

Nottingham winter training camp details.

Saturday 19<sup>th</sup> October

9-9.30 Hopefully everyone will have entered online and will be racing. Please let Jamie know if you wish to do multiple classes, 2 maximum.

11 am first Start

12.30-1 pm Prize giving

2pm - 3.30pm classroom session at **NKC**,

<https://maps.app.goo.gl/GrCkdqsoBbP7zM5B9> sport psychology with Elliot Goddard focussing on preparing to race, controlling pre-race nerves and managing expectations.

4.30pm-6pm, exclusive use of the Daleks and Main course. We will start less experienced paddlers on the Daleks and progress to the main course when suitable, focus boat control and basic wwr skills.

Experience paddlers straight to the main course working on boat control at speed using alternative line on the course.

End of the Day

Sunday 20<sup>th</sup> October

9am -10am Check in and Practice

10am-12pm Racing, as many runs as possible in K1, C1 and C2

1pm -2.30pm Classroom session at **PUK HQ**,

<https://maps.app.goo.gl/uFXVXwsQ7G3yq6Zn7> 20-30minute discussion about selection and how it works (Jamie) 60minutes International medal opportunities in 2025, what should they be how do we plan to get more medals for more athlete's? (Nicky)

3pm – 4.30pm exclusive use of the daleks and main course. We will start less experienced paddlers on the Daleks and progress to the main course when suitable, focus boat control and basic wwr skills.

Experience paddlers straight to the main course working on boat control at speed using alternative line on the course.

Plus 1 to 1 technique sessions on the flat with Andy P 20 minutes approx. per paddler.

End of the Day