

**Canoe England
Cornwall Coach Update
Saturday 18th September 2010
Hayle Cricket Club, Hayle, Cornwall, TR27 5AF**



BCU coaches, no matter what your level of award or experience, are welcome to attend. These updates aim to provide an opportunity for coaches to:

- Update your BCU Coaching Awards; it's a requirement to update at least once every three years however you are more than welcome to attend even if you don't need to update.
- Meet other coaches and share ideas
- Participate in workshops to develop coaching and paddling skills
- Try and/or learn from other parts of paddlesport
- Get your coaching and canoeing questions answered

The event is running from Hayle Cricket Club, through Hayle Canoe Clubs facilities in Hayle, on the East side of the Estuary. Doors open at 09:00 with a meet and greet.

Please book your session through Andy Davey. This is done on a first come first serve basis.

Please bring suitable kayak and equipment for the sessions you book (there are a limited number of sea kayaks available to hire at £10.00 per session) not sure email andy.davey@canoe-england.org.uk

Programme and workshop options

Time	Event	Description
0900-0930	Arrival Free Tea & Coffee	
0930-1015	Canoe England Key Note	Provide you with the latest update on the coaching scheme. Andy Davey
1030-1300	Workshop AM 1	Bivi's and Cooking from a Kayak Steve Hopkin. Steve Hopkin
	Workshop AM 2	Oops! What was that I stood on? An interactive session on the life under foot on the sea shore. Lee Franklin
	Workshop AM 3	An opportunity to discover the benefits and how to best use Cross stream challenges to enhance your coaching. Graham Bristow
	Workshop AM 4	Surfing sea kayaks, get to grips with the way they move, making the most of the surf environment in your coaching. J-P Eatock
	Workshop AM 5	Sea Kayak rescue skills Andy Davey
1300-1330	Lunch	Bring some cash for a hot meal
1330-1600	Workshop PM 1	Bivi's and Cooking from a Kayak. Steve Hopkin
	Workshop PM 2	An opportunity to discover the benefits and how to best use Cross stream challenges to enhance your coaching. Graham Bristow
	Workshop PM 3	Surfing sea kayaks, get to grips with the way they move, making the most of the surf environment in your coaching. JP Eatock
	Workshop PM 4	Sea Kayak rescue skills Andy Davey
1600	Depart	

Further details on www.canoe-southwest.org.uk

To book your place, complete the form below and return it to:

Andy Davey
Canoe England
1 Bess Park Road
Trenant
Wadebridge
Cornwall
PL276HB



Please Note there is a closing date for bookings which is the Tuesday 14th September 2010 this is to allow us time to allocate work shops and inform you of your allocation.

Canoe England Update

I, (Print name)

My address is:

.....Post Code.....

E-mail: Tel:

Membership no:

I also enclose my Coach Update fee of £20.00 **Cheques should be made payable to BCU
If you are booking a sea kayak please add the relevant amount to the cheque all this money goes to the RDT for development in the South West Region.

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

To help us organise the forum, please put a cross against your work shop choice in order of priority we will attempt to meet your wishes, however they will be allocated on a first come first served basis.

Time	Workshop	First Choice	Second Choice
1030-1300	Workshop AM 1		
	Workshop AM 2		
	Workshop AM 3		
	Workshop AM 4		
	Workshop AM 5		
1300-1330	Bring some cash for a hot meal or your own packed lunch		
1330-1600	Workshop PM 1		
	Workshop PM 2		
	Workshop PM 3		
	Workshop PM 4		
Do you require a sea kayak	If yes please circle AM Or PM		