

## **Long Term Development coaching course. (WW KAYAK)**

Long term development is a process for the student to be coached and mentored over a period of time to develop their white water kayak skills from cognitive to antonymous learning. (Made simple instead of thinking about it your skill and understanding will become natural).

This is a top professional course and is one of a kind which no other providers are offering and is a rare and fantastic opportunity to be mentored by Andy Holt BCU level 5 coach who will run the course to suit the individual's needs and learning style. So is this you? I want to get better, not sure what im doing, Is it right? I don't seem to be progressing, I'm scared!, frustrated, Lacking motivation then this course is for you and also a great course for coaches and/or river leaders wanting to move up the ladder as well.

### **Course overview.**

There will be two courses running. One for Intermediate paddlers looking to move up to advanced water and one for Improver paddlers wanting to move up to good intermediate level. These courses will be 6 sessions over 4 weekends or weekdays spread over a four month period for paddlers to develop.

All the sessions will be practical on the river including on the first half day an observation and analysis session from myself to see where you are and your needs to move forward. Then we will work on a skill base set on TTPP (technical, tactical, psychological and Physical) Looking at each element with lots of practice and understanding. Also very important for your learning we will include a long term development plan, progression chart, action plan, goal setting short and long and regular feedback including video analysis from myself on your progression.

Ratios are only 1 to 4 so you will get plenty of top quality coaching time and feedback.

There will be 2 courses running as from January one for improvers and a intermediates.

See dates below

**Improvers** who are happy on grade2 and wish to move upto grade3/3+

**Dates TBA**

**Intermediats** who are happy on grade 3 and wish to move upto grade 4

Dates TBA

All First sessions will be based in North Wales with the next session's venues to be arranged. For your development it is important to get onto different geological areas and water types therefore I would like all students to experience different areas such as the South West, North/South Wales, Lakes, Or Yorkshire, We will have the discussion with each group and try and accommodate venues that are suited for all to where you live, However some compromise will have to be made if team members are spread across the country.

**Cost of the course is £650 pounds.** Which includes 8 full days of coaching and mentoring from Andy Holt BC level 5 coach, including a long term development/action plan, goal setting short and long and regular feedback including video analysis from myself on your progression.

Excludes accommodation and kit hire.

The course does not supply boats and Kit, Therefore you will need a good river running or creek Kayak, fully air bagged along with WW helmet (No £30 cheap helmets please this is you head your talking about), Good solid footwear, BA and spray deck, The course is during the winter months so a dry suit is advised or good cag and pants with plenty of warm inner layers.

Safety kit, small first aid kit, throwline, long piece of tape (4/5m) with a screw gate karabiner, river knife and whistle. Up to you on other safety kit as I do carry everything. You will also need lunch and a drink for each day.

Accommodation is not included; however recommendations can be made for each area to suit your budget.

# BOOKING FORM

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

\_\_\_\_\_ POSTCODE \_\_\_\_\_

TELEPHONE DAY \_\_\_\_\_ EVENING \_\_\_\_\_

EMAIL \_\_\_\_\_

AGE \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_ OCCUPATION \_\_\_\_\_

ANY MEDICAL CONDITIONS, ALLERGIES OR SIGNIFICANT DISABILITIES

\_\_\_\_\_  
\_\_\_\_\_

**FEEES** the balance of your course fee is due 4 weeks prior to the start of your course in the meantime you should send your deposit of £150 along with this form. Leaving an outstanding balance of £500, payable by bank transfer or cheque.

THE FULL COURSE FEE IS £650

I have paid my deposit:

online (paypal)       bank transfer       cheque enclosed

Please make all cheques payable to **ANDREW HOLT** or if you wish to pay by Bank transfer please let me know and I will send you the details.

I confirm:

I am fit to take part in the course - I have included any medical conditions or other concerns on the form above

I have read and accept the terms and conditions of booking

I am over 18 years of age

SIGNED \_\_\_\_\_ DATE \_\_\_\_\_

\_\_\_\_\_

## **TERMS AND CONDITIONS** please read this section carefully before filling in your booking form

Escape to Adventure is a trading name of Andrew Holt.

All courses require a minimum of 3 people to run. Places can only be secured by submitting a completed booking form together with your deposit. We will confirm the course as soon as minimum numbers are met. The full balance is due no less than 4 weeks prior to the course start date.

### Cancellations by the client

All cancellations must be in writing. Once the course is confirmed your deposit is non-refundable. After the course is confirmed we will book accommodation, our own transportation and any additional guides needed for your course. If you cancel after the course is confirmed, we will invoice you for a proportion of the course fee to cover costs we have already incurred. If you cancel 4 weeks or less before the start of the course the full course fee will be payable. We are happy for you to transfer your place on the course to another paddler, provided he/she meets the minimum pre-requisites and pays any outstanding balance due.

### Cancellations by Escape to Adventure

We are fully committed to ensure that your course/activities will actually run, however Escape to Adventure will notify the client if we believe that the course has to be cancelled due to dangerous/unsuitable conditions or other situations beyond our control. Escape to Adventure may cancel the course where numbers fail to reach a workable level. We will give no less than 4 weeks' notice of this. In any situation where the course has to be cancelled by Escape to Adventure we will offer the client a full refund of the course fee paid by the client or an alternative course and date.

### Safety & Insurance

Escape to Adventure only employ fully trained and qualified instructors to undertake the activities we do and we will do our utmost to limit the risk of injury during an activity. However, participation in adventurous sports entails some risk, water sports and adventurous activities are hazardous by nature and participants in such activities must accept that there is some element of risk or injury. Under 18s must be accompanied by a parent or guardian over the age of 18. A reasonable level of physical fitness is needed. Escape to Adventure will not be responsible for loss or damage to clients' own equipment or injury caused by the clients' own equipment being defective. Advice will be given on the suitability of personal equipment before any activities take place.

Pre-requisite paddler experience is put in place for the safety and enjoyment of everyone on the trip. Whilst we do our best to accommodate clients' wishes, our instructors will tailor the itinerary to suit the skills and abilities of the group. Where an individual does not meet the advertised pre-requisite standard we may not allow him/her to paddle some rivers or sections of rivers. Anyone deliberately or recklessly failing to follow our reasonable instructions on the river, or whose behaviour is affecting the safety or enjoyment of the group, may be required to leave the trip.

We emphasize that the course fee only covers arrangement of accommodation, guiding/coaching. All clients must put their own personal insurance in place to cover days lost due to illness or injury, delayed arrival, lost luggage or equipment etc. Clients must ensure their personal insurance includes comprehensive medical cover for the activities to be undertaken.

