

2019 Coaching & Leadership Conference

SUNDAY WORKSHOPS

An Introduction to Paddle-Ability

Tim Scott, Norwich Canoe Club, Para-Canoe Club Talent Partner

Aimed at anyone who would like to develop their understanding of working with paddlers with a disability, this classroom based workshop offers an introduction to understanding the broad range of ways people with a disability can participate in paddlesports. Through a series of practical exercises, attendees will begin to investigate the challenges, real and perceived, that people with a disability face in accessing Paddlesport, giving you an understanding of how to adapt your approach and break down barriers to engage people with a disability, including autism, mental health and illness. This workshop also introduces a range of bespoke, adaptive and off-the-shelf equipment that is commercially available and how this can be used to work with people with a range of impairments.

Flat Water SUP Preparation for White Water Environments

Anthony Ing, Stand Up Paddleboard UK

Before moving onto white water, there are key fundamental techniques which can be first practiced and developed in a sheltered water environment. In this workshop, you will explore the common misconceptions behind SUP on white water. We will be looking into the key methods of staying supported on your board, so you can feel more confident in your footwork and manoeuvrability whilst trimming your SUP. The session will cover jump stepping, pivot turns, blade supporting and more. This is a great opportunity to get your questions answered by a white water SUP expert!

Developing Young Paddlers as People

James Hives, Senior Area Development Officer and Dave Seward, CEO Berkshire Youth

Drawing on a wide range of experience and research, this classroom based workshop will look at what it takes to make a difference in a young person's life through paddling, exploring what support is out there, focusing on how to inspire young people and creating pathways that support their development both as Paddlers and as People.



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Menstruation and Sport, Still a Taboo?

Emily Davies accompanied by Slalom Inspires Girls

Menstruation, periods, time of the month...whatever you call it, this subject is shied away from in general but should that really be the case? Recently released articles about menstruation and sport are still stating that periods are not a given focus within sport and as a female athlete myself, I can see how much of an impact that has. The majority of coaches in our sport are male and openly discussing this subject can be challenging. This is where it all begins. Furthering our understanding, knowledge and listening to different experiences is what it is going to take to stop menstruation being something that hinders performance and pushes girls out of our sport. Following this workshop, coaches will have a greater understanding of what is meant by periods and the menstrual cycle (not just the biological effects), how this is relevant to sport and performance and how best this topic can be discussed. It is hoped that beginning this conversation in a safe and open space will lead to increased understanding from both sides, between coaches and athletes, males and females.

Freestyle Coaching Tools and Techniques

Chris Brain, Chris Brain Coaching

If you don't know your loops from your lunars, or your cleans from your cartwheels, then this is the workshop for you. We will be looking at how to introduce white water paddlers to Freestyle and the fundamental techniques that the coach can use to engage them in this discipline. You will leave with ideas, inspiration and understanding about this exciting and dynamic discipline. If you have access to a boat suitable for freestyle, that would be very beneficial for the workshop.

Rafting: Coaching or Guiding?

Sean Clarke, Rafting Committee Chair

This workshop will look at the similarities and differences between guiding a commercial raft and coaching a raft race team, including an overview of the raft guide qualifications. Predominantly water based, you will participate in a range of activities on both flat and moving water. Prior rafting experience is not essential.