



## Is It For Me? BRITISH CANOEING CORE COACH TRAINING

This two day course is open to anybody who has an interest in coaching paddlesport. There is direct entry into this level and the Core Coach Training is required by coaches looking to go on to either coach in sheltered, moderate or advanced levels.

### Aims

The Core Coach Training is designed to develop foundation coaching skills, with the aim to provide candidates with the tools to plan and deliver a series of progressive paddlesport coaching sessions. It covers the 'who', 'what' and 'how' of coaching.

### Content

Coaching principles, Coaching philosophy, session organisation, creating optimum learning environments.

Sessions will be run in a practical format allowing time to put into practice the above principles in a context that is relevant to you. All will be covered using local sheltered water venues.

By the end of the course you will have a clear understanding of how to progress to BC Coach Discipline Specific Training in either sheltered, moderate or advanced water.

For more information visit <https://www.britishcanoeing.org.uk/courses/coach-award>

### Course Pre-Requisites

- Full Home Nation Association Members (BC Members)
- An interest in coaching paddlesport

Although British Canoeing registration is not required for this training courses you will need to register before assessment.

Registration provides access to the British Canoeing Coach Award eLearning, amongst other benefits.

<https://www.britishcanoeing.org.uk/coaching-leadership/guidance-resources/registration-guidance>

### What Will I Need?

You are welcome to use your own equipment. WOEC has a variety of clothing and equipment for you to use included in the price of the course. For full details see the general information page.