

Cumbria Canoeists 17 May 2001 Seacoast Hotel St. Bees

Present

Mick Waplinton - RCO Cumbria

Nigel Timmins - Northern Coaching Development Officer

Janice Weatherill - Secretary

Alan Brenton - West Cumbria College

Nick Mortimer - email newsletter co-ordinator

Roger Ward

Annie Dukes

Alastair Yates

David McGeehin

Tom Jackson Burton

G Thompson

L Thompson

Nic Dickson

Mike Constable

Andy Bennion

Josh Litten

Jonathan Hyde

Colin Litton- Cumbria Access Officer

Joe Stalker

Apologies

Steve Farthing plus 7

Gavin Shelton

John Sherwin

The Chair thanked everyone for attending and the minutes of the last meeting were approved.

Cumbria Youth Alliance

A number of canoeists have benefited from this fund. Gavin Shelton has taken on the co-ordinating role and is trying to expand the service.

There is a store of outdoor equipment in Barrow and Gavin is keen for coaches to be involved either voluntary or as paid assistants. The work is with various youth groups. Nick M noted this would be useful for Level 2 Coach trainees. Financial support has been asked for, but it was felt more appropriate to provide information on coaches and clubs who may wish to be involved.

Revalidation Issues

A discussion was held on the various methods of revalidation. It was noted that an individual can still hold a coaching award but not bother to revalidate. The difference is that when an employer or club enquire about the status of a coach they will be told he/she is either current or not current, depending on whether he/she has gone through the revalidation system.

Suggestions made:-

1. Put a revalidation date on the membership card.
2. Different coloured card depending on status.

It was pointed out there are many external influences on the BCU which

affect funding. One aspect of this is the pressure to support good coaches.

Editors note; Notes from Richard Ward BCU English Coaching Manager dated 18/7/01

The Update (revalidation) process

Introduction - In 1999 the National Coaching Committee introduced a programme of Updating (revalidation) for all BCU qualified Coaches. It is set up to provide

- 1/ A system to enable long term training support for coaches.
- 2/ A means to share good practice.
- 3/ Improved BCU Coaching service contact and communication with coaches.

The Update start line - Each coach has one of four start dates to commence his or her three year update cycle.

- 1/ New Coaches - begin on the date of their course.
 - 2/ Current BCU Coaches - began on the date of their last Course or Update day.
 - 3/ Current BCU Coaches who not yet updated - began April 1999
 - 4/ Current Competition Coaches - began at the end of September 2000.
- The deadline for final inclusion of the Competition coaches has therefore been extended to September 2003.

The Update Process

Coaches can update in one of 3 following ways.

- 1/ Attend a Local or Regional Update Forum. (Minimum of 6 hours duration)
- 2/ Attend a BCU Coaching course e.g.
BCU Coaching Awards course levels 1 to 5 in any discipline.
Five Star Training and Assessment.
BCU Endorsement Course (Coaching Process, Injury prevention etc)
Contracted Course Provider Update Day.
Note The above are logged on the BCU database and the record of any coach attending will have their Coaching Award Updated automatically.
- 3/ Complete and return a Self assessment form to BCU office (available from BCU Nottingham Office)

In future all organizations who use BCU Coaches will be advised to only use BCU 'Updated' Coaches. It is therefore envisaged use of 'updated coaches' will become the norm.

I believe it is intended that all coaches will be sent a print out of their coaching record and when they next need to update, - by the end of the year - Nigel Timmins.

Cumbria's Next Update (revalidation) Day Saturday 20 October 2001 at the John Ruskin School in Coniston. Suggested sessions:-

- Coaching games
- Paddlepower
- Nutrition
- Psychology

- Level 1 slalom
- Bulletin board

Notification of this event will be sent separately to all Coaches in the region along with a booking form.

Coaching matters

If as a result of the Foot and Mouth coaches have changed the date of courses, could they please notify the BCU.

The Cumbria Awards for All grant has supported a number of people, particularly in relation to white water safety. A course also ran recently, Level 2 coach training which was reasonably well attended.

Unfortunately the BCU disability awareness course, that was due to run had to be cancelled due to lack of numbers?

The grant was due to finish at the end of June but we applied for an extension due to foot and mouth problems and they have just written back (10th July) extending it till the end of November.

So if anyone who lives in Cumbria and is a club paddler or volunteer and is attending a level 2 or 3 training/assessment course, white water safety, BCU disability awareness course or BCU assessor day course before the end of November 2000, and would like some financial help towards the cost of the course then please contact Nigel Timmins on 017684 80084. We also intend to run these courses;

13th October L2 coach kayak assessment.

27/28th October L2 coach canoe training.

Again contact NT on above number.

Club round up.

Polo tournament and referees course was well attended and very successful. Duddon CC felt it was particularly worthwhile as it brought a new aspect to them.

Duddon CC

A lottery bid has been successful and will supply pool and paddle power boats.

They had a successful trip out to the Garvellachs Arisiag and the Falls of Lora - if you don't know where these places are then get down to Duddon CC and attend their trips to find out!!

Pool sessions are still very popular.

Copeland.

Busy pool sessions, numerous local sea trips. A good trip to the barrage and the possibility of a 3 lakes trip this summer.

West Cumbria College

Have held a couple of L2 training courses and are holding a 5 star course when they are out in the Alps.

Lakeland
No report.

West Cumbria CC
New chair has been appointed. A come and try it day was run in June to attract more people to the club.

Some discussion about getting grants for club houses or storage areas. If you want £5000 then get an awards for All grant in (contact Nigel Timmins for info) or if bigger then contact Chris Hawksworth at the BCU Nottingham office as he is employed as the facilities officer.

Website.
Need for a list of all Cumbria courses to be displayed.
Anyone who has boats which could be borrowed for courses etc could they display this on web site?

Don't forget if you would rather get this newsletter by email then let Nick Mortimer know, email him on CumbCanoeNewsLtr@onetel.net.uk This saves us a lot of money and work in producing paper and stuffing envelopes, postage etc. Please, please consider getting it sent by email.

Courses
Sat 7th July pre requisite day - was cancelled due to lack of interest.
Remember that club paddlers can get a 50% reduction on pre requisites for coaching awards eg 2 to 4 star awards and canoe safety.

CCP update course at Patterdale Hall 22 nd September.

Access.
DTER - questionnaire on water sports if you have one please fill it in

Lune -- Andy Clifford is access officer. A new agreement has been established from above the Devils bridge Kirkby Lonsdale contact him on 01539 733168 or email Lune@Bankfield.freeserve.co.uk for further details.

Foot and Mouth restrictions still apply in most areas. The lakes on the whole are open, you just need to be careful where you launch from and land. Check before you go.

The Eden next to the Sands Centre does appear to be open, check with Jim Wilson.

Alan Brenton would like to reinstate a Cumbria coaching weekend or trip contact him if you would like to help or be involved.

Next meeting Golden Rule Ambleside 27th September, paddle at

Waterhead first 6 pm or meeting at 7:30pm.

News from the Northern region. The Prudhoe site (river Tyne) is hopefully going to be re developed for slalom and play boating. Note; you can use this excellent site now despite restrictions, ring George Thompson 01434 602622 river adviser or the centre on site on 01661 834135.

NE Coaching Update day is planned for the 21st October probably at Teeside.

The 2001 Tyne Tour has been cancelled due to Foot and Mouth. People should not paddle the Tyne system until restrictions have been lifted or particular site has been agreed with river adviser. Plankey mill on the R Allan has re opened which might mean the river could be paddled, again contact George Thompson.

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