

Canoe England North East Region

BCU UKCC Level 3 Coach Development Programme 2011

We have put together a very cost effective programme of development to support your transition to UKCC Level 3. All phases will be based in the North East.

Who is this Programme for?

- **Old BCU Level 3 Coaches**, with UKCC Level 2 Transfer (see below)
- Or UKCC Level 2 Trainees (with 4 Star Leader Award)
- Or Assessed UKCC Level 2 Coaches (with 4 Star Leader Award)

The programme is 11 days of training and offers **excellent value for money**:

Development Programme	Details
BCU Intermediate Modules <ul style="list-style-type: none"> • Coaching the Mind • Optimising Performance #1 Day 1 and 2 14th and 15th May	To further develop your insight into these important areas. Each of these modules is 6 hours in duration and combines theory with practical exercises.
BCU UKCC Coaching Processes Course (incorporating Level 2 Transfer) Day 3 and 4 16th and 17th May (Adventure Sunderland)	2 Days training in elements of the coaching process which are integral to the new UKCC Level 1 and 2 Awards. This will introduce candidates to the behaviours and language of the UKCC Awards. It is accepted that the coaching process standard of the new BCU UKCC Level 2 Training exceeds that of the old BCU Level 3; so this is a good place to start.
BCU UKCC Level 3 Core Training (Day 5, 6 and 7) 18th to 20th May (Adventure Sunderland)	The Core Module will build upon the training from the BCU UKCC Level 2. The course is very practical and progressive allowing candidates to develop their practice through boat based on water sessions, complemented by sound classroom based theory.
BCU UKCC Level 3 Discipline Specific Training Day 8 and 9 White Water Kayak: 13th and 14th June (River Tees) Canoe: 15th and 16th June (Ellerton Park and River Tees) Sea Kayak to be arranged	This is the opportunity to put the principles of the core into practice in your own dynamic discipline environment. On this programme we will cater for White Water Kayak and Canoe. However, we will be pleased to advise regarding other disciplines.
BCU UKCC Level 3 Support Days (Day 10 and 11) Dates TBA	To further support your development we will provide 2 support days with your programme tutor. These will assist with the mentoring process, provide you with the opportunity to receive feedback on your progress and allow you to observe other coaches. Ideally you will bring your own mentor as well.

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Pre-requisites:

- **Old BCU Level 3 Coaches** (Canoe, Sea, Surf, White Water [Inland] Kayak/C1/OC1). We are including 2 days that cover UKCC Level 2 Transfer.
- Or *UKCC* Level 2 Trainees (with 4 Star Leader Award)
- Or Assessed *UKCC* Level 2 Coaches (with 4 Star Leader Award)
- Full membership
- Registration with Home Nation (Canoe Wales, Canoe England, Canoe Scotland, CANI)

Cost: £490 (less than £45 per day) Programme Fee.

A 50% bursary is available on application if you are a *volunteer coach*¹ resident in the **North East Region**.

Net cost for 11 Days Training (including Bursary), to *North East Volunteer Coaches*: **£245**

Registration fees and Intermediate Module Certification fees (Payable to Canoe England) are not included in the Programme Fees.

Step by step guide to booking on the programme:

1. Make sure you can make the dates.
2. You must be able to make all dates. All elements are included and no discount is available for missing any element.
3. Register with Canoe England on the **UKCC Level 3 Core Training** (using a CR form <http://www.canoe-england.org.uk/coaching/course-registration/coach-course-registration/>). This will cost you £17.50.
4. Register with Canoe England onto the **UKCC Level 3 Discipline Specific Training** (using a **separate** CR form <http://www.canoe-england.org.uk/coaching/course-registration/coach-course-registration/>). This will cost you £39, but includes your UKCC Level 3 Assessment Fee.
5. Send a, non-returnable, deposit of £100 to Ken Hughes, 77 Queen Alexandra Road, Sunderland, SR2 9HE. **Make cheques payable to Canoe England North East Region.**
6. Fill in the booking form (available on application from kenhughescourses@aol.com) for the Programme.
7. If you have not yet completed your 4 Star Leader Award (or are not an old Level 3 Coach) you will need to have arranged this by the time you register for your Discipline Specific Training. This must be in your chosen Discipline.

Please Note: You are permitted to work towards one discipline only at any one time. However, you will not need to repeat the Intermediate Modules, Coaching Processes or the Core Training.

¹ Coaches who are volunteers, coaching in Clubs, voluntary organisations (e.g. Scouts, Guides, Cadets) or similar. Application forms are available on the Canoe North East web site in the Downloads area <http://www.canoenortheast.org.uk/>