

BRITISH CANOEING

Coaching Matters 2017

BC coaches, no matter what your level of award or experience, are invited to and reminded of the South East Coaching Matters 2017. These Forums aims to provide an opportunity for coaches to:

- Update your BC Coaching Awards
- Meet other coaches and share ideas
- Participate in workshops to develop coaching & paddling skills
- Try and/or learn from other parts of paddlesport
- Get your Coaching & Canoeing questions answered

Programme and workshop options

09:00	Arrivals	<i>Tea and Coffee</i>
09:30 – 10:15	BC Key Note (Dry)	Provide coaches with an overview of current BC Developments. (Dry) BC
10.15 – 13:00	Workshop A Coaching the mind (Dry)	CPD Coaching the mind .
10.15 – 13.00	Workshop B (wet) Sea kayak rescues	This is a Module to refresh the safety side of sea kayaking
10.15 – 13.00	Workshop C Navigation (dry)	For the sea kayaker. Basic Navigation for the sea kayaker
13:00 – 13:45	Lunch	Including a drop in Session answer your coaching queries (BC)
13:45 – 16:00	Workshop 1 3 star sea kayak skills (wet)	A chance to review some skills for 3* sea kayaking
13.45 – 16.00	Workshop 2 SUP	A chance to have a go at SUP and to have an insight to the BC module
13.45 – 16.00	Workshop 3 CPD	CPD Paddler-ability

The workshops are intended to give a flavour and insight into various aspects of coaching activity whilst creating opportunity for coaches to learn about the BC coaching and personal performance awards. You must bring with you paddling kit and a boat for the practical workshops, packed lunch.

2017 South East Coach Matters

Coaching Matters in South East 2017 Venue: Cobnor Activity Centre Date: 5th March 2017 Max Numbers 60 coaches Closing date for Application 27th February 2017

For a full list of the Canoe England Team South coach updates please visit the Southern Region Website www.canoesouth.org

To book your place, complete the enclosed reply form and return it to
 Andy Hall
 63 Grinstead lane
 Lancing
 BN15 9DT

Please Note there is a closing date for booking on the forum to allow the booking of an appropriate number of coaches 1 week before the update.

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REPLY FORM

British Canoeing Coaching Matters

Please complete the details below and return this form to Andy Hall
 I, (Print name) would like to attend the update on 5th
 March 2017

My address is:
Post Code.....
 E-mail: Tel:
 Membership no:

I also enclose my Coaching Matters fee of £25 (plus any certification fees for CPDs) **Cheques should be made payable to South East region.

Signed:..... Date:.....

To help us organise the forum, please place your workshop choices in the order of priority we will attempt to meet your wishes, and then indicate this in the box below.

Morning Workshops	
Workshop A-	£5
Workshop B-	
Workshop C-	
Afternoon Workshops	
Workshop 1-	
Workshop 2-	
Workshop 3-	£5