

Aboyne Canoe Club
UKCC Level 1 Training and Assessment – Canoe / Kayak Instructor

Glenmore Lodge 26th -31st May 2008

This course was superbly run by Glenmore Lodge staff and can be thoroughly recommended to anyone venturing into the new world of sport coaching. I am writing this report having just watched the success of Team GB in Beijing. The UKCC Level 1 course I attended instilled into each new coach the fact that you could be the first person with which a newcomer to canoeing comes into contact and the basic foundation skills count.. towards future Golds!

The course encompassed every element of foundation skills training in canoes and kayaks. It included a full day rescue training – not a dry bone in sight and several views of the Loch Morlich underwater world! There was a day understanding the different styles of coaching, a day putting these into practice with your own planned sessions and classroom sessions that were relaxed, fun and minimal (just enough for the formal SVQ qualification). There was plenty of opportunity to practice the coaching styles and all twelve course participants were soon transferring skills and ideas amongst themselves.

The technical content on and off the water was excellent and the quality and wide choice of equipment was outstanding – well done to the quartermasters.

The course venue is second to none, the new south wing accommodation block is better than most hotels I have stayed in and the drying rooms are monstrously good at extracting water from anything overnight. The catering uses local produce and boy can they feed you well – what a superb statement of intent from the very beginning, through your stomach!

All in all a superb 5 days canoeing and kayaking under the watchful eyes of some world class instructors... you should try it – we need more instructors for our youngsters urgently – 2012 is approaching fast !!

Well done Glenmore Lodge.

Donald Silcock
Aboyne Canoe Club