

West Midlands Regional Development Team

Go Paddlin' Day, Saturday 17th May, Upton Warren

All paddlers, no matter what your level of award or experience, are invited to the West Midlands RDT Go Paddlin' Days. These Events aim to provide an excellent opportunity for paddlers to:

- Meet the Regional Development Team and find out how they can help you.
- Meet other paddlers and share ideas
- Participate in workshops to develop paddling skills
- Try other parts of paddlesport
- Get your Canoeing questions answered

Programme and session options

09:00 – 09:30	Arrivals	<i>Tea and Coffee</i>
09:30 – 9:40	Welcome and Introductions	<i>An overview of the day</i> Canoe England Staff
10:00 – 12:00	Session A <i>Part 1</i> 1 star workshop	<i>For paddlers new to the sport to work towards the new 1 star</i>
	Session B <i>Part 1</i> 2 star workshop	<i>For intermediate paddlers to work towards the new multi boat 2 star</i>
	Session C Paddlepower	<i>For youngsters to get the new Paddlepower Start Award, and work towards Passport</i>
	Session D Paddlesport Start	<i>For adult beginners to get the new Paddlepower Start Award</i>
	Session E Cross Stream Challenge	<i>Multi discipline fun, games and drills</i>
	Session F Open Canoe Skills	<i>Practical session exploring traditional open canoeing, solo or tandem</i>
12:00 – 1:00	Lunch and Paddlesport Quiz	(Please bring your own packed lunch!)
1:00 – 3:00	Session A <i>Part 2</i> 1 star workshop	<i>For paddlers new to the sport to work towards the new 1 star</i>
	Session B <i>Part 2</i> 2 star workshop	<i>For intermediate paddlers to work towards the new multi boat 2 star</i>
	Session G Paddlepower	<i>For youngsters to get the new Paddlepower Start Award, and work towards Passport</i>
	Session H Paddlesport Start	<i>For adult beginners to get the new Paddlepower Start Award</i>
3:30 – 4:00	Summary, prize giving	
4:00 – 5:00	Slideshows	<i>One or two talks with slideshows from local paddlers expeditions</i>

Drop in sessions, running all day unless stated

Try a Boat	<i>A chance to try different types of canoes and kayaks and demo boats. Coaching Tips available too.</i>
Time Trial	<i>A 'round the buoy and back' event in canoes or kayaks against the clock</i>
Cross Stream Challenge (Afternoon only)	<i>A flatwater slalom time trial</i>
Bellboat Race. (Afternoon only)	<i>Teams of 8 racing head to head, if you don't have a team we will make up 'scratch teams' on the day</i>
Canoe Expeditioning	<i>A static workshop looking at journeying, camping, cooking and living from The Open Canoe</i>
Meet the Clubs	<i>Representatives from various clubs from around the West Midlands will be on hand to tell you all about what they do</i>

The workshops are intended to give a flavour and insight into various aspects of paddlesport activity whilst creating opportunity for paddlers to gain a greater understanding of the variety of the sport. You must bring with you paddling kit and a boat if you have one for the practical workshops. If you need to borrow kit such as buoyancy aids let us know. Additional boats will be available for the multi-boat sessions. Tea and coffee will be provided, however you will need to make your own arrangements for Lunch.

Please note the following dates have been provisionally identified for further Go Paddlin' Days, venues to be confirmed

Saturday 19th July , Saturday 20th Sept 2008, Further information in due course.

Please note that Workshops and Deliverers may change and are subject to availability.

Canoe England West Midlands Regional Development Team

To book your place, complete the enclosed reply form and return it to Birmingham LCO: Dave Bateman, The Ackers, Waveley Canal Basin, Small Heath Highway, Birmingham B10 0DQ
info@ackers-adventure.co.uk

REPLY FORM

Go Paddlin' Day Sat 17th May, Upton Warren

Please complete the details below and return this form to Dave Bateman

I, (Print name) would like to attend the West Midlands
Go paddlin' Day, 17th May at Upton Warren

My address is:

.....

E-mail: Tel:

BCU Membership no,(if applicable):

I also enclose my fee of £5. **Cheques should be made payable to BCU West Midlands

Signed:..... Date:.....

To help us organise the day, please indicate which workshops you would like to attend.

Session A, 1 star workshop – all day (a BCU admin fee is charged for the certificate)		
Session B, 2 star workshop – all day (a BCU admin fee is charged for the certificate)		
Morning Session		Afternoon Session
Session C Paddlepower		Session G Paddlepower
Session D Paddlesport Start		Session H Paddlesport Start
Session E Cross Stream Challenge		Session I Open Canoe Skills
Session F Open Canoe Skills		

Please note – I am accepting these applications by email – then cheques to follow.

info@ackers-adventure.co.uk

Closing date for applications is 1st May 2008