



Coaching the Mind - Foundation

The Course

This 3 hour course will introduce the coaching concepts to help understand the psychological aspects of coaching paddlesport. This will help both the individual as a coach and also as a performer and give a valuable insight into this key aspect of paddlesport. It will be delivered in an understandable and practical way which should shed some light on this large subject area, and hopefully inspire the learner to want to learn more.

Please bring your BCU log book (if you have one). Note: It is not essential to be a member of either of the Canoe Unions to undertake training. However, we recommend that all students join before attending: Tel: BCU on 0845 370 9500; or Tel: SCA on 0131 317 7314.

This course is aimed at any UKCC Level 1 or 2 Coach and can be used as the required module for the UKCC Level 2 Award or as CPD , as well as being a course suitable for any paddler interested in learning more about Coaching the Mind.

If you require further information about the UKCC Foundation Modules and the syllabus's please contact the BCU direct on 0845 370 9500 or www.bcu.org.uk

Meals

No meals are provided as part of the course, however coffee and biscuits are available mid morning.

Arrival & Departure Information

The course has a lot to cover, so please arrive at the Lodge promptly for a **1400hrs start** and the course will finish by 1730 hrs

What Equipment Will I Need?

As this is a classroom based course no outdoor clothing is required. You may find it useful to bring along a notebook and pen.