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FREESTYLE

TEAM & SQUAD

Training Programme 2020

Foreword

Our programmes over the last 6 years have grown to successfully help more athletes fulfil their potential at national and international level, with an increasing number of finals and medals at major internationals. As we look towards the World Championships in 2021 and beyond, the GB Foundation and Excel programmes set out to continue to promote freestyle culture and lifestyle, whilst inspiring, and providing athletes with the skills they need to perform at their best at international competitions.

In order to drive this forward GB Freestyle, British Canoeing and Lincolnshire University, in conjunction with our National Coaches and the Sports Science Team will help bring the athletes, parents and regional coaches together to facilitate the transition from talented individual to World Champion.

I would like to thank all the athletes for their valuable feedback and the contributions from our voluntary coaches and sports science team. I look forward to working with you all towards 2021 and beyond.

Dennis Newton - GB Freestyle Performance Director.

Introduction

The Foundation and Excel programmes represent a focused series of remote learning modules and domestic / international training camps with the priority of enhancing the athletes daily training environment and supporting the transition from being a promising, talented athlete into a robust and high performing athlete with the knowledge, skills and experience required to be successful in the World Championships, and then to sustain this for a target of three World Championships.

Overall programme outline:

Foundation & Excel are holistic programmes, which dovetail seamlessly to cover

techniques, tactics, fitness and mental preparation and are designed to take freestyle athletes on a developmental journey that looks at the difference that makes the difference to become a 'World Class' athlete through the pursuit of excellence. This approach is all about assisting athletes to find, then recognise these insights, and grab hold of and use the ones that work best for them.

The programmes assist athletes to self-direct their development through three main phases:

- Self-awareness - having a good awareness of their own strengths, weaknesses, values, motivations, emotions and learning preferences.
- Resilience - managing change and dealing with challenges or adversity and setbacks.
- Openness to learning - seeking advice and feedback, working on weaknesses and engaging in meaningful practice and learning.

The programmes are highly practical and provide remote learning (using webinars and an actionable conversation platform) to gain new behaviours and capabilities within their training and competition activities. These include the following modules, although the programme may be adjusted to team/individual athlete needs:

- Mastery Motivation - become a great competitor.
- Goal Setting and Reflection.
- Decision Making - plan for success.

- Team Work - achieve more together.
- Performance Planning - refining the competition day plan.
- Maintaining Focus - mental warm-up, and focus during the competition.
- Execution - deliver under pressure.

The programme applies a comprehensive range of on water technical/tactical coaching sessions (see annual plan) that incorporate the following critical areas:

- Structured technical thinking - knowing what has scored.
- Structured tactical thinking - routine flow and maximising scoring potential.
- Establishing a routine tempo - avoid rushing move completion.
- Competition Simulations - Bringing it all together.

The programmes will monitor the athlete's progression throughout the annual training plan and benchmark skill and performance levels which will be used to adjust the programmes to meet their needs. These benchmarks will be measured against an evidence-based model WITTTW (using normative competition data from each freestyle class and discipline) aimed at developing and preparing athletes who can ultimately perform on the day and deliver their best performance at World Championships.

National & International Camp

There are 3 camps before the World Cup in Nottingham, and a further 2 more before

European Championships in France.

Overall camp outline:

Camp 1 - Introductions & Optimising Training

The first camp will set the scene for the training and competition season, including the introduction to the coaching and support team, the programme (schedule, contacts and communications), and a discussion around the WITTW and the ICF scoring criteria update.

Athletes:

- Structured technical thinking - mindful practice and knowing what has scored.
- Goal setting - establish and review with the coach.
- Using profiling report to influence training.
- Using a training journal - establish or review with the coach.
- Understanding ICF Scoring Criteria & WITTW Model.
- Strength and Conditioning - training safety considerations and programme organisation.
- Nutrition - fuelling training with good food choices on a daily basis and the importance of keeping hydrated.

Parents:

- The year ahead - camp and event information.
- Nutrition - fuelling young athletes.

Camp 2 - Athlete Development

A focus on the behaviours exhibited by top athletes and the application of this in developing a champion mindset.

Athletes:

- Structured technical & tactical thinking – optimising the routine flow and maximising scoring potential.
- Controlling the controllable - perceiving a challenging situation as an opportunity to learn.
- Effective warm up and cool down strategies.

Camp 3 - Performance Deliverables

Learning to deliver on a given day is an important skill for athletes. This camp sees athletes delivering on elements of the process learned so far to monitor progress.

Athletes:

- Establish a routine tempo - mindful practice to avoid rushing move completion within the ride.
- Reflective practice - growing from what you do.
- Refine the competition plan for international events.
- Refine the mental warm up routine.
- Performance benchmarking - using the WITTW model.

Parents:

- Supporting young athletes - advice and guidance for parents on supporting young athletes through the highs and lows of the competitive journey.

Camp 4 - Technical / Tactical Delivery

This camp's focus is on the delivery of the competition ride routines and brings together the Excel sports psychology module and in-season strength and conditioning programme.

Athletes:

- Competition Simulations - Bringing it all together.

- Revisit and review competitive goals and mental warm-up with the coach.
- On site-focus planning - review and refine with the coach.
- Nutrition - fuelling and recovery on competition days.
- In-season S&C – training considerations and recovery strategies.

Parents:

- Update for the European and World Championship.

Camp 5 - Bringing it all together

The final camp focuses on sharpening the edge to deliver the rides full potential in competition simulations and working with the coaches and support team. We then use the data gathered to reinforce strengths and work through any development gaps in the final preparations.

Athletes:

- Competition Simulations - bringing it all together.
- Nutrition - energy management during demanding training and competition weeks.
- WITTW model - profiling & ride benchmarking.
- Selection Policy 2021 Updates.

Athlete Personal Coaching and Mentoring

Athletes will be allocated a coach following confirmation of Squad & Team status to help support their preparations for Cup and Championship Events. The coach is there to listen and collaboratively work with the athlete to provide answers and

suggestions that contribute to consistently high levels of performance in training and competition.

This requires the athletes to discuss and agree with their coach a personalised training and competition plan. The coach will commit to maintaining communication and assisting the athlete in achieving their training and performance goals. The athlete will commit to continuing to

meet the conditions of the training and competition plan, as well as any other coach and athlete mutual agreements.

There may be unforeseen circumstances or conditions (e.g. work, injury or illness) that make achieving these goals difficult or impossible in part/whole. In this instance the athlete is required to inform their coach or the Performance Director in order to have an open discussion to identify a

solution that is in the best interest of athlete wellbeing.

The athlete also commits to participating in a review of the training and performance plan with the Performance Director (or designate). This will take the format of a check-in (face-to-face, or via e-communication) to discuss how the athlete is progressing and to assist in making future improvements to the GB Team or Squad training programme.

Foundation & Excel Remote Psychology Module Curriculum

The educational element of GB Freestyle Squad & Team is aligned with Stage 4-5 of the GB Freestyle Development Pathway. The progressive curriculum below ensures that athletes continue to develop their knowledge and understanding through, open mindedness, commitment, and working with others.

Sports Psychology Foundation & Excel Curriculum – key elements					
Foundation Modules	Module 1 Mastery Motivation	Mastery Motivation - The key to becoming a great competitor.	Understand the key attributes of Mastery Motivation including goal-setting, taking personal responsibility and self-discipline.	Identify key actions to develop an athletic mindset	
	Model 2 Decision Making	Begin to develop the plan for training sessions and competition day.	Learn how to review and capture learning from each training session in a training journal.	Engage with the coach in planning their approach across a season.	
	Model 3 Execution	Understand the importance of being 'in the moment' to execute skills automatically.	Feel the difference between Decision Making and Execution thinking, and when each is appropriate.	Know how to develop in the moment awareness through deliberate practice.	Know how to set up better focus in training by using a mental warm up.
	Module 4 Teamwork	Understand the importance of working in a team, and appreciate the contributions made by others.	Understand how to balance their own and other's needs in team environment.	Agree on shared expectations for working and training together.	
Excel Modules	Module 5 Competing Internationally	Appreciate and understand the challenges and opportunities of competing internationally.	Understand the characteristics of international competition and how it is similar to, and different from, national events.	Appreciate the vital role a constructive attitude plays as a team member, using the framework of being 'above or below the line.'	
	Module 6 Performance Planning	Understand the key phases of a major freestyle competition and the associated challenges they must meet.	Start to refine their competition day plan for international events.		
	Module 7 Competition Focus	Understand the right state of mind and focus, that enables the best performance.	Refine the mental warm up routine	Revisit the competitive goals to ensure they support the most productive mental approach.	Learn how to re-focus if distracted.

Foundation & Excel Nutrition, Strength & Conditioning Module Curriculum

The progressive curriculum below ensures that athlete's nutrition and strength and condition programmes work towards the following objects; evaluating athletic capacities, developing athletic capacity and delivering performance.

Modules	Strength & Conditioning Curriculum			
Module 1 Foundation	Understanding training principles and how to manipulate them to enhance physical performance.	Understanding the concept of training load and its impact on physical performance.	Understand the importance and the transfer of physical qualities training to freestyler kayaking performance and the athlete's health	
Module 2 Pre-Hab. & Re-Hab.	Understanding the importance of appropriate warm-up and cool down for injury prevention.	Familiarise with accessory fitness exercise protocols and understand the importance of their inclusion in the training routine for injury prevention.		
Module 3 Strength Endurance	Understand the importance of these strength components as cornerstones for overall fitness and Injury prevention	Familiarise with fundamental specific protocols and with essential exercises' technique		
Module 4 Maximal Strength				
Module 5 Power Training				
Module 6 Maximal Power Training				
Module 7 Nutrition – Training & Competition	Fuelling training - how to cope with increased volume of activity / including food options.	Recovery - how much do athletes need & how can nutrition help athletes adapt to training.	Competition day nutrition planning.	Nutrition on the road.

Training Camp Programme Curriculum

The camps curriculum integrates the Foundation and Excel remote module themes into the technical/tactical training programme (detailed in the annual training plans), with athletes, coaches and support staff continuing to work towards further enhancement of the athletes' capabilities and behaviours.

Camp 1 – Optimising Training	Camp 2 - Athlete Development	Camp 3 - Performance Deliverables.	Camp 4 – Technical / Tactical Delivery.	Camp 5 - Bring it all together.
Structured technical thinking – knowing what they have scored.	Structured tactical thinking - routine flow and maximising scoring potential.	Establish a routine tempo - avoid rushing move completion.	Competition Simulations - Bringing it all together.	Competition Simulations - Bringing it all together.
Goal setting – establish and/or review with the coach.	Controlling the controllable - review with the coach.	Refine the competition plan for international events.	Revisit the competitive goals & refine the mental warm-up.	Energy management - during demanding training / competition weeks.
Using the profiling report to influence training.	Effective warm up and cool down strategies.	Refine the mental warm up routine.	On site-focus planning - how to re-focus if distracted.	WITTW model - Profiling & Ride Benchmarking.
Using a training journal - establish and/or review with the coach.	Foundation - Pre-Hab. / Re-Hab.	Reflective practice - Learning from what you do.	Nutrition - revisit and refine competition day planning.	Training considerations and recovery strategies
Understanding ICF Scoring Criteria & WITTW Model.	Physiotherapy – Stretching workshop	Performance benchmarking.	Training for Power Maximisation	Physiotherapy – athlete evaluation, injury rehab and prevention.
S&C - Foundational strength and robustness.		Strength Endurance & Maximal Strength.	Physiotherapy – athlete evaluation, injury rehab and prevention.	

(continued)

(Training Camp Programme Curriculum – Continued)

Camp 1 – Optimising Training	Camp 1 - Athlete Development	Camp 3 - Performance Deliverables.	Camp 4 – Technical / Tactical Delivery.	Camp 5 - Bring it all together.
Nutrition for recovery after training & competition.		Physiotherapy – athlete evaluation, injury rehab and prevention.		
Physiotherapy – athlete evaluation, injury rehab and prevention.				

Training Programme / Camps Durations and Dates

The annual training programme cycle is adjusted each year to fit in with the competitive calendar and lasts from one team selection to the following team selection. Training weekends are strategically placed within the athletes' competitive calendar to maximise performance benefits.

The training camps in 2020 will be held at the Nottingham Water Sports Centre. Dates will be announced on the GB Freestyle Kayaking website event calendar, and on the GB Freestyle Kayaking Facebook Page. Details for the yearly training plans schedule will also be communicated via email to all Squad and Team members.

Training dates and venues may change due to water conditions, venue availability or closures, we will announce any changes as soon as possible.

