

HPPCC

BCU Three Star White Water Award Training Course May, June , 2010

A 4 or more session Training Course to prepare for 3 Star White Water Award assessment . This award is the accepted by centres such as HPP and the Nene as evidence of competence to paddle the courses. For potential coaches it is needed to progress up the ladder , and is probably the last time, as you progress , that you will cover the basic skills in such detail and numbers .

You should be at Two Star Standard

The club will run an assessment for the award shortly after completion of this training course . Assessment is not compulsory, so the course could be used as brush up on skills /easy moving water .

Times and dates subject to mutual agreement between coach ,and participants ,(N.B. we would like to start ASAP so contact ASAP)

but envisage at least two normal Saturday club (or Thursday evening) flatwater / chicken run sessions , two Matlock sessions ,probably later in day on Saturday e.g. 1.00 p.m. , and a.n. other local spot .

Cost will be £10.00 excluding any course costs (although we will be mostly on back channels/flat) payable to club .

If you do not have your own equipment you need to make separate arrangements with the appropriate club officials for away days at Matlock .

Here is BCU link to actual Syllabus :

<http://www.canoe-england.org.uk/media/pdf/3%20Star%20WW%20Syllabus.pdf>

Here is BCU link to trainers note's to see what is likely to be in the sessions:

<http://www.canoe-england.org.uk/media/pdf/3%20Star%20WW%20Training%20Notes%20Nov%202008.pdf>

and here is BCU link to Assessor's note so you can see what is likely to happen on the assessment :

<http://www.canoe-england.org.uk/media/pdf/3%20Star%20WW%20Assessor%20Notes.pdf>

To register your interest (supply contact details), or for further details contact Pete Whitehouse on peteccbuydisp8 a t ntlworld.com (convert to appropriate email address)