



Coached Sessions and Progression Pathway 2009/10

Coached Sessions for juniors are arranged to coincide with supervision by club coach or level 2 or 3 coach asked to substitute. Sessions last for 1.5 hours. Level 1 coaches commit to run 3 or 4 week sessions and are supervised by Level 2 or 3 coach.

Parents, siblings and friends are encouraged to join in when space available.

Membership required after 4 sessions.

Progression through the sessions is encouraged and at the discretion of the coach.

Beginners (PP Start)

-4 week courses gaining PP start and covering part of PP passport.

Offered by level 3 coach to after-school groups

PP start certificates awarded and presented in school, where appropriate

Time: Tuesdays 4.00 pm or 6.00 pm during the Summer term.

-Impromptu courses, alongside 'novice' sessions if coach available.

Ideally Coach to student ratio Level 2/3: 1 to 8; Level 1: 1 to 3

PP Passport

- 3 or 4 week courses with level 1 coach supported by level 2 or 3 coach.

1 or 2 courses leading to PP passport. Encouraged to enter our fun slalom and July and September events, at least to watch and for the coached free practice.

Time: Tuesdays at 4.00 or 6.00 and Saturdays at 10.00. Summer only.

Ideally Coach to student ratio Flat water: Level 2/3: 1 to 8; Level 1: 1 to 4;

Moving water introduction Level 2/3: 1 to 6; Level 1: 1 to 3;

PP Discover

-3 or 4 week courses with level 1 or 2 coach

Some paddling experience eg guides/scouts or completing our novice course.

1 to 4 courses leading to PP Discovery and Excel slalom elements.

Encouragement to enter our slalom events and other local events

Tuesdays 6.00. and some Saturdays 10.00

Ideally Coach to student ratio: Flat water: Level 2/3: 1 to 8; Level 1: 1 to 4

Moving water introduction Level 2/3: 1 to 6; Level 1: 1 to 3;

Blades group

– committed to slalom coaching & training.

Run by Tandridge Canoe Kayak Club for any paddler who is 2* level or Paddlepower 9 and are in Division 4 and 3.

Most Tuesdays 6.30 to 8.30 and some Saturdays 10.00 dependant on water levels and competitions

Ideally Coach to student ratio Flat water: Level 1 coaches overseen by level 2 coach and experienced paddlers 1 to 8

*Moving water introduction: Level 2/3: 1 to 6; Level 1: 1 to 3;
3 plus gates open on weir: Level 2/3: 1 to 4; Level 1: 1 to 2*

Skills Group

-to improve technique of paddling strokes, warm up / down routines, and different types of session led by Club assistant coach or experienced paddler.

Most Wednesdays at 6.30

Paddler to coach ration:1 to 8

Coached Training group

For club members and members from other clubs.

Gate sessions with advice technique and on self-driven training programme including aerobic sessions.

Sessions concentrate on skills and white water confidence and preparation for competitions

Led by Club coach or a substitute

Every Tuesday 6.00 to 8.00 – div 3 to 1.

Most Saturday 11.00 to 11.30– div 3 to 1.

Ideally Coach to paddler ratio 1 to 8

Training sessions

For club members and members from other clubs within varying paddling ambitions :

1. Aiming for WCP, Own training plan including gym, wts, run, swim, other sports, Water training Mon, Wed, Thurs, and we. Keep diary

2. Hobby/2nd Sport Water training

Gate and aerobic sessions.

Group training with peer coaching.

Club captain and other experienced paddlers lead session.

Every Monday, Wednesday and Thursday 5.30 ish to 9.30 ish.

Club Coach present bi- monthly – more often in the winter, to help with sessions and advise on training programmes and technique.

GB Canoeing sessions

Run by GB Canoeing (previously called World Class)

For those on the WCP with devised training plan including gym, wts, run, swim, other sports, water training Mon, Wed, Thurs, and we. Keep diary