

International Canoe Federation Level 1- Online Assistant Canoe Sprint Coach Course

**Presented by Gregory van Heerden ICF Level 1 accredited course
Facilitator**

Acknowledgements

The implementation of this course would not have been possible without the generous help and support of the following:

- The International Canoe Federation and Canoeing South Africa.



Online Session in progress

Course date

This online level 1 course was held over 9 sessions split over a three-week period (10th to 28th November 2020), with sessions of 60 to 90 minutes being held on Tuesday and Thursday evenings and Saturday mornings. Whilst predominantly an online course three practical elements were included to ensure a transfer of theory to actual coaching application.

Course Outcomes and measurement

The purpose of the Level 1 course was to provide the coaches with the basic knowledge and skills needed to coach beginners in canoe/kayak. The course comprised of theory and three practical tasks as well as an “apprenticeship”.

On the completion of the course the coaches were able to:

- Provide a safe environment for paddling to take place
- Plan and conduct beginner lessons
- Plan and conduct a basic training session
- Teach balance, the basic technique of kayak paddling and steering
- Conduct basic physical conditioning training
- Prepare athletes for domestic level competition

In order to assess the coaches’ knowledge and their practical ability to apply this they had to complete three practical assignments followed by a written exam comprising of 20 questions (a minimum of 16 correct responses was required in order to pass)

It was also recommended that all the Coaches keep a personal log of their coaching activities to document their “apprenticeship” activities as this proof will be needed as one of the requirements of entry onto the Level 2 course.

Furthermore, it is expected that all the coaches be compliant with the regulations of Canoeing South Africa in terms of having the following in place:

- A current first aid and Cardiopulmonary Resuscitation certificate,
- Proof of completion of the online Safeguarding Awareness certificate,
- Proof of the following Police clearance screenings:
 - The Sexual Offences register, Child Protection register and Standard criminal check.

All the successful candidates shall receive a “Level 1 Assistant Canoe Sprint Coach” certificate from the ICF/CAC.

Course content

The following content was covered in the course:

- Introduction to Canoeing, a short history of Canoeing, the definition, discipline descriptions and Canoe Sprint description
- Equipment; Boats, parts of the boats, paddles and accessories, handling of equipment
- Safety and Rescue; equipment, personal safety, injuries, methods of rescue
- The technique of canoeing; launching, balance, strokes of canoeing, basic paddling technique, steering
- Physical conditioning; endurance development and strength development
- Training and basic training methods; Why training is necessary, training loads, frequency and duration, long distance, fartlek, interval and complex training.

- Role of the coach; teaching skills and communication, coaching tools, methods and teaching beginners.
- Introducing racing; race course, racing rules, the goals and principles of racing

With the Practical component including three practical assignments:

- the demonstration and teaching of the Szanto dryland technique method,
- running a bodyweight training session, and
- the development and presentation of a periodised training program.



Practical 3: Training Programme								
Goal: U14 SA Schools Shongweni Dam 2021								
General Preparation (1 of 7)		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
(basis endurance, strength development, preconditioning, imbalances)		AM	Pilates 60min		Pilates 60min		5km run	Paddle: 5km
		PM	Swim 60min	Paddle 60min		Swim 60min	Paddle 60min	
				1 Warm up 2 kms 2 Balance (paddle under boat pull out other side) 3 Balance (ball catching (2 juniors working together gradually moving further apart)) 4 3 x 1km (timed) 5 Cool down 2 kms			1 Warm up 1 km 2 5km (timed) CCC monthly league challenge 3 Balance (paddle under boat) & (ii) throw paddle use hands to get paddle back. 4 Practice falling out & getting back into boat close to dam wall 5 Cool down 1km	
Paddling distance:				7			7	5 19
Specific Preparation (2 of 7)		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
(more time in the boat, maintenance of endurance, long, medium and short endurance development)		AM	Pilates 60min		Pilates 60min		5km run	Paddle: 10km Club T/T (Goal: try get to under 60 minutes)
		PM	Swim 60min	Paddle 60min	Swim 60min	Paddle 60min	Paddle 60min	
				1 Warm up 2 kms 2 Paddle 4kms with resistance, 10 strokes (hard) then 20 strokes (technique) 3 3x 200m (timed) (1 easy in between)		1 Warm up 2 kms 2 3 x 1km (timed) 3 4 x 500m (2easy & 2 hard(timed))	1 Warm up 1 km 2 5km (timed) CCC monthly league challenge (Goal: try improve on previous time). 3 6 x practice Starts from stationery position. Use Candoc (3 hard 3 easy back) all with strong starts	

Practical's in full swing

Attendance

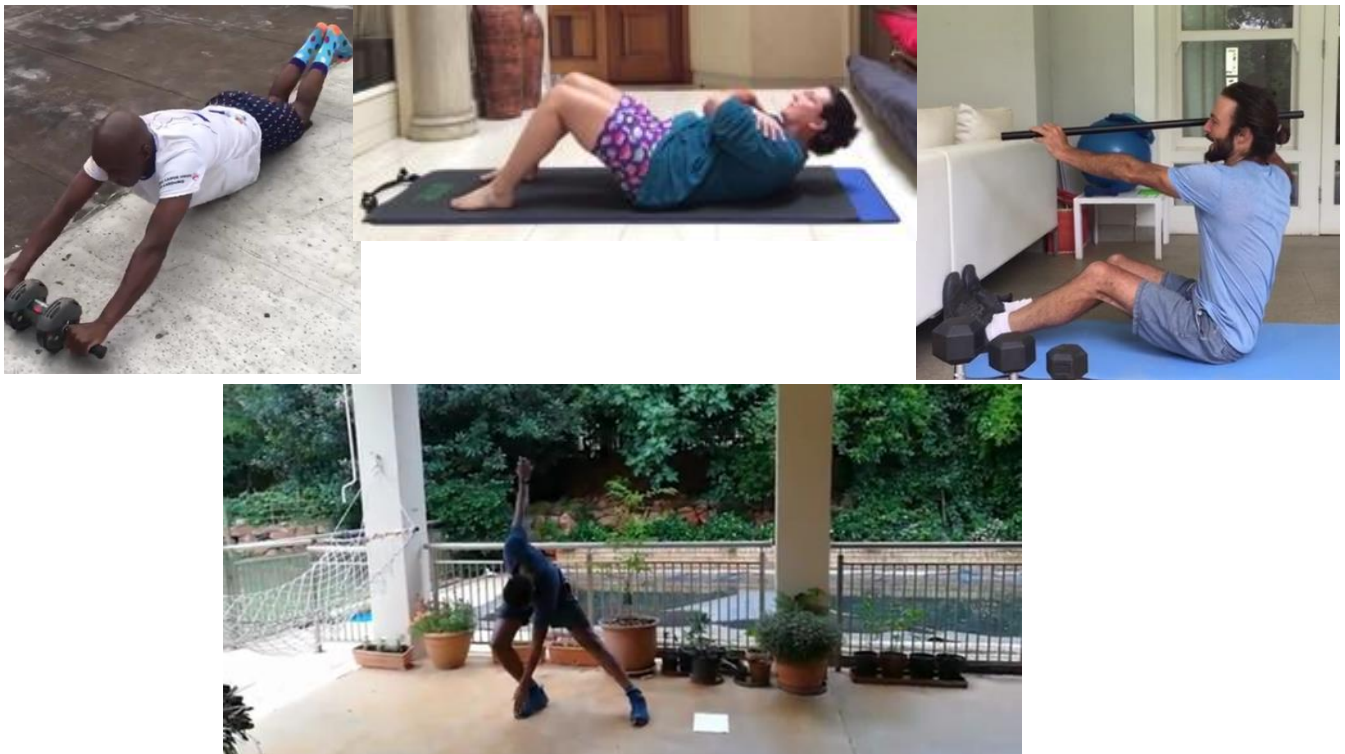
The course was attended by 10 Coaches from the following Provinces in South Africa (KwaZulu Natal (1), Western Cape (4), and Gauteng (5), The group consisted of 40% Female and 60% male. The Racial split was 50% (5) Black attendees and 50% (5) white.

Attendee details:

Full Name	Gender
Jodie Ellinor-Dreyer	F
Gareth Barberton	M
Helen Jansen van Vuuren	F
Loveday Zondi	M
Tamara Sneyd	F
Marco Marsh	M
Siyamankela Kolpati	M
Siphesihle Mgengo	M
Paolo Magni	M
Susanne Fietz	F

Facilitator Comments

My general assessment of the feedback from the course has indicated that the expectations of the coaches were met, which is very positive.



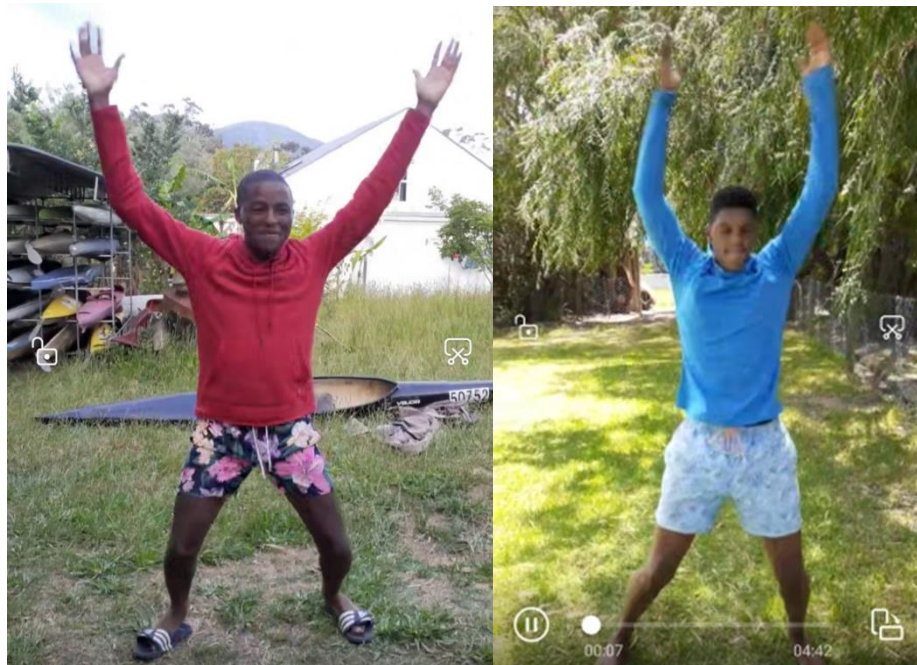
Coaches in action

The course was held on Zoom and no technical problems were encountered, however Zoom does not allow for file sharing or uploading of documents as is the case on Microsoft Teams, this did result more administration for myself as I had to transfer practical submissions from WhatsApp via email onto my computer in order to assess the coach's submissions, nor could the coaches have on demand access to the Szanto demonstration video.



The view from the "other" side

Sessions were limited to between sixty and ninety minutes to maintain the attendees focus however on occasion the discussions following the delivery extended for a further 30 minutes or so. I do feel that allowing for this to happen is very beneficial as it gives the coaches the opportunity to share their viewpoints, experience and ideas.



Star Jumps 101

We were able to incorporate all the necessary practical elements, with each attendee having to submit two brief videos as well as present an abridged training program across all sections of the standard training periodisation periods.



This element of the practical component once again received the best feedback from the attendees with all of them really enjoying the process and learning a lot from each other during the sharing process.



In terms of understanding the theoretical aspects, I feel that by having the sessions split across three weeks this enabled the coaches to reflect on their learning as well as prepare properly for each session by reviewing the relevant chapter in the course manual prior to the online lecture.

For this course we did add to the tasks after each session with the inclusion of the following videos that needed to be watched via the ICF free online lecture series portal:

https://www.canoeicf.com/icf-performance-education-free-online-series?utm_campaign=PerformanceEducation

- Difference between women's and men's training methods,
- Choosing a paddle for young kayak athletes,
- How to train your athletes to paddle faster,
- Anti-doping Education - Keeping canoeing clean.

During our last session we once again included a discussion around the importance of developing a culture of collaboration amongst the coaches which stressed the vision of a shared goal (having South African paddlers achieving results on the world stage) and a willingness to work together towards this by sharing knowledge, recognising and respecting differences, and pushing each other to excel thereby raising the level of coaching from within our structures for the benefit of all our athletes.



As always I strive to ensure that on completion of the course that the coaches leave competent and able to transfer the necessary skills that beginners would need (balance, technique etc.) in the correct way, as well as being able to set up basic training programs that can be implemented to train their athletes towards competing in provincial competitions and I can confidently say that this goal was achieved.



In summary I believe the course objectives were met and the experience was worthwhile for all involved. I would like to thank all those responsible for providing the opportunity for this knowledge sharing experience to take place, and look forward to seeing how the coaches progress, find fulfilment in their roles and make canoeing a fun, safe and challenging experience for those with whom they interact.