

## Sprint Racing Discipline Support Module (Part 2) Summary

This document provides a summary of the British Canoeing Sprint Discipline Support Module Part 2 for course organisers and candidates.

### Overview

The British Canoeing Sprint Discipline Support Module Part 2 is designed to assist coaches who want to gain more knowledge about the specialist discipline of sprint. The course introduces and explains the intermediate techniques and coaching strategies. The module seeks to support the continuing process of good coaching practice on the riverbank, with the syllabus written to focus on coaches who are likely to be supporting intermediate athletes.

### Audience

The module is aimed at coaches who are interested in developing their knowledge to coach intermediate paddlers.

### Prerequisites

At the point of registration the following prerequisites are required;

- A completed Sprint Discipline Support Module Part 1 Log Book (or British Canoeing Sprint Discipline Support Module Part 1 Certification) (or British Canoeing Racing or Marathon Discipline Support Module)
- £17.50 Registration Fee for Home Nation Comprehensive 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

14-hours (+ 24 hour mentoring as part of the logbook process).

### Delivery

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 will involve both bank and water based practices. The content will include the core and specific skills of sprint, training theory and discipline specific coaching practice.

## Learning Outcomes

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

- Identify the key demands of canoe sprint performance
- Observe and analyse key components of sprint racing techniques
- Recognise and understand the key elements and the skill set required for Sprint Canoeing
- Recognise, understand and implement various race strategies dependant on distance
- Recognise and understand the elements of preparation, delivery and review within a competition environment (linked to BC UKCC 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 2 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 2 Certification.

## Further Reading

ICF Canoe Sprint Coaches Manual Level 1, 2 and 3  
[www.canoeicf.com](http://www.canoeicf.com)

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

- Chapter 1, Coaching
- Chapter 2, Physiological Principles
- Chapter 11, Use of Video
- Chapter 12, Forward Paddling
- Chapter 20, Racing
- Chapter 21, High Performance Coaching