

GB

FREESTYLE

ACADEMY CAMPS

Training Programme 2020



Foreword

As part of the GB Freestyle Development Pathway strategy we are pleased to launch the GB Freestyle Academy. The programme sets out to inspire a new generation of young freestylers by bringing together parents, coaches, clubs, community groups and centers to give them the best start possible for their journey towards future success and lifelong enjoyment of freestyle paddlesport.

On behalf of the GB Freestyle Kayaking team we look forward to working with you all.

Dennis Newton - GB Freestyle Performance Director.

The Academy

We are welcoming motivated talented young paddlers aged 8-15 to be nominated by canoe clubs, community groups and centres. Successful nominations will be invited to attend our first annual Academy Freestyle Camps in the summer of 2020.

The GB Academy rewards your young members participation and involvement in freestyle related activities; introducing them to one of the most fantastic freestyle learning environments in the world and providing an experience that they will never forget. Aiming to inspire more young paddlers to explore the possibilities of freestyle. It's envisaged that participants will further energise and promote their Club's, Community Group's and Centre's own programmes. It's all about enhancing our community, and where possible, we will strive to ensure participants at all stages of the pathway are part of the freestyle journey.

The Academy Camps promote an inclusive, safe environment where participants are free to progress at their own pace while enjoying the professional

feel of coaching in a Team GB environment.

Academy programmes are delivered by nationally qualified coaches and athletes who ensure a fun learning experience and progression in areas such as team work and personal confidence; not forgetting some awesome freestyle skills.

We aim to provide 12-18 Academy places from across the UK, building this to 24-30 participants per camp.

Why do we need your nominations?

We aim to;

- Encourage and support more young people to take part in Freestyle Paddlesport in your area whether it be for recreation or competition.
- Ensure there is a better geographical spread of opportunities to take part in freestyle paddlesport.
- Promote multi-discipline practice; bringing together talented motivated young athletes from different kayak/canoe disciplines within and outside of freestyle.
- Motivate and inspire a future generation of freestyle paddlers by providing recognition for participating in youth paddlesport programmes within their own local clubs, centres or community groups.
- Build stronger relationships with clubs, centres, and community committees, coaches and members.
- Provide coaches (of varied disciplines) further development opportunities to explore freestyle

paddlesport and enhance their own freestyle development activities.

- Raise awareness of the benefits of freestyle paddlesport. Freestyle has offered whitewater paddlers a means to refine their rivers skills for decades, with many of the most successful whitewater river explorers, and extreme racers originating from or actively participating in the freestyle discipline. The benefits of freestyle to enhance training programmes for canoe slalom and whitewater racing are there to be explored.
- Share coaching practices through the full spectrum of our and other disciplines to enrich our knowledge of what we can deliver to the paddlesport community both recreationally and competitively.

What skills/experience do nominees need?

- An interest and enthusiasm for freestyle paddlesport.
- A personal and friendly manner towards other participants and their coach.
- Engages themselves in your programmes activities and excels or perseveres towards improvement.

What are the Academy Camps learning outcomes?

The programme provides opportunities for athletes, parents and coaches to work together to help support young athletes in their training.

It consists of two phases; each with two camps progressing through the themes presented below. In addition, up to two Academy members per year will be selected to attend GB

Squad training (dependent upon attaining minimum criteria).

The programme has the following learning outcomes (please also see curriculum table on page 4):

Young Athletes (Phase 1):

- Building confidence on moving water - a series of fun progressive activities (land and water based).
- Fundamental playboating skills - essential skills progressing from flatwater to moving water.
- Basic Filming and Editing Skills - capturing the action to share with their friends and family.
- Goal Setting & Growth Mindset - enjoyment and an open mind to new challenges and possibilities.
- Fundamental Movement Awareness - a series of essential (fun) activities to build awareness of movement to learn new skills.
- Basic Reviewing & Capturing Learnings - fun quick and simple ways to record development.
- Preparing for a fun competition experience.
- Fitness for a fun active lifestyle - a series of fun activities to develop strength and stamina.
- Balanced eating around an active lifestyle.
- Balancing their own and other's needs - sharing expectations to achieve more together.

Young Athlete (Phase 2):

The programme expands further on the phase 1 main themes:

- Building confidence in whitewater - a series fun progressive activities in Grade 3 environments.

- Basic ICF Freestyle Skills - covers selected skills that provide the best foundation to excel.
- Filming and editing skills - quick and simple ways to capture and reviewing their skill development.
- Building on Goals & Growth Mindset - fun ways to recognising your own mindset.
- Movement Awareness - a series of fun activities to learn and build further awareness of ICF Basic Skills criteria.
- Building on Reviewing & Capturing Learnings - using simple methods to record development.
- ICF Competition Format - introduction in a fun and supportive team environment.
- Fitness for a fun active lifestyle.
- River safety skills - fun activities covering river awareness, self-rescue skills and assisting others.
- Balancing their own and other's needs - Agreeing & sharing expectations

Squad Transition (Phase 3):

The Academy programme provides opportunities to join the GB Squad transition programme (subject to meeting its entry criteria).

The programme provides the following:

- Understanding ICF Scoring Criteria & WITTW Model.
- Understanding selection policy.
- Using a training journal - establish or review with the coach.
- ICF Basic & Advanced technical and tactical skill development.
- Effective warm up and cool down strategies.

- Psychology - Introduction to winning habits.
- Reflective practice - Learning from what you do.
- Planning - exams and competition season - getting the most out of your time.
- Strength and Conditioning - introduction to training and safety considerations.
- Nutrition - fueling and recovery on competition day.

Parents (Phase 3):

- Supporting young performers - guidance for parents on supporting young athletes through the competitive journey.
- Selection policy - event and requirements.

Nominations

How do we nominate individuals for the programme?

Please visit the GB Freestyle Kayaking website project page where you can find our applications forms. Completed forms need to be emailed to gbfreestyle.co.uk.

All applicants will receive an email to confirm their application has been received and if it was successful or not. All shortlisted applicants will receive a signed letter from the GB Freestyle committee chairman and performance director recognizing their commitment to their local club/groups programmes.

Due to the nature of the programme we can only accept two applications from each club or group. Successful applications have two weeks to confirm their places on the programme, unconfirmed places will be offered to candidates on the shortlist.

Where and when are the academy camp?

**Get your coaches
involved too.**

Throughout our entire development pathway from local clubs/groups to national programmes we are offering exciting coach development opportunities. So not only are these camps a development opportunity for your young members they are designed and facilitated to be great learning environments for coaches.

organisation's freestyle activities.

What does the nominated coach gain from joining the GB Academy Camps?

- The satisfaction of knowing that they are helping to inspire a new generation of freestyle paddlers.
- Sharing and utilising your existing coaching skills as well as developing and learning new ones.
- Be part of a coaching team, with some of the world's leading freestyle coaches.



The Academy Programme Curriculum

The educational element of GB Freestyle Academy is aligned with Stage 3 of the GB Freestyle Development Pathway and will nurture the philosophy of an active lifestyle. The progressive curriculum below ensures that young athletes continue to develop their knowledge and understanding through open mindedness, commitment, and working with others.

Individuals will be divided into phase 1 and phase 2 learning depending on their age and ability level, with potential to join Phase 3 of the GB Squad transition programme upon meeting the minimum entry criteria.

Academy Core Curriculum	Camp 1 P1	Camp 1 P2	Camp 2 P1	Camp 2 P2	Squad Transition (P3)
Confidence Building	Building confidence in moving water.	Building confidence in whitewater (G3).	Building confidence in moving water.	Building confidence in whitewater (G3).	Confident in whitewater (G3+).
Freestyle Skills	Fundamental playboating skills.	Basic ICF freestyle skills.	Fundamental playboating skills.	Basic ICF freestyle skills.	Understand the WITW model and ICF Skill Criteria.
Video Editing / Movie Making.	Basic Filming and editing skills.	Filming and editing skills.	Basic Editing and video analysis.	Filming and editing skills (including video analysis).	Editing and Reviewing Performance.
Personal Reflection / Goal setting	Goal Setting & Growth Mindset.	Goal Setting & Growth Mindset.	Basic Reviewing & Capturing Learnings	Basic Reviewing & Capturing Learnings	Developing a Performance Plan
Fundamental movement patterns	Skills movement patterns (fundamentals)	Basic ICF Skills movement patterns.	Skills movement patterns (basic).	Basic ICF Skills movement patterns.	Applying movement practices in freestyle.
Competition Development	Modified Competition Format.	Modified ICF Competition Format.	Modified Competition Format.	ICF Competition Formats.	Understanding GB Team Selection Policy.
Athlete Lifestyle	Fitness for a fun active lifestyle.	Fitness for a fun active lifestyle.	Fitness for a fun active lifestyle.	Fitness for a fun active lifestyle.	Wellbeing around training & competing.
Nutrition for Active Lifestyle	Balanced eating around an active lifestyle.	Balanced eating around an active lifestyle.	Balanced eating around an active lifestyle.	Balanced eating around an active lifestyle.	Understand UKAD rules and accessing guidance.
Safety awareness/skills		Awareness of others and basic safety skills.		Awareness of others and basic safety skills.	
Teamwork	Balancing their own and other's needs	Balancing their own and other's needs	Balancing their own and other's needs	Balancing their own and other's needs	Working with coaches and other athletes.