

BCU Southern Region

BCU LEVEL 2 TRAINEE SUPPORT DAY

**Longridge, Marlow
Saturday 20 February 2010**



This day is designed to support those who have completed the Level 2 Certificate in Coaching Paddlesport training and would like further input and advice in preparing themselves for the Level 2 assessment. The programme will comprise a mix of informal workshops and review sessions together with, for those who are suitably prepared, opportunities to complete Assessments Tasks 1 and 2 and, for those wishing to use this as their additional module, an opportunity to complete the Coaching the Mind foundation module.

An outline programme is given below; please note however that the final shape of the day will be designed around the needs of those participating.

Outline Programme:

Morning workshop options

- LTPD and foundation paddling skills
- Coaching and assessing Paddlepower Discovery and Two Star skills
- Personal performance at Three Star
- Session planning and self reflection review

Afternoon options

- CPD Foundation Module - Coaching the Mind
- Star skills technical workshops (kayak and open canoe)

Fees: £20 participation fee plus £5 certification fee (payable on the day) if taking the Coaching the Mind foundation module.

Location: Longridge, Quarry Wood Road, Marlow, SL7 1RE
Time/date: 09:00 - 17:00 Saturday 20 February 2010
Equipment: Personal coaching/paddling and safety equipment
Catering: Tea/coffee will be provided. Please bring a packed lunch
Cost: £20 payable in advance (cheques to Longridge)

To book your place, please complete the form below and return with payment to:

Andy Maxted, RCO BCU Southern Region
5 Keble Road, Maidenhead, SL6 6BB
Tel: 07730 852760 Email: rco.southernregion@bcu.org.uk

BCU Southern Region Level 2 Trainee Support Day – Saturday 20 February 2010

- Please book me a place at the Level 2 Trainee Support Day on Saturday 20 February 2010. I enclose my cheque for £20 (payable to Longridge).
- Please also book me a place on the Coaching the Mind foundation module. I understand a £5 certification fee will be payable on the day.

Name: _____ Club/organisation: _____
Address: _____ BCU/CANI/CW/SCA no: _____
_____ Coaching qualification(s): _____

Postcode: _____
Telephone (day): _____ Telephone (eve): _____
Email: _____