

# **British Canoeing Community of Learning C1 Webinar Series**

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Early development in C1



# Agenda

- Philosophy – How your style will influence success.
- What's the goal? Coach/Club or Individual ambition.
- How are you going to achieve the goal – Programing
- How to balance multi disciplines + switching – What do we know about switching?
- C1 Community – Networking and creating a C1 community

# Introduction

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Why C1? What got you into it? Brief intro...



# Feedback from other C1's

I liked the challenge more than K1

C1 is cooler!!

I wanted to show that Girls can be as good as the Boy's

I like being Higher up from the water

The feeling I get in C1 is greater than what I get from being in a K1 boat

I want to be the best I can in both both boats as I feel C1 makes my Kayaking better

Opportunity's – Less C1 than K1's





# Your Coaching Philosophy

- Understanding who you are as a coach and what you bring to the table will help shape whatever learning environment you create.
- “Empowering people through clear understanding, fun inventive ways of problem solving and “never saying never” will define my success and the success of others”
- Question to consider – Who are you and what do you bring?

# What's the goal? Coach/Club or Individual ambition.

- Increasing participation?
- Being the strongest (depth and quality of paddler) C1 club in England/UK/Europe or the World?
- Have the most female C1 paddlers or a balance of both Male/Female?
- Are you building on or creating new goals?
- Example – British Canoeing's mission statement is to be the top nation on the Olympic medal table.

How you set this goal will define the rest of your programme.

Consider your approach and be ambitious!



# How are you going to achieve the goal?

- Programing – Chunking up and down – When do you do either or?

‘Chunking up’ – Global needs – Having enough time to paddle i.e 50/50 split in kayak/canoe to allow enough time to learning to take place more often.

‘Chunking down’ – Specifics – learning switchbacks/ fakies.

- Timeframe – Once you’ve defined learning outcomes how/where and when do you do things?

Example – Learning to roll in the pool during the winter – WW development in the warmer months.

- Your Knowledge – Are you learning with the group? What needs to you foresee yourself needing education or upskilling in?

Opportunity to use BC resources, other club coaches and C1 paddlers to help facilitate self-development/ understanding.

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Week	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43				
Date	08/05/2023	15/05/2023	22/05/2023	29/05/2023	05/06/2023	12/06/2023	19/06/2023	26/06/2023	03/07/2023	10/07/2023	17/07/2023	24/07/2023	31/07/2023	07/08/2023	14/08/2023	21/08/2023	28/08/2023	04/09/2023	11/09/2023	18/09/2023				
Phase	Explore												Evolve										Exploit	
Week Focus				Testing											Testing									
National Races				Chap Falls Div 1					HPP Prem								Tully Div 1		HPP Prem/ Div1		Bala Prem			
Intl.Races									SNR E		WC2	WC3	U23 E				U23 W				WC4			
Holidays				May Holiday											Summer Holidays									
Camps	HPP Camp				LV Camp		Capel Falls Camp					LV Camp					Summer Camp				RDS CampLV		Tully Camp	
Loading																								
Technical	Foundation Tech- FW Technical Drills						Ups						Staggers						Technical Consistency					
	Feature work																							
	General Technical development with a broad focus - to allow for technical execution over a full run																							
Tactical	Expanding Technical Knowledge to translate to being on the water										Fulls Delivery - Embracing them - Coursewalk skills and creating a plan balance													
	Nutrition and Recover Strategies																							
	WW Development - Understanding																							
Physical	Building the beast...										Max Strength to support connection on the water													
																Speed								
	Develop physical foundations for the future and having the fundamental physical capacity to deliver full runs2 Gyms per week, additional core work, general conditioning work. A Mixture of intense work and maximal strength work to maximise my potential																							
Psychological	Super Strengths															Application of super Strengths in training, fulls and planning								
	Planning and preperation (goal setting)										Refocusing and Adaptability													
	Attention & Intentions																							
Self	Explore interests outside of Canoeing										Who am i? Values, Personality, strengths, Motivation													
	Understanding Self																							
	Emosional understanding																							



# How to balance multi disciplines – C1/K1/KC



# Part 2...

## **Allowing time for disciplines to evolve naturally.**

Key bits here for me are keeping things similar. Positions are different you have 1 less blade but how can you create similarities in approaches and fundamentals between the 2 boats.

When/What C1 sessions to focus on.

Physicals in a C1 can be more demanding in terms of “stress points” i.e Top arm ache, Leg ache etc... Are the session outcomes worth the investment? Kayak is less stress on these areas and recruit more muscle groups within the action therefore you can achieve a higher grade of work (effort) for less physical detriment. C1 Is more Technical. Single blade work enhances feel through the blade etc...

# Part 3 – Switching

Switching allows a natural link between kayak and canoe. It's important to remember when kids first start, they will not be familiar with classic c1 techniques. This presents a very open environment for self-exploration to occur as well as guided, not fixed, learning to be delivered by the coach.

## Key Points for Switching

- Having a blade on the inside(onside) of the turn can make movements easier and less “scary” when starting out or moving onto more complicated water.
- The crossover benefits are more obvious and easier for coaches to employ between both boats.
- Saves energy and is less demanding on top arm opposed to using crossbows.

Going back to programming, it's still important to have a good understanding of quality examples to draw from in terms of shapes and styles when leading a group through early development stages. Linked below is some learning resources compiled below from a few different sources.

The first link gives a real-world example of a K1M/C1M world champion Fabian Lefevre giving some insight to his approach to switching.

Fab C1 Gold 2014 World Champ - <https://youtu.be/uXNnlUtclwk>

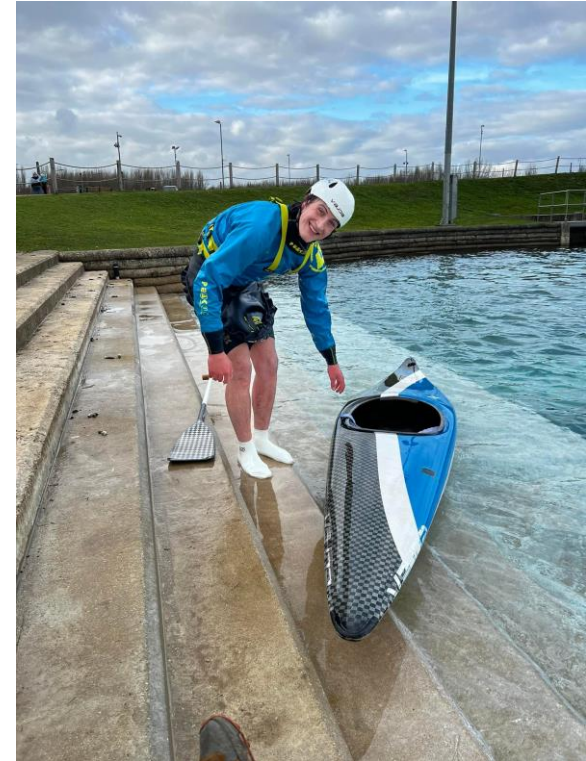
The 2<sup>nd</sup> link is a recent project by England talent to upskill and educate around all things slalom. It's particularly useful given the topics covered both in C1 and K1.

Useful examples - <https://youtu.be/pb1xEyGwgjU>



# Networking and creating a C1 community

- What can we do to help build this up moving forward?



# Helpful links

- <https://c1canoeslalomtechnique.weebly.com>
- <https://www.youtube.com/playlist?list=PLkPLpXtu24vtirlipjBobPEZXnC02s91> – British Canoeing playlist (old)
- <https://youtu.be/pb1xEyGwgjU> - Slalom Technical Progression Guide Video