

Minutes of the Coaching Development Group Meeting

23rd March 2023



Present:

- Carolyn Hawkes, Steve Chinn, Kathy Syplewicz, Larry O'Connell, Matt Clegg, Melissa Sullivan, Jacob Baisley, Mark Harris, Paul Newman, Dean Sherrin, Michaela Wragg, Mark Corti, Wally Shave, Martin Hall, John Simmonds.

Apologies

- Mike Lambourne, Paul Fife, Anj Hill, Catherine Ayling, Rob Davis, Annie Davis, Catherine Dacey, Alan Nevard, Jon Lock, Ian Dann

Minutes of the Meeting

1. Coach updates / CPD

1. **Site-specific induction - Mark Corti** to deliver this at the next CDG meeting. We need to keep better records for this!

2. Beginner Courses

1. **Co-coaching for cross-pollination of ideas. Refresher for new PIs?**
It was suggested that all coaches tried to co-coach at least one session this year to encourage cross pollination of ideas and to share tips.
Mark Corti to offer a beginner course refresher session for new Paddlesport Instructors & anyone else interested.

2. Dates

The following people kindly offered dates for beginner courses:

1. **Alan Nevard**: 27 May, 8:30am - 4:30pm, 8 people 14+ Tuesdays x4 starting 6 June, 6-8pm, 8 people, 14+
2. **Jon Lock**: Thurs X4 starting 27th Apr, 6pm-9pm, 6 people 14+
3. **Matt Clegg & Melissa Sullivan** 13/14/19/20th July, 5:30-7:30pm, 8 people 14+
3. **Canoe Beginner course: Jacob Baisley and Martin Hall** to liaise and offer dates
4. **SUP course**: these have been less well attended in previous years than we'd hoped. **Steve Chinn** to consider.

3. PAA Paddles

1. How is the rota working out for regular Sunday paddles?

Kathy Sypliwczak relayed that there is currently no rota as no PAA is required on Sundays. It is anticipated that this will restart once beginner courses have started.

2. When will Wednesday PAA paddles re-start?

Once demand increases, after beginner courses have started to complete.

3. What other provision could / should we offer?

No suggestion was made for this

4. **Mark Corti** to canvas for interest for new PAAs. **Jacob Baisley** will run a course if there is demand.

4. Explore Courses

1. Thoughts on current demand

It is not thought that there is much current demand, but we expect demand later in the year. To be revisited at the next meeting.

2. **Alan Nevard** offered to run a course on Tuesdays x4 starting July 18", 6pm – 9pm

5. Racing

1. Police Cadets

Bryn Price has suggested that sessions may be organised for the police cadets. **Mark Corti** to contact him and ask what help is required.

2. Hasler - 14th May, help wanted

It was shared with those present that the Maidstone Hasler is likely to be on May 14 and that help will be required as usual.

John Simmonds noted that there are plans afoot to run a Waterside race at the club, in the 23/24 season.

6. Kids Club

John Simmonds related that he would be restarting kids club sessions on Tuesdays from April 4.

There are a number of very competent junior paddlers and the plan is to split up for at least part of each session.

New for this year, prospective junior club members will be asked to sign up online at a cost of £45 the same as existing beginner courses. These new members can then be trained and inducted into the kids club on Tuesday nights rather than attending a separate beginner course. This will be available from May 2. Once the existing kids club members have settled back in. (Last year there was a scarcity of beginner course spaces for children and this is intended to address this). **Mark Corti** to set this up on the website.

John Simmonds again thanked people for the huge support for the kids club last year and reminded everyone that there is a WhatsApp group for kids club coaches and volunteers. **Jon Lock, Dean, Sherrin, Carolyn Hawkes** and others all asked to be added. **John Simmonds** to action.

Paul Newman requested that the Lightnings be moved to a lower rack, so they are more accessible for kids club. **John Simmonds** to speak to the racing bosun.

There was some discussion about offering more racing to the kids club. This

would be facilitated if a racing coach was able to assist on a regular basis, but it's possible some regular-but-not-every-week racing could be implemented.

7. Pool sessions.

These continue to be adequately attended. It was thought they will become more popular as new members joined during the summer.

It was again noted that the pool isn't ideally located for the club. Freedom Fitness appear to have withdrawn their offer to host us at their pool.

It was suggested that specific sessions be run at the pool, for instance, a rescue session or a session on bracing.

Paul Newman related that there may be some dedicated pool session boats belonging to Maidstone Canoe Club at the old Buckmore Park site. he intends to investigate. These boats will be old, but may still be serviceable.

8. Fun Sessions

Kathy Sypliwczak related that, as discussed last year, fun sessions would be offered on Monday nights only. Previous fun session organisations have been contacted and Kathy is starting to get some dates in the diary. She asked for assistance for the following dates: 26 June, 3 July, 10 July, 17 July.

All: Please contact Kathy if you are able to assist with these.

Paul Newman suggested a session was offered to Mid-Kent College who are helping with the build. **John Simmonds** to organise.

9. Touring Award update

Larry O'Connell related that he and **Mike Lambourne** are being trained by **Rob Davis** in the next couple of weeks as part of a course Rob is running for Maidstone Canoe Club. After this, they will hopefully be able to deliver the touring award themselves.

10. Intro to WW

Mark Corti related that he intends to organise this in mid September again as usual. **Paul French** has offered to assist; Mary Cutts is unfortunately unavailable this year. **John Simmonds** and **Dean Sherrin** are keen to assist. It was noted that the number of coaches should not exceed the number of participants!

Mark Corti intends to run a series of "flat water skills for dynamic water" sessions. These are intended to ensure that those on the intro to Whitewater weekend have the skills required to fully benefit. The sessions may also be of use to aspiring sea kayakers.

11. Safety Officer update

John Simmonds has now done the safety officer training. **Paul Fife** may have also done the training. **Bryn Price** is involved in doing the safety for the Devizes Westminster race and may also be qualified. **John Simmonds** to verify.

12. What else should we offer this year?

1. Paddle Safer

There was some discussion about the Paddle Safer award. There were various opinions as to whether this should be offered to members of the public. Since no one was immediately planning to offer these sessions this discussion was shelved.

2. Rescue Refresher

Michaela Wragg offered to run some rescue refresher sessions and will confirm dates.

13. Core Coach demand

Wally Shave related that he has already done this. It is believed that there is no current demand for this course.

14. Sea kayak leader update.

Wally Shave related that **Alan Nevard** and others are still working towards this.

15. #shepaddles update

Michaela Wragg, **Carolyn Hawkes**, and **Charlotte Fife** are being funded by British Canoeing as part of the #shepaddles initiative. It is believed there is still some funding available if any female members would like to take on a leading or coaching role. **John Simmonds** to ensure that they are being reimbursed for their courses.

16. PI course demand?

It was thought there is no current demand for this. To revisit next meeting.

17. PSRC (old FSRT) demand?

No immediate demand but it was recognised this is a great course. **Sammy Deans** was again thanked for running this for us. **Mark Corti** to contact him about another one, perhaps in mid-June.

18. AOB

1. T-Shirts: John Simmonds to organise club t-shirts for volunteer coaches etc. He will speak to the committee about funding this.

2. Open Day: John Simmonds related that the committee are considering two Open Days this year rather than three. May 21st was suggested as a likely date but this is yet to be confirmed. Helpers will be needed as usual.

3. **SUP Leashes: Steve Chinn** raised a concern about SUP ankle leashes, which are now understood to be dangerous in some conditions. It is thought that the Club may have purchased some waist belts - **John Simmonds** to contact **James Copeland**, Club Bo'sun, to investigate. It was also suggested that a copy of British Canoeing's infographic on SUP leashes be printed and displayed next to the SUPs - **John Simmonds** to action.
 4. **Bungs:** there is a shortage of bungs, which are expensive and constantly go missing. **John Simmonds** to speak to **James Copeland** and check all bungs are tied on. **All** to investigate and revert to John whether cheaper generic bungs can be used - the branded ones are very expensive.
 5. **First Aid Officer:** it was suggested that Lisa Taylor may be willing to take this role on. **Mark Corti** to contact her.
 6. **Whitewater Leader / WWS&R: Matt Clegg** related that he and **Jon Lock** have organised a WWS&R course (6/7 May) and a Whitewater Leader Course (27/28 May) which have spaces, if anyone would like to join them.
 7. **PI Provider:** there was some discussion around being able to offer Paddlesport Instructor courses in-house, i.e. a club member delivering them for free. **Mark Corti** related that the prerequisite to apply to become a PI Provider is to hold Coach Awards in each of canoe, kayak and SUP; then to attend a weekend orientation to produce a development plan; then to assist on several courses; and finally to be recommended, and then commit to delivering a minimum number of courses per year. It was recognised this was a significant commitment of time and money. The club does support members undertaking coach training. **Paul Newman** related that he was considering re-validating his own PI provider status and would revert.
19. **Next meeting / Peer Paddle**
Next Meeting 4th May
Peer paddle beforehand focussing on canoe techniques, led by **Mark Harris**