches and those with national experience.

## Racing Competition Strand

None of these awards have a content that is instructional, and so they do NOT, on their own, qualify the coach to supervise a group on the water.

These awards are to do with how to train racing paddlers, not essentially how to look after their safety which is an instructional matter. These coaches do not have to be paddlers.

**Level 1** Unlike Slalom there is no level 1 award.

**Level 2** An award currently aimed at inexperienced new racing coaches – possibly parents of paddlers in clubs and younger new coaches who are interested in helping out running training activities or who may want to know more about what their children are doing.

**Level 3** The central award for racing coaches. Experienced racing paddlers going into coaching, developing club coaches, existing coaches wanting to widen their knowledge and move forward need to be following

this award. It is now modular, and is the journey for racing coaches from Level 2 to Level 4. This is all about the knowledge and skills necessary for taking racing paddlers from the beginnings of serious racing to elite junior level or non performance senior level. This is a demanding award, and there is always more to learn for any improving coach.

This award includes a possibility for experienced paddler/coaches to have prior learning taken into account, and to have their instructional experience recognised and to be certified to function instructionally as PWL2 coaches.

**Level 4:** For very experienced and successful Level 3 coaches, with proven track records with athletes at international level over a substantial period of time, this award is by application, CV and approval by BCU Coaching and the Sprint Racing Committee.

Competition awards, especially the Level 3 have a built in Fastrack system, accrediting prior learning and high level racing experience towards the award. We do not want hugely knowledgeable and experienced people to have to replicate, for example, degree level training.

So, “Clubs need more coaches!” What does this really mean?

**1. Clubs need more coaches who are qualified to supervise paddlers on the water** in club activities. These are essentially Placid Water Level Two Coaches who can function independently within the club scheme of activities. This means that activities can take place and be supervised effectively.

**2. Clubs need more and more coaches who can help their paddlers “be the best that they can be”.** This demands much racing coach knowledge about training over a huge area if the coach is to help the paddlers develop and move them along the racing pathway towards elite performance if they are good enough, or into successful rewarding racing at any level. Coaches need the understanding of how ‘what they do’ will affect the Long Term Development of paddlers not just in canoeing but in any other sport or in general life later on. The pathway to this knowledge is Racing Coach 2 for beginner coaches but essentially Racing Coach Level 3 for more experienced or knowledgeable coaches or paddlers.

**3.** Individual clubs and individual coaches may also target Placid Water Level 3, Wild Water Racing qualifications, moving water qualifications as personal or club development or succession needs.

In essence, clubs need more instructionally trained coaches (PWL2) who are working on their racing coaching knowledge to be better racing coaches to make our system as good as any in the world.

## The competition:

Rival nations in the racing world demand that their coaches at club level, who are often professional, have degrees in coaching. In Sport in the UK and Canoeing there will certainly be a move to add a bigger strand of professional coaching to support our volunteer coaching core in future years.

## The BCU system:

The Paddlesport Review nears the end of its comprehensive review of our coaching system. Many of these awards have generic content and it is likely that many of our qualifications across the disciplines, be they instructional or discipline specific will soon have a common generic content and a consequently more simple and logical setup.



# Regional Round-Up



get out **more!**

## Canoe / Kayak Instructors

For over 100,000 children every year a PGL trip is the adventure of a lifetime. We need people like you to make it happen. We are looking for vibrant energetic people for our centres in the **UK, France and Spain.**

We have excellent opportunities for qualified BCU coaches. If you hold BCU Level 2 Coach or above, you can consolidate your instructing skills, accumulate log book time and progress to higher level qualifications. For a highly rewarding position... get in touch now!



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## SOUTHERN REGION

**RCO Steve Finch Tel 0118 9755318**

**Email: Stevefinch@freeuk.com**

Coaching Freestyle

South Bucks Update Workshop

Longridge, Marlow

Thursday 16th September 2004

Contact Andy Maxted, LCO South Bucks

Tel 07730 852760 Email: morven@ukonline.co.uk

## WEST MIDLANDS

**RCO: Phil Ascough, PA scough@worcestershires.gov.uk or ring 01527 861426 for further details**

**WEST MIDLANDS REGIONAL FORUM**

Saturday 20th November

Coach Development Courses

Saturday 20th November and Sunday 21st November

Level 2 Coach Training

Sat-Sun 27th-28th November

## WESTGARTH PRODUCTIONS PRESENTS

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**Jasmine Cottage,**

**Llanrug, Caernarfon, Gwynedd, LL55 4RA**

**Tel 01286 650559 / MB 07779 592689**

**E-Mail: chrisforrest\_coach@yahoo.co.uk**

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Open Canoe and Sea:

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Canoe Safety test

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<b>23-24th Oct</b>	5* Training Open Canoe - Onich, Fort William
<b>25-27th Oct</b>	5* Extended Training in Open Canoe Journey Skills - West Coast
<b>30-31st Oct</b>	5* Training Kayak - Onich, Fort William
<b>1-5 Nov</b>	Kayak Advanced White Water - Onich Fort William





# Regional Round-UP

## SOUTH EAST REGION

RCO; Andy Hall, tel 01903 767503, email [debofdene@yahoo.com](mailto:debofdene@yahoo.com)

Please note that unfortunately due to illness Bob Gray, LCO for Surrey has currently stepped down from this position. For the time being, please direct any coaching questions you may have to Andy Hall, RCO. Thank you.

*Letter to all Kent coaches, from Dave Barker, LCO for Kent:*

### Hi Kent Coaches!

It was great to meet up and to get to know a few more of you - it seems that there are areas of coaching happening all over Kent, with over 38% of us coaches being active on a weekly basis!

**On Sep 18-19, 2004, Seapoint Canoe Centre will be hosting the next Kent Coaches Forum** on the Saturday from 5-7pm, then down the pub for through chats etc.

During this weekend there will be the opportunity to do a L3 sea training. On the Saturday, there will be CST, 3-4 star awards, Inute sea kayaking, open canoe, canoe polo, placid water, and bellboat workshops. On the Sunday, there will be an opportunity to do a sea journey.

If you would like to attend any of the workshops, or any part of the weekend, then please let me know, by post, or email, by the 10 September at the latest. I can send more information and directions if needed.

Please let me know if you have any questions that an LCO might help with!!! Happy paddling and look forward to seeing you on Saturday 18<sup>th</sup> September 2004!

Regards, Dave Barker, LCO Kent, 20 Broadview  
Folkestone, Kent, CT20 3ES, Tel: 07889 524 954  
e-mail: [dave@what4.org.uk](mailto:dave@what4.org.uk)



## NORTH EAST REGION

RCO; Ken Hughes

Please note the Region's website, which is – [www.northern.bcu.org.uk](http://www.northern.bcu.org.uk)

Northumberland Panel Meeting - 7pm 30th September 2004

Coquet Shorebase Trust, Amble (TBC). Also if any coaches in Northumberland area have any queries or training needs, they can contact Carl Halliday on [carl.halliday@northland.ac.uk](mailto:carl.halliday@northland.ac.uk)

### English RCO and LCO Forum and English Coaching Committee

The next LCO/RCO Forum and meeting of ECC will be held on the weekend of 18<sup>th</sup> and 19<sup>th</sup> September 2004 in Nottingham.

Further details will be sent nearer the time.

## GENERAL INFORMATION

### Thoughts on Pathways to Sports Coach Qualifications

The beginning of the new academic year approaches and many people are committed to programmes of study either in Further or Higher Education (FE/HE). However, if you are not one of those thus committed you could do worse than consider the education sector as a medium for professional development and coach/outdoor leader training.

If you are looking for an interesting way of getting through college, vocational sports courses certainly offer that. For those who are focused on a career in sports coaching and work in the outdoor industry there have never been as many opportunities to get qualified through college or university.

This article is not intended to suggest the only route to an outdoor career is through education, but to stimulate your thinking so that educational options remain open to you.

### Some Important Background Information:

We stand at the cusp of new and exciting developments in coach education and training. The result will be a more flexible approach to becoming qualified as a coach. It should also provide added recognition of coaching as an accepted profession in the UK.

The BCU Paddlesport Review has been acknowledged in the sports industry for the quality of the research which underpins it. As the government considers its own position in relation to coach education, the BCU is driving the development by initiating changes likely to be adopted into the Government's National Coaching Certificate (NCC). Over the next 2 years BCU representatives, both professional and voluntary, will spend considerable time planning and implementing changes which will make the BCU Coaching Service stand out as a cutting edge provider of coach education and training.

Twenty one sports have been selected to participate in the provision of the NCC and it is testament to the hard work of Mike Devlin and his team at BCU Headquarters that canoeing is one of those sports.

The NCC will be mapped to the National Occupational Standards, levels 1 to 5. These standards can be equated to those of NVQ's, which means the wider sports and leisure industry will be able to understand where the levels fit. The Paddlesport Review will seek to dovetail BCU Awards into the NCC level descriptors. This will mean that a potential employer can put your NCC/BCU coaching level into context and recognise it alongside other professional and academic qualifications

Both the Paddlesport Review and the NCC will use a modular structure, recognising common elements across the disciplines of sport and canoeing. Assessment processes will allow for coaches to be accredited with their prior learning and achievement (APL). Assessed evidence of achievement from one sport or canoeing discipline will count for others at the appropriate level. As an example, if we have only one module at each of the 5 BCU/NCC levels that covers generic coaching, you can take the module and it will then transfer to alternate disciplines.

This should allow paddlesport coaches to work towards their NCC by accumulating BCU awards and vice versa. For many this will make the journey easier, due to the ability to apply coaching principles to canoe-sport. Certainly, BCU coach educators who deliver the coaching modules will do so in the context of paddlesport.

If the NCC and the Paddlesport Review embrace the whole of the coaching process then aspects of sports science and sports development which are not covered in any where near enough detail in the BCU Recreational Awards would become part of all coaches' development.

In simple terms it will make better coaches. Better coaches mean better paddlers. Better paddlers mean higher standards in competition. Higher standards in competition mean a higher profile for canoe-sport. A higher profile means more funding and larger memberships of clubs who become stronger financially and structurally.

The provision of the new BCU Awards by the Regions and current Course Providers will continue.

### Career Pathways through Education:

The opportunity for **APL** means that pathways now become open for paddlers to accumulate competencies through an educational institution. Evidence of those competencies can then be used to qualify for the NCC and BCU Awards. As a bonus, there are a high number of colleges and universities who also offer NGB awards alongside their main qualifications.

Here are some of the opportunities with specific examples of best practice:

### Further Education

A-Level PE students will gain some accreditation due to the content of their award. Details from your local FE or Sixth Form College

The new BTEC Nationals in Sport (Outdoor Education/ Performance and Excellence/ Development and Training/ Sport and Exercise Science) are tailor made for those wishing to make sports coaching their profession. The vocational nature of these qualifications means students can take their specialism and tailor it to their chosen sport.

- At Darlington College ([www.darlington.ac.uk](http://www.darlington.ac.uk)) for example, students will work towards their BTEC National in Outdoor Education alongside BELA, REC/MWS Specialist Emergency First Aid, SPA, BCU Level 1/2 Coach (Canoe and Kayak), National Navigation Awards and CSLA.
- Opportunities to gain work experience (and coaching hours) are also provided at Darlington by integrating outdoor education students with other learning programmes, which in turn contain some elements of outdoor activity. Work experience in this context is very concentrated due to the skills based content. It avoids having to gain experience simply on taster sessions.
- There are many other colleges providing these programmes. Contact your local FE College to find out details. All BTEC Nationals carry the equivalence of A-Levels and are suitable for university entry.
- Entry on to FE programmes can be through formal

qualifications (eg. GCSE's) or for mature students based on an interview and consideration of their life experience.

There are no course fees to pay for those students who are 18 years or younger on the 1<sup>st</sup> September in the year of starting the course.

Assessment is by a combination of assignment, practical, group work and presentation. On the BTEC National Outdoor Education there are 6 practical units all with mainly practical assessments.

FE colleges will provide libraries and computer facilities.

All colleges will bend over backwards to help students who are returning to education after a number of years away. Substantial support is given to help you learn study skills and how to use computers.

### Higher Education

Degree level study is now a very real prospect for students and outdoor leaders wishing to become professional coaches. The advent of a new type of degree; the Foundation Degree, has made access to university easier. If you have not considered it as an alternative pathway for professional development, there is no better time to do so than now.

All foundation degrees are designed as a stand alone 2 year programme, with the option of doing an additional year to gain a full honours degree.

If you choose the right degree you will find that a significant amount of your NCC and BCU Awards (in the new format) will be covered. The best programmes have embedded BCU awards within their modules of study. Take for example the **Foundation Degree in Sport and Exercise: Outdoor Leadership** at Teeside University ([http://www.tees.ac.uk/prospectus/ft2005/ft2005\\_fd.cfm](http://www.tees.ac.uk/prospectus/ft2005/ft2005_fd.cfm)): It combines the best elements of sports science and sports studies with outdoor leadership/coach training. The programme takes the performance based theory of sports science and applies it to outdoor specific contexts. It will also provide practical training/assessment in climbing, mountaineering, kayaking and canoeing by linking content and assessment in some modules to achievement of MLTE and BCU awards. The wheel then turns full circle for many outdoor coaches; it will recognise coaching/leadership awards for **APL** in the degree. By coming into the programme with an award you can use it to pass some of the elements.

There are similar programmes provided by other good universities details can be found in your local library or you can use the internet.

Entry requirements for Higher Education include A Levels, BTEC National, Scottish Highers, professional awards and/ or their equivalent.

**Mature students** will be looked at on their own merits and on an individual basis. Universities like mature students because they are focused on achievement and very successful, *even where they do not possess formal entry qualifications*.

There is still time to make applications for starting a programme in September 2004 in either FE or HE. UCAS applications will be processed in due course and many institutions will have places available through clearing. Advisors in all institutions will help guide your application. Most subject tutors, Outdoor Education and Sports Studies particularly, will be delighted to discuss the programmes with you.

**Ken Hughes (RCO, NE Region)** [kjhughes@darlington.ac.uk](mailto:kjhughes@darlington.ac.uk)





### BCU Surf Weekend - North Devon Coast 21st/22nd Nov 2004

Following the success of last autumn and spring events event we are again offering the following Surf opportunities....

4 & 5 Star Training or Assessment  
Level 3 Training and Assessment

A weekend of BCU courses promoted directly by the BCU. For more details contact [maria@bcu.org.uk](mailto:maria@bcu.org.uk)

### SCA Coaching Conference Glenmore Lodge



9th / 10th October

Doug or Ian 01479 861256

More info Paul 07778 637049

### FIRST AID REMINDER

Coaches are reminded that It is their personal responsibility to maintain a valid first aid certificate.

According to our database records, we do not appear to hold details of a current first aid award for many direct debit/life members. (Yearly renewals receive general reminders). As this is one of the mandatory requirements for coach update/revalidation, for all coaches we would be obliged if coaches could please let us have a copy of their current first aid certificate in order that coaching records may be updated.  
**Fax, e-mail or by post will be adequate.**

### Coaching Course Registration and Assessment Course Fee Increase

Coaches and Contracted Course Providers are asked to note that as of **1st September 2004** Registration and assessment fees for all coaching courses will be increased from 15.00 to **17.50**

### Central Registration

As we enter the coaching departments busiest time of the year Contracted providers and coaches seeking registration to take coaching courses are asked to ensure that they allow appropriate time for the office to process C1's. Ideally registration forms should be forwarded to the office at least two weeks prior to the course.

### Dear CoDe,

Late in 2003 I was invited to paddle in North Wales with a group that was led by Tom Parker and another aspiring Level 5 Coach.

The paddling was over two days, splitting the group into two and switching leaders the second day. Water levels were between 2-4 with a touch of 5 for a select few. Throughout those two days, I acquired so much knowledge and respect for these leaders, it took the painful reading about Level 5 Coaches in general, to highlight their worth in reality.

This guy is not only an extremely good paddler but also an excellent Level 5 Coach, and long may we learn from him. Lets stop the bickering and just enjoy paddling.

Yours Sincerely

Pete Winwood Level 2 Coach

P.S Do people not realise that most coaching is given willing and free of charge.

### Dear Code,

Just to let you and the BCU know that the Cancer Challenge 24-hour canoe polo event went extremely well last weekend. Over 220 canoeists from all over the country raised over £15,000 for cancer charities. We have received a lot of positive feedback and I think everyone who went agrees that it was a positive success, so much so that we will be organising another event in two year's time.

I was amazed at how generous and supportive canoeists from all over the country were, especially many of the university clubs. I think an event like this demonstrates the value of student paddlers to the canoeing community as a whole. All the help we received from York University Canoe Club in organising the event was tremendous. If you know of any awards or recognition that I could recommend them for, I would be pleased if you could let me know.

I shall be writing an article for Canoe Focus shortly.

Yours sincerely

Ruth Holdway ( chairperson Cancer Challenge)

*I'am sure everyone will agree with me that this was a sterling effort on the part of Ruth her support team and all of tha paddlers taking part. Yet again it shows just what can be achieved. Well done to all. I will be looking into the matter of awards and or recognition for the organising club and letting Ruth Know.*



## Improving Access – A concern for us all

Without access to water our sport and our interest in assisting other people to develop their canoeing skills would be null and void. For us access to rivers and waterways are our lifeblood. Research has shown that canoes do not harm the wildlife or the water environment. We paddle over water quietly leaving no sign that we have passed.

**Fact–** Over 98% of rivers have NO access rights for the public - That means we do not have access to over 41,000 miles (65,000km) of rivers in England and Wales. Nearly all of the most beautiful inland rivers are not accessible to canoeists. It is in England and Wales where the problem exists.

**So what are the BCU doing about it?** - For years the BCU have tried to negotiate access rights to many rivers and they have been successful in getting 500 miles (812 km) of agreed access. It has been a long slow process. This is why the BCU feels that the long term aim for access has to be a new law.

DEFRA commissioned a major research project in 2003 concerning access to rivers and we are currently awaiting the publication of this latest research from the University of Brighton. (The Countryside Agency Access Demonstration Projects.) If we have received a response and (or) have been able to respond then you can find out all the information on our website [www.riversaccess.org](http://www.riversaccess.org) and in the next edition of Canoe Focus.

Even with the work being undertaken, raising awareness of the access issue is important for the BCU. This is in order to capture the most public interest when we respond to the Governments position on the findings. It is also essential to help keep the access issue alive and heading towards our aim. The Action on Access campaign has been renamed and relaunched with a new website to raise the profile of the campaign.

**[www.riversaccess.org](http://www.riversaccess.org)**



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