

<b>DATE</b>	<b>COACH</b>	<b>SESSION</b>
Jan 8	Mark Butland	Recap all 1 star skills through games
Jan 15	Mark Butland	Alternative rescues sea boats and open boats Sea kayakers to practice float assisted re-entry where a blow up float is put and a paddle and used as an outrigger to get back in the boat . open boat curl and x rescues
Jan 22	Derek Burdett	Eskimo rescue , swimmer to canoeist, self swim to side Forward Backwards paddling, Canoe Goon & J Stopping
Jan 29	Clive Williams	Sweep strokes forwards and back canoe single and double , kayak Rudders push and pull
Feb 5	Derek Burdett	Moving Sideways draw and pry Support Strokes high and low brace both canoe and kayak
Feb 12	Derek Burdett	Eddy turns Breaking in & out Bow Rudder, Cut & Jam canoe and kayak
Feb 19	Clive Williams	Balance Using edges inside carve outside carve Tight & wide turns Low brace turns
Feb 26	Sea kayak specialist	Kayak Rescues X & T I Towing Systems
Mar 5	Derek Burdett	Mini Canoe polo comp 4 person teams with prizes (possible use of university polo boats)
Mar 12	Clive Williams	Slalom wiggle test I and 2 star star practice tests
Mar 19	Mark Butland	Double canoe session review all above using open canoes
Mar 26	Mark Butland	Pool party wacky races hawaai fancy dress???
Apr 2	Mark, Derek, Clive	Swim capsized for new members
Apr 9	Mark, Clive	Swim capsized for new members