

LEARN TO RACE

Providing paddlers with a breadth and depth of competitive experiences to learn from means they develop a robust skillset and library of experiences to deliver optimal performances in any conditions, boats or environments. We recommend athletes have a range of competitive experiences that challenge the strength of their race planning such as racing at local, regional, national and international races as appropriate.

Example sequence of development	Fundamentals / Learn to Train	Train to Train / Train to Compete	Train to Train / Train to Compete / Train to Excel
Principle focus	Lots of variation in stimulus, learning to enjoy racing, normalising the 'pressure' of competition, lots of different boats and disciplines.	Learning to deliver closer to potential, exposed to racing under 'pressure' in multiple events.	Peaking and delivering in specific events.
Domestic competition focus	Interclub and local events.	Local/Regional events, National events, potentially selection.	Local, National, Selection, National events.
International exposure (discipline specific)	International club events and training camps are encouraged.	Olympic Hopes (if applicable), open entry international regattas (eg. Boulogne, Neerpelt, Sobeka). Development targeted international events	Age-range championships, other events like senior internationals (Para).
Skills and behaviours to be developed	Exploring racing strategies for personal abilities, boat classes, events & conditions.	Constantly exploring and developing race plans for optimal performance in multiple events. Developing self awareness and ownership of strategies to manage race day, i.e. nutrition/hydration, boat prep, kit/ lane number, race day schedule.	Delivering a robust race plan for the conditions and events. Good autonomy on race day and managing self effectively. Seeks support when needed.
Racing knowledge to be developed	Boat Weights, Staying in centre of lane	Competition Rules - ID checks, start line timing, post race boat checks	Domestic and international anti-doping rules and procedures