



## Slalom Programme 2022

We are offering several options for current club members. They are designed to meet a range of needs, from those who would like to improve their boat control by learning slalom technique, to people who are keen to start training and racing.

### Club Slalom Skills

*Develop precise boat control and improve your paddling by learning slalom techniques.*

You will use your regular kayak (plastic welcome!) and work in a group of up to three paddlers, with a slalom coach who will be on the water with you. The content is tailored to each group, with emphasis on accuracy and control of break-outs and ferry glides (upstream gates) and precision when moving downstream (offset gates).

This is a 3 week course, using a combination of flatwater and then legacy or Olympic depending on the group. Open to Legacy or Olympic assessed club members of any age.

Cost: £45 including water fees. 3 spaces

Dates:

Course 1: 6.30 pm, 30 March – 13 April (3 weeks)

Course 2: 6.30 pm, 27 April – 11 May (3 weeks)

More dates will be added for the remainder of the year.

### Club Introduction to Slalom

*Learn and practice the fundamentals of slalom.*

This course offers structured, progressive skill development and practice. This will set you up to continue training and to start competing in Div 4 events if you wish. You can use your own slalom boat or borrow a slalom boat from the club. Each session starts with flatwater gate skills then moves to the lower section of the Olympic for the remainder of the hour. Depending on ability, we may also move to other sections of the Legacy or Olympic.

Your coach will be on the water with you and at times also work from the bank.

At the conclusion of the 4 week course you can join another 4 week coached course, or join the open training sessions (see below).



Cost: £44 including water fees

Dates:

Course 1 6.30 pm, 9 March to 30 March (4 weeks)

Course 2 6.30 pm 20 April – 11 May (4 weeks)

More dates will be added for the remainder of the year.

### **Club Slalom Open Training**

An open session for club members to practice on slalom gates at the bottom of the Olympic course. A coach will be on the bank to offer advice and feedback. These sessions will be an ideal follow on to the Introduction to Slalom course, or for club members who have some familiarity already with slalom and would like to practice with others.

7.30 pm, starting 6 April.

Cost: £10 per session including water fee.

Max 8 spaces.

All of the above options can be booked and paid on Webcollect.

### **Junior Introduction to Slalom programme**

We will also be offering a Junior Introduction to Slalom programme. This will be funded by our Talent Club Partnership with British Canoeing and is primarily aimed at children 9 –11 years old. We will teach basic paddling skills and progressively introduce slalom. Parents of junior club members from 12 – 16 years old should contact Ciaran Edwards to discuss their options (i.e. this programme or the standard Introduction to Slalom), which will depend on their current experience.

### **Questions?**

If you have questions about any aspect of the club's slalom programme please contact

Ciaran Edwards [lvpcslalom@gmail.com](mailto:lvpcslalom@gmail.com) or Jonathan Males [lvpcchair@gmail.com](mailto:lvpcchair@gmail.com)