

Discipline Support Module Summary – Sprint Racing

This document provides a summary of the British Canoeing Awarding Body Sprint Discipline Support Module for course organisers and candidates.

Overview

The British Canoeing Awarding Body Sprint Discipline Support Module Part 1 is designed to assist coaches who want to gain more knowledge about the specialist discipline of sprint. The course introduces and explains the basic techniques and coaching strategies. The module seeks to support the continuing process of good coaching practice on the riverbank, with the syllabi written to focus on coaches who are likely to be supporting beginners.

Audience

The module is aimed at coaches who are interested in developing their knowledge to coach introductory sprint techniques.

Prerequisites

At the point of registration, the following prerequisites are required:

- £17.50 Registration Fee for Delivery Centre Members;
- A British Canoeing Awarding Body Coaching Qualification;
- Age 16 years of age, or older.

Note – Coaches new to sprint techniques are advised to complete the British Canoeing Awarding Body Sprint Discipline Support Module Part 1 and the associated logbook prior to Part 2. Experienced sprint coaches/athletes can bypass Part 1 with a reference from a current British Canoeing Awarding Body Sprint Support Module Director, Delivery Centre Coaching Manager or approved referee. A reference section is available in the Sprint Discipline Support Module Part 1 Logbook.

Coaches who have completed the Racing or Marathon Discipline Support Module can also move directly to Sprint Discipline Support Module Part 2 without completing Part 1 Training or Logbook.

Course Length

6 hours.

Delivery

The course includes both practical and theory sessions. Classroom sessions will be supplemented by demonstrations, group activities, videos and worksheet resources. Coaches will work towards understanding core sprint racing skills, whilst building specific coaching tools to aid the delivery of fun and productive sessions. The course is designed to be delivered indoors and/or outdoors. A Sprint Technical Manual is currently under development, this will provide further support in the syllabus topic areas.

Learning Outcomes

By the end of this module, candidates should be able to:

- Identify the key demands of introductory sprint performance;
- Recognise and understand the key elements of the basic sprint techniques;
- Recognise and understand the key elements of crew boats and basic training principles;
- Recognise and understand the elements of preparation, delivery and review within an introductory competition environment (linked to British Canoeing Awarding Body Level 1 and/or Level 2 Coaching Syllabi).

After the Course

After completing the module candidates receive a letter confirming attendance from their Delivery Centre. During the course, candidates are issued with a Sprint Discipline Support Module Logbook. The logbook is used to record work done out in

the field with a mentor, and focuses on developing the key technical elements covered within the module. Candidates who successfully complete the logbook return this to their Delivery Centre for British Canoeing Awarding Body Sprint Discipline Support Module certification.

Further Reading

Canoe Sprint Coaches Manual Level 1, 2 and 3
www.canoeicf.com

BCU Coaching Handbook. Franco Ferrero (ed.) 2006. ISBN: 0-9547061-6-1

- Chapter 1, Coaching
- Chapter 2, Physiological Principles
- Chapter 12, Forward Paddling
- Chapter 20, Racing