

## How To Get Involved.

Canoeing activities are open to all members of SYG, however, please note that, unless otherwise stated in this programme, **YOU MUST SIGN UP IN ADVANCE FOR A CANOEING ACTIVITY.** You must not just turn up as all the equipment, coaches and preparations have to be carefully planned.

All activities in this programme will be announced at SYG on Monday evenings at least 2 weeks in advance. At this point, if you would like to take part in the event, you must give your name to Steve who will record it in the Canoe Log Book. You will then receive a note with all the details of the event. If you put your name down for an event, you will be expected to attend, so please ensure that you check your availability carefully.

## What You Need To Bring?

When canoeing with SYG, we expect each member to bring appropriate "wet" clothing to canoe in (i.e. tracksuit, old trainers and a cagoule), a full change of dry clothing with a towel, a packed lunch/tea/snack and a drink, preferably a hot one. All this should be brought in a waterproof bag (2 bin liners will do the trick).

For the pool sessions, all you will need is your swimsuit, goggles and a nose clip if you are sensitive to pool water.

## Further information

More details of canoeing events and activities, as well as SYG events in general, can be found on our website at:

[www.syg.org.uk](http://www.syg.org.uk)

## Canoe Coaches



### Steve Burgess – Level 1 coach

Steve is co-ordinating all the canoe events and activities this year. For any information regarding SYG Canoe Club events, please contact Steve:

**T: 01223 574496**

**M: 07795528936**

**E: Steve@syg.org.uk**

### Paul Whitmell – Level 2 coach

Paul has been canoeing for 14 years now. He is a BCU Level 2 Kayak Coach and an RLSS Pool Lifeguard.

### David Chaplin – Level 2 coach

David has been canoeing for 12 years and is a BCU Level 2 Kayak Coach.

### Robert Chaplin – Level 1 coach

### Adam Telfer – Level 1 coach (canoe)

*All BCU Coaches are first aid qualified.*



*The British Canoe Union (BCU) is the UK's governing body for the sport. All SYG Coaches are BCU qualified and work to BCU guidelines for instructing groups at all times.*

*For more information about the British Canoe Union, check out the web site:*

[www.bcu.org.uk](http://www.bcu.org.uk)

# Sawston Youth Group



## Canoe Club



## Programme of Events 2009 - 2010

[www.syg.org.uk/canoe\\_club.htm](http://www.syg.org.uk/canoe_club.htm)

## Star Test Coaching

The BCU has a system for measuring personal progression called the Star Test. This year SYG will be running some coaching sessions aimed at achieving these awards.

### 1 & 2 Star Coaching and Assessment

25<sup>th</sup> April 2010 Sunday Afternoon

An afternoon of coaching mixed with fun and games, geared towards the 1 & 2 star syllabus. Cost - £3. Star test (if taken).

### Spring River Trip

16<sup>th</sup> May 2010 Sunday Afternoon

A circular trip on the River Great Ouse at Huntingdon – essential requirement for 2 star. Cost - £3 (trip)

### SYG Annual Residential

23<sup>rd</sup> to 27<sup>th</sup> July 2010

Full range of outdoor activities will be on the programme including canoe and kayak coaching with a chance to take star awards. Cost - TBA



## Learn to Coach

### BCU Coach Level 1 Course

By arrangement 4 day

A four day programme ( two weekends) course leading to the BCU/UKCC Level 1 coach award. Pre-requisites for this are a current First Aid certificate, Foundation Safety and Rescue Course and a 'new' two star award. Assessment forms part of the four day programme.

(Age 16+)

Cost – TBA

### BCU Foundation & Safety Rescue Training (Training & Assessment)

By arrangement 1 day

A pre-requisite for any coaching qualification. Cost – TBA

### First Aid

By arrangement 1 day

A pre-requisite for all the BCU coaching awards.

(Age 16+)

Cost – TBA

Most of these courses can be taken at Mepal Outdoor Centre.

## Pool sessions

Pool sessions are the perfect compliment to the coaching sessions. This year, we have three pool sessions to link in with the coaching afternoons. They take place at the Abbey Pool in Cambridge on Sunday evenings between 6.00pm and 7.00pm. The cost is £3 per session and **places are limited.**

Meet at SVC car park at 5.30 pm.

### Learn Your Support Strokes for 2 Star

28<sup>th</sup> Feb, 14<sup>th</sup> March, 28<sup>th</sup> March 2010

## Fun events

### BBCC Competition Weekend

18<sup>th</sup> – 20<sup>th</sup> September 2009 Weekend

A weekend at Slenningford Mill, River Ure aimed at introducing paddlers to competitive canoeing and improving personal skills. No competitive experience required - great fun!! Cost – TBA (will include tented accommodation and food).

### Family canoeing afternoon and BBQ

27<sup>th</sup> June 2010

An afternoon based by the River Cam at Grantchester. BBQ available and canoe sessions running all afternoon. Open to SYG members and their families and friends.



PLEASE NOTE: ALL DATES & TIMES LISTED ABOVE ARE PROVISIONAL. DETAILED ARRANGEMENTS WILL BE DISTRIBUTED PRIOR TO EACH EVENT.