

**Irish Freestyle Committee
Training and Development Officer's Report
24 April 2004**

Firstly, apologies for my non-attendance at this year's AGM – I'm spending a couple of months in the United States.

Since the last AGM the freestyle committee have run 2 training events:

Spring 2003 – 'Play the River', Boyne.

Two one-day courses were provided, aimed at 2 different groups:

- Grade 2-3 river runners wishing to learn how to enjoy freestyle paddling on their weekend river trips.
- Freestyle paddlers who need to learn more about the safety implications of running rivers in their playboats.

Both days were a success, with up to 10 paddlers joining our coaches each day.

Spring 2004 – Advanced Playboating, Curragower.

Myself, Ross Redmond and Killian Kelly ran 2 one-day courses on the Curragower wave in Limerick.

The course used an advanced feature to deliver a course on advanced skills. Video analysis was used extensively, with 3 different cameras ensuring valuable feedback. Coaching ratios were kept to a maximum of 1-4. The approach seemed to be successful, with lots of positive feedback over 2 action packed days.

Since I became involved with the training position, a number of areas have been targeted:

- Juniors (under Brian Smith), Dublin and Galway.
- Women, Ballina
- Advanced skills (adults only), Wales.
- Club Paddlers, Boyne.
- Advanced skills (adults and juniors), Limerick.
- ICU Instructors – (ongoing delivery of freestyle component of level 3 instructor training).

Where we go next is for the incoming training officer to decide. Most of my courses have been designed to encourage more intermediate paddlers to compete. National team coaching and judge training is something that might be looked at for the future.

Finally, it just remains for me to thank my fellow committee members for their hard work and commitment over the last 3 seasons. Being involved on a committee of this nature is often a thankless task, but everyone performed with the highest level of professionalism.

I wish the incoming committee the best of luck. I will be in Ireland for the coming winter season and will gladly offer my help and support to the incoming training and development officer.

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