



# GB Freestyle High Performance Coach CPD



*GB Freestyle are looking to train voluntary high-performance coaches to deliver our GB Academy, Squad and Team programmes.*

*It is a super exciting time to get involved with freestyle coaching, and join our world leading team. You'll be mentored and gain experience with world class freestyle coaches and gain insights from the people who help athletes become champions. Best of all, you'll get to share with the world what a great sport freestyle is.*

We're delighted to announce the launch of the GB Freestyle High Performance Coach CPD programme. This programme aims to develop and sustain a high standard of national freestyle coaches and increase freestyle coaching knowledge within the paddlesport community.

All coaches joining the GB Academy, Squad and Team programmes can access the GB Freestyle Performance Coach CPD programme. This supports coaches to gain real world experience in freestyle, whilst being mentored by experienced senior Coaching and Sports Science staff. Upon successful selection to the programme, coaches will gain National Trainee Status, and will complete a training and assessment portfolio, with successful coaches joining the National Coaching Team.

## What does the CPD include?

### Support to Athlete in Training

- ★ Implement an appropriately structured training practice.
- ★ Improving athlete's performance via enhanced learning interventions.
- ★ Make adjustments to training practices based on athletes' response to the training tasks.
- ★ Implement protocols and methods that contribute to the development of freestyle-athletic abilities.

### Analyse Athlete Performance

- ★ Identify the demands of what it takes to win, understanding the road map to success.
- ★ Apply biomechanical and notional analysis practices to improve performance.
- ★ Detect technical & tactical elements for performance enhancement and/or injury prevention.
- ★ Correct technical & tactical elements for performance enhancement and/or injury prevention.

### Planning Training Practice(s)

- ★ Identify logistics and pertinent background information for practice.
- ★ Identify appropriate activities in each part of the practice.
- ★ Design and sequence technical activities appropriately within the practice series to enhance performance or create optimal adaptations.
- ★ Design and sequence performance thinking activities that are integrated in to technical practice.
- ★ Design and sequence physical conditioning activities that are integrated in to technical practice.

## **Making Ethical Decisions**

- ★ Appreciate what the meaning or purpose of freestyle is to different individuals.
- ★ Recognise the difference between winning and succeeding in freestyle.
- ★ Understand why a person may choose to act contrary to their values and principles.
- ★ Explore the components of an ethical decision-making framework.
- ★ Apply an ethical decision-making framework to a scenario to determine a course of action and identify potential ramifications of the decision.

## **Support the Competitive Experience**

- ★ Implement procedures that promote readiness for performance pre-competition.
- ★ Make decisions and interventions that promote performance during competition.
- ★ Use the competitive experience to create meaning in athletes' development outside competition.

## **Design an Annual Training Programme**

- ★ Outline a programme structure based on training and competition opportunities.
- ★ Identify appropriate measures to promote athlete development.
- ★ Integrate annual training priorities into programme.
- ★ Organise and sequence training priorities and objectives on a regular basis to optimise adaptations.

## **Review and Optimise an Annual Training Programme**

- ★ Critically review the annual programme and present findings for discussion.
- ★ Contribute to the continued development of an effective and efficient annual training programme.

## **Managing Programmes**

- ★ Manage administrative aspects of the training programme and oversee logistics.
- ★ Contribute to the continued development of an effective and efficient administration.

## How's it delivered?

The High Performance Coach CPD programme will include both practical and remote training and evaluation, encompassing the following key principles;

1. We appreciate that a volunteer's time is valuable and the programme is designed to be flexible to fit in with daily life commitments and maximise the benefits to both the coach and the athletes.
2. Because every coach is unique, the programme aims to help make learning individually relevant and immediately applicable; supporting coaches as they work toward incremental improvement.
3. The CPD programme tracker monitors progress and assesses whether you're on track, with helpful prompts to write coach journal entries. This is one of the ways the programme aims to help new ideas to become new behaviours in support of more effective coaching practices.
4. The programmes support resources ensure coach development opportunities are seized upon, whilst consolidating key coaching theories/concepts for desirable lasting coach behaviours.
5. Throughout the programme, levels of activity and progress will be monitored and used to determine where additional support may be needed.
6. At the end of each programme review cycle, a report will help decide the next steps to direct coaches towards the desired outcomes, and inform future development.

## What commitment is expected?

We are looking for people who have the voluntary time to commit to GB Academy, Squad and Team training programmes throughout the year. These programmes are predominately based in Nottingham at the National Water Sports Centre (GB Freestyles Centre of Excellence). Trainee coaches are expected to give a minimum of 6 days per year to attend Academy, Squad or Team training events, in addition to attending other mutually agreed coaching sessions and important development opportunities.

The High Performance Coach CPD programme runs on a year to year basis with an annual reflective process to agree ongoing opportunities within the GB Freestyle Development Pathway.

## How do I Apply?

GB Freestyle Performance Coach CPD nominees will be recruited through an open and transparent selection process. Applications will be invited from GB Freestyle Inspirers, British Canoeing Performance Coaches and Coaching Diploma holders with no specific requirement to come from a Freestyle background.

Places are limited and will go through a selection process

Online: [APPLICATION FORM](#)

Applications will be followed by interviews (if required).

