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**Dry Training Day**

**Sunday 19th November 2023**

The aim of the day is to help ensure you have the knowledge to train off the water as part of you winter training.

**Who is it for:** The day is open to all slalom paddlers of all ages, their parents and coaches working with Yorkshire Slalom. It is also open to those who may be interested in getting involved in slalom in the coming year.

Generally parents are requested to stay with paddlers especially as some of this information is to help you support them, and avoids repeated questions later on. However, the boat repair session will generally be of more interest to parents so this is flexible.

**Cost:** Yorkshire Slalom is funding this course so it is **FREE** to attend for Yorkshire Paddlers and parents (the payback is helping to run our slaloms next year!).

All of the coaches and session leaders have volunteered their time. Without their skills, knowledge and dedication to the sport we wouldn't be able to put this event on. They are happy to answer questions so don't be afraid to ask.

**Content:** We are covering physical training that you will be able to do off the water to improve your strength and power for racing as well as looking at some other important areas.

Please be aware that sessions are a mix of theory and practical, although we will try and make all sessions as interactive as possible.

**Important Information**

**Please bring with you**

* **Thermal mug or similar** (we have some disposal mugs but if you can bring your own then that will help limit waste)
* **Packed Lunch.**
* **Bottle of water - you will be exercising, so you need to keep hydrated!**
* **All participants - Exercise clothing.** Trainers, light but NOT baggy clothing as coaches need to be able to see, what legs, arms and back are doing - so shorts/leggings and close fitting top. Sweatshirt for between or less active session. All session will be indoors.
* **Exercise mat** if you planning to do the exercise based sessions (if you have one)
* **Something to take notes with**.

You don’t need boats or paddling kit!

**Facilities and food**

Yorkshire Region will provide free tea/coffee/hot chocolate/squash for those attending (as above bring your thermal mug). Please bring your own lunch (bearing in mind you will be exercising during the day).

**Map/Directions**

We will be at a new venue this year which is about 5mins from Manvers Lake at:   
**Wath Victoria Primary School**, Sandy Mount Road, Wath Upon Dearne, S63 7AD [**See a map**](https://goo.gl/maps/zon3kCm54HnZhz2a8)

**Advanced Booking Essential**

We have a limited amount of space so please can you confirm if you are planning on attending as soon as possible by completing the online booking form (link below). Please book **by the end of Thursday 16th November at the latest.** We need this to be able to organise the groups for the sessions.

[**Book online now**](https://forms.gle/qwrS6oJEL1nQdj6X6)

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| **Timing** | **Draft Schedule** | | | | |
| 9:45 onward | Arrive & tea/coffee | | | | |
| 10.00 prompt | Welcome, introductions and explanation of the day, then move to first workshop venue | | | | |
| **Room** |  |  | |  |  |
| 10:10 – 11:10 | **Judge Confidently -inc Judge’s Exam**  (Matt Crowhurst) | **Effective Warm Ups** (Ian Thompson) | | **Preparing to Race**  (Duncan Berriman) | **Developing your Training Plan**  (Les Ford) |
|  | **10 minute break (change groups / rooms)** | | | | |
| 11:20 – 12:20 | **Judge Confidently -inc Judge’s Exam**  (Matt Crowhurst) | **Healthy Shoulders** (Ian Thompson) | | **The Repair Shop**  (Ken Crowhurst) | **The Home Gym**  (Les Ford) |
| 12:20 – 13:00 | **Lunch break (40mins)** | | | | |
| 13:00 – 13:30 | **Fuelling your Paddling**  (Les Ford) | | | | |
| 13:30 – 13:40 | **10 minute break (change groups / rooms)** | | | | |
| 13:40 – 14:40 | **Yoga & Flexibility**  (Sarah Ford) | | **Effective Warm Ups** (Ian Thompson) | **The Repair Shop**  (Ken Crowhurst) | **Developing your Training Plan**  (Les Ford) |
|  | **10 minute break (change groups / rooms)** | | | | |
| 14.50- 15.50 | **Yoga & Flexibility**  (Sarah Ford) | | **Healthy Shoulders** (Ian Thompson) | **Preparing to Race**  (Duncan Berriman) | **The Home Gym**  (Les Ford) |
| 15:50 - 16.00 | **Final comments, feedback and thanks tidy up!!** | | | | |

***See workshop details on the next page***

**Workshops Details**

**Several workshops are repeated to give as many people as possible the chance to attend and keep numbers manageable - only choose a workshop in one slot!**

**Session details (including who is delivering):**

**Yoga, Flexibility & Stability** – looking at how you can improve (or maintain) your range of movement and flexibility and develop good core and join stability that you need to perform effectively in your boat. ***Sarah Ford***

**Judging Confidently (inc Gate Judge Exam)** - How well do you know the rules of your sport? This is a chance for all paddlers and parents to make sure you are really familiar the rules of your and boost your confidence so you can volunteer to help out as a judge at events. You’ll also have the opportunity to have a go at the slalom Gate Judge exam**.  *Matt Crowhurst***

**Designing your Training Plan** – a look at how to go about planning and structuring your training plan over the weeks, months and beyond to make it as effective as possible. ***Les******Ford***

**The Home Gym** – being fast comes from being strong and being able to apply the strength. This session looks at what gym or home exercise you can do to develop these and complement your in-boat training. ***Les Ford***

**Healthy Shoulders** – Too often we are seeing paddlers with shoulder injuries. This session will look at look at exercises to strengthen and stabilise your shoulders to prevent injury and promote recovery. ***Ian Thompson***

**Effective Warm Ups** - This will look at the purpose, benefits and components of a warm up, and start designing a warm you can use on the water and one you can use off the water. ***Ian Thompson***

**The Repair Shop** – A look at how to repair common damage that slalom boats pick up in racing and training, including what you need to be able to do these yourself. (You do not need to bring your boat!) ***Ken Crowhurst***

**Preparing to Race –** An interactive session looking at getting the most from your race day. Preparing before the event, course walks, strategies for staggers and ups, getting the most from practice and your runs. ***Duncan Berriman***