

## Paddlepower 2010.

Spring is coming and with it the ever popular Paddlepower programme. This will be the 7<sup>th</sup> year that we have run the scheme and every year we try to improve it. This year we will be offering courses in 6 week blocks. There will be separate enrolment days spread through the season, this will enable families who join the Club after the first enrolment day to join in the fun. There will not be any coached sessions during the school holidays except for marathon race training.

We have also introduced a minimum age of 8 years old on or after 1<sup>st</sup> Sept 2009. (Current school year 3 and above) The BCU Guidelines for Paddlepower have a minimum age of 8 but we wanted children with summer birthdays to be able to join with their friends.

Your BCCC membership must also remain current for the duration of the course so that you are covered by our insurance policy. Each course will cost £15.

Enrolment for Course 1 will be on Tuesday 30<sup>th</sup> March 2010 from 6.30 to 7.30pm at Mytchett

The course runs on Tuesday 20<sup>th</sup> April until Tuesday 25<sup>th</sup> May

On offer will be Beginners, Cadet Leader, Recreational Canoe, Lightnings, Crew boats (K2 and K4), Introduction to moving water (Kayak and Canoe), Slalom

Enrolment for Course 2 will be on Tuesday 25<sup>th</sup> May (7pm -8pm) with the course running from Tuesday 8<sup>th</sup> June until Tuesday 13<sup>th</sup> July

Courses will be advised nearer the time.

### Beginners

For those with no prior experience

For those who completed a beginners course last year the following courses are on offer. Specialist equipment will be provided but we expect you to have your own personal kit including buoyancy aid and paddle.

### Recreational Canoe

Introduction to paddling a canoe.

### Introduction to moving water (kayak)

More advanced techniques using spraydecks . Introducing rescues and will include trip offsite to experience moving water

### Introduction to moving water (canoe)

Using open and closed cockpit canoes designed for moving water. Some prior canoe experience required. May include a trip offsite

### Lightnings

Using stable racing boats with large cockpits specially designed for children under 12, the aim is to get you paddling faster and further.

### Slalom

Your introduction to an Olympic sport. Learning how to paddle fast and cleanly through “gates” hung over the water. May include a trip offsite.

### Crew boats

Come racing with a friend. We have some stable two seater racing boats

### Cadet Leader

You must have completed Paddlepower Level 8 and be 13 years old to take part. It is your introduction to becoming a coach. We expect you to own a complete set of paddling kit including boat (and spraydeck if a closed cockpit craft.)

### Marathon Race training. (Free)

The next step from Lightnings and crew boats. A structured training programme with the aim of competing in races. Brian Gandy or Richard Somerset will tell you if you are good enough to join

### Other Training opportunities.

Please register your interest on 30<sup>th</sup> March or for Canoe by contacting Brian Biffin

### Placid Water

On Saturday mornings we plan to run 5 week beginners courses in placid water kayaks for adults and juniors starting on 17 April, 22 May, 19 June and 18 July. Placid water boats are great if you wish to canoe for fitness. Developing an efficient forward paddling technique will benefit all kayak disciplines. Cost £15.

### Open Canoe

This year, we are starting with an 'all comers' session on Saturday 13th March, 10.30am, to find out who wants to paddle open boats, what their current skill level is and what they hope to achieve by the end of the season. Following sessions will then be scheduled depending on your availability, and that of the coaches needed. If you cannot make this day but would like to register your interest, please contact me at: [Brian.biffin@gmail.com](mailto:Brian.biffin@gmail.com) or call 01252 616692. Coaches permitting, we should be able to cater for 1\* through to 4\*.

Cost: 1\* £20

2\* £25

3\* £30

4\* £30 plus cost of employing an outside assessor.

(Contributions towards transport costs will be requested where appropriate)

### 1 star Kayak

A 1 star kayak course for adults will run on Tuesday evenings at the same time as Paddlepower .Cost £20

### 2 star

Tuesday mornings Cost £25 Contact Liz Murnaghan [liz.murnaghan@ntlworld.com](mailto:liz.murnaghan@ntlworld.com)

### 3 star Inland Kayak

Further information on the requirements are shown here.

<http://www.canoe-england.org.uk/media/pdf/3%20Star%20WW%20Assessor%20Notes.pdf>

You will need a minimum of 3 trips on moving water and 3 on flat water in different locations to undergo assessment. You also need to be able to roll outside on flat water. A number of coaches will be running events to enable you to get the training. Contact Lee Matthews for pool rolling sessions, Paul Jeffs for whitewater day trips and Keith Ambrose for weir day trips. Also consider signing up for the Cardington weekend to build your skills.

### Saturday 19<sup>th</sup> June Hampshire Youth Games

A Mini slalom event to be held at Mytchett. Last year we supplied paddlers for the winning team and the runners up. Sign up if you are interested.