

Sprint Racing Discipline Support Module (Part 1) Summary

This document provides a summary of the British Canoeing Sprint Discipline Support Module Part 1 for course organisers and candidates.

Overview

The British Canoeing Sprint Discipline Support Module Part 1 is designed to assist coaches who want to gain more knowledge about the specialist discipline of sprint. The course introduces and explains the basic techniques and coaching strategies. The module seeks to support the continuing process of good coaching practice on the riverbank, with the syllabi written to focus on coaches who are likely to be supporting beginners.

Audience

The module is aimed at coaches who are interested in developing their knowledge to coach introductory sprint techniques.

Prerequisites

At the point of registration the following prerequisites are required;

- £17.50 Registration Fee for Home Nation Members
- A British Canoeing Coaching Qualification
- Age 16 years of age, or older

Note – Coaches new to sprint techniques are advised to complete the British Canoeing Sprint Discipline Support Module Part 1 and the associated logbook prior to Part 2. Experienced sprint coaches/athletes can by-pass Part 1 with a reference from a current British Canoeing Sprint Support Module Director, HN Coaching Manager or approved referee. A reference section is available in the Sprint Discipline Support Module Part 1 Logbook.

Course Length

6-hours.

Delivery

The course includes both practical and theory sessions. Classroom sessions will be supplemented by demonstrations, group activities, videos and worksheet resources. Coaches will work toward understanding core sprint racing skills, while building specific coaching tools to aid the delivery of fun and productive sessions. The course is designed to be delivered indoors and/or outdoors. A Sprint Technical Manual is currently under development, this will provide further support in the syllabus topic areas.

Learning Outcomes

By the end of this module candidates should be able to:

- Identify the key demands of introductory sprint performance
- Recognise and understand the key elements of the basic sprint techniques
- Recognise and understand the key elements of crew boats and basic training principles
- Recognise and understand the elements of preparation, delivery and review within an introductory competition environment (linked to British Canoeing Level 1 and/or Level 2 Coaching Syllabi)

After the Course

After completing the module candidates receive a letter confirming attendance from their Home Nation. During the course candidates are issued with a Sprint Discipline Support Module Part 1 Logbook. The logbook is used to record work done out in the field with a mentor, and focuses on developing the key technical elements covered within the module. Candidates who successfully complete the logbook, return this to their Home Nation for British Canoeing Sprint Discipline Support Module Part 1 Certification.

Further Reading

British Canoeing Sprint Technical Manual (currently being developed).

BCU Coaching Handbook. Franco Ferrero (ed.) 2006. ISBN: 0-9547061-6-1

- Chapter 1, Coaching
- Chapter 2, Physiological Principles
- Chapter 12, Forward Paddling
- Chapter 20, Racing