

# Bei Loon Training and Coaching Policy

## 1. Training

We aim to be on the water at the designated training time. Paddlers should aim to arrive 15 minutes earlier to complete a warm up and launch the boats before paddling begins as scheduled. Every training session should include a warm-up and cool down on the water.

Typically we aim to paddle in mixed teams during the weekday sessions and as Men/Women/Pinks teams on Sundays.

Training programs will be designed to focus on different aspects of paddling at different stages of the season. These will include race preparation before regattas, and paddling technique, fitness, strength and endurance at other times.

Paddling is a strenuous aerobic exercise. During training sessions, we expect paddlers to train hard. There should be minimal talking in the boat whilst paddling. If you have spare breath, paddle harder and focus on your paddling technique. ***For safety reasons, the sweep must be able to be heard at all times.***

Further information regarding Safety, Training and Paddling technique can be found on our website ([www.beiloon.com.au](http://www.beiloon.com.au)) Refer to the Training and FAQ tabs.

### Boat Safety

Lifting boats – Proper lifting and lowering techniques are required at all times to avoid personal injury and damage to the boats.

On the water – The sweep is responsible for the safety of the boat and paddlers. Their commands must be adhered to at all times.

### Cancelled Sessions

Training will not normally be cancelled due to rain or cold weather - just dress appropriately for the conditions.

Training will be cancelled in the event of thunderstorms and high winds.

In some cases, e.g. winter morning training, we may cancel sessions where there may not be enough people to launch a boat and run a session. We will try to give as much notice as possible in this event. Bear in mind that conditions at Bayview may be different from conditions at your location, so please turn up to train as planned unless advised otherwise.

### Attendance

Being a team sport, along with improving your fitness and technique, Coaches encourage paddlers to attend as many training sessions as possible. It would be appreciated if you could inform the Coaches if you are unable to attend training for an extended period. e.g. holidays,

work commitments, injury etc. Team selections can be underway up to 4 weeks prior to a Regatta and this information is very important when organising teams.

## **2. Boat Composition**

The main divisions in the boat are the front, “engine room”, and back of the boat. It is emphasised that no boat section is more important than any other - stature, technique and weight factors all come into play:

- The front of the boat has the key job of setting and maintaining timing.
- The engine room has taller, heavier paddlers whose main focus is providing strength and power to the boat.
- The back of the boat needs to have extra depth and length in their stroke to power through water that is already moving.

## **3. Paddler Health**

It is the responsibility of the paddlers to inform coaches and sweeps if they have any injuries or health issues that might have any impact on their paddling.

We recommend that you consult with your general practitioner before undertaking strenuous exercise.

## **4. Coaching and Sweeping Panel**

The coaching panel will be made up of a Head Coach, divisional coaches for Men, Women, and Pinks, and assistant coaches as appointed.

All Coaches will be imparting a consistent message regarding technique and will provide paddlers with individual feedback from time to time. Please accept this feedback and work to implement the improvement steps recommended.

A Sweep Co-ordinator will be responsible for all sweep development and training.

## **5. Representative Teams**

Bei Loon encourages all ambitious paddlers to try out for NSW and Australian representative teams. Details will be available on DBNSW and AusDBF websites, or may be distributed to paddlers by Club email. Experienced gained and additional training received will benefit the individual paddler, along with the Club's overall competitiveness.

*The Coaching Panel*