

Sprint Open Day

What's the idea?

Due to the growing interest in support for talented paddlers, the SCA performance team, through discussion with club coaches, have reviewed the way we aim to operate with a view to ensuring that we support developing paddlers working towards the standard required to join the Scottish Performance Squad (SPS). We want to do this by working with clubs and coordinating collaborative training opportunities. The first opportunity to engage will take place at our upcoming open day for paddlers and coaches. This will enable us to scope out future opportunities and to understand the group dynamics in each discipline. This is an opportunity for you to train and share experiences with coaches and athletes of the performance squad.

Where and when is it?

The open day will take place on Saturday 3rd November 2018 from 9am-2pm at Ratho. This will be followed by the Annual Prize Giving. This is a free event supported by the SCA and there is no cost involved in attending.

Who is it for?

The open days are for ambitious young paddlers who are working towards the standard required to join the SCA performance programme. All paddlers should be juniors competing in racing kayaks or canoes **We are now happy to accept applications from paddlers in the lightnings age group but they must be competent in a racing kayak.** You also need to be a current SCA member.

How do I sign up?

To help us with the logistics of planning the day, we ask you to sign up by following this [link](#) and entering your details. You will need your SCA number and details of your parent(s)/guardian and coach if they wish to come with you.

What's the plan for the day and what do I need to bring?

The day will begin with a welcome from the SCA performance team and an introduction to the day. The day will be in two parts with a water-based training session and a land-based training session. These are designed to get a good understanding of your strengths and the different standards across Scotland.

You will need to bring your own equipment (boat, paddle, kit for paddling and land session etc) and lunch/drinks for the day. It will be early November in Scotland so please plan for cold/wet weather!

How do I find out more?

If you have any questions about the days please get in touch with Doug MacDonald at doug.macdonald@canoescotland.org or Remi Gaspard at remi.gaspard@canoescotland.org and we're looking forward to welcoming you on the day!