

JUNIOR DEVELOPMENT PROGRAM

PART 2: Projects Under Construction: Samples

Club Resources: Appropriate Junior Outrigger Program Curriculum and Modules of Skill Learning

Designed to be delivered by canoe club coaches and session leaders to lead participants safely into further long term canoeing activities conducted at your outrigger canoe club.

It is a three tiered program designed to be used in conjunction with the following entry level, introductory or membership drive canoeing projects:

- School age canoeing programs
- General public beginner/ introductory short term memberships and extension programs leading to novice programs
- Talent Identification programs
- Up-skilling Activities for current paddlers
- Club paddler skills safety audit checklists

Club Information Kits / Online Resources to include:

- Promotional Introduction to Outrigger Canoeing
- Club Outrigger Program Information Sheets
- Skills Checklists
- Certificates

Module 1: Fun Module 2: Skill Module 3: Performance Pathway

A certificate of achievement is awarded after the successful achievement of each of the modules core skills.

Module 1:

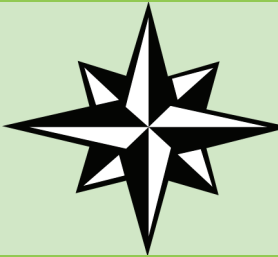
The first level represents the ability of the student to participate in a supervised canoeing activity

Learning outcomes from the first module of the Outrigger Syllabus may have a purely participation focus encouraging Active Healthy Lifestyle or can be the initial stepping stone for sporting progression.

Skill performance of the beginner paddler covered in this section include:

- Water confidence, awareness and on-water safety (balance; capsize drills; safety checks)
- Basic craft handling skills (eg. boat manoeuvres and simple strokes).
- Equipment familiarization

Sample Basic Skills Introduction to Outrigger Paddling Program



Starry Outrigger Canoe Club

Skills Checklist Basic Introduction to Outrigger Paddling

Coaches use this checklist to ensure that the paddlers have gained all the competencies required in their basic introduction to Outrigger Paddling. Once all boxes have been completed the participant can then be given a Certificate of Attainment and progress to the extension program of club.

Name: *Happy Chappy*

Has achieved basic competencies in outriggering through the completion of the first module of the Outrigger Canoeing Basic Skills Program

Skills	Demonstrated Ability	Initial as Completed
Outrigger Identity	Name basic parts of the canoe and paddle	
	Listened to an Outrigger history / story	
Balance	Get in / Out of Canoe	
	Lean Left principle	
Assists management of canoe activity	Follows directions from Steerer / Coach	
	Carrying canoes / helping with equipment/ safety checks	
	Buddy up / assists others to have an enjoyable experience	
General Paddling	Hold the paddle correctly	
	Paddle continuously 5mins changing on calls missing a minimum amount of strokes	
	Basic strokes to include forward/ backwards paddling; emergency stop; assist in turning the canoe	
OnWater Safety	Jump out into the water and Re-enter canoe with / without assistance	

Conditional / Notes: All paddling completed wearing Lifejacket

Signature of Coach: *Calum Murray* Date: 6/1/2020

Approximately 6 – 10 x 1 hr sessions (ideal practical presentation for a school term activity) required to gain all the competencies. Practicalities of getting people onto the water handling craft, playing games enthusiastically are readily addressed in the expansion of the syllabus with the provision of 6 -10 session ideas.

Where to after the third module?

To maintain interest and enthusiasm with the fun / social aspects of participation the club should provide regular sessions with a coach in attendance.

- Canoe club community/ novice friendly competitions eg Handicap race; Adventure Paddle; Family fun day / picnic races
- Zone should provide: Extension programs eg holiday skills development camps.
- Sporting pathways eg Zone Schools Championship; competitions for beginners /novices; inter club and regional competitions

SCHOOL BASED PARTICIPATION PROGRAM

Following are examples of club and school interactions in which skill progression outrigger programs can be readily incorporated. All persons delivering programs to Juniors are required to have : program endorsed by AOCRA; Fully Accredited Coaches; Working with Children Check; Insurance cover , record keeping and reporting are essential and legal requirements.

ACTIVE & HEALTHY LIFESTYLE

Primary Schools (years 5 to year 7) on water in canoes once a week usually through terms 1 & 4 to present physical, social & environmental decision making in a fun action situation.

Many schools incorporate a canoeing or kayaking activity as part of their school camp program of activities for similar reasons and outrigger offers a great team option.

ALTERNATIVE SPORT

Schools can offer outrigger canoeing as an alternative team games sport with the help of the local canoe club (resources & coaching). Regular Wednesday afternoon outriggers instead of eg. football.

Great opportunity to initiate several local schools in the area. Extension programs offered by the club out of school hours training lead into regular club participation.

SCHOOL BASED CLUB

The school may establish it's own canoe club offering school sport options& out of school times operations. It is assisted by school infrastructure & AOCRA club governance. A committee of parents & friends passionate about outrigger establish and operate the club for school based members. Members compete at Zone & National events as their school based club representatives.

SCHOOL + CLUB COMBINATION

The school initially offers outriggering as a sport / activity option offered both during and after/ out of class times.

Interested students sign up as members to the local outriggering club for extension programs conducted by the club coaches. Resources are combined. PE Teacher as accredited coach helps drive the school activity side of the interaction. Participants encouraged to compete within Zone & National Championships for club.

SCHOOL HPE

The school extends outrigger canoeing to year 10 as a participation activity.

For student in years 11 & 12 it is taken as a board HPE sport subject. PE teachers assist qualified coaches in the session delivery. Specific educational and performance outcomes need to be met. Conducted during HPE subject times weekly.

SCHOOL OF EXCELLENCE

Schools operating a School of Excellence kayaking program establish links and close mutual relationship with their local outrigger canoe club and links to high performance canoeing programs. Programs offering T.I.D. (Talent Identification Development) have exceptionally high standards with the athletes aspiring to success internationally.

Outriggering has much to offer these programs, especially when candidates are cut from the high performance squads. For future developments.

SCHOOLS COMPETITIONS

Youth outrigger paddlers represent their schools for Champion Schools honour regardless of the school having a school based program. Zone sanctioned Schools Regatta event for each region and National Event to be determined in the near future.



DEVELOPMENT AND ELITE/HIGH PERFORMANCE SQUAD PATHWAYS

NATIONAL

U23YRS PROGRAM
REPRESENTATIVE TEAMS ELITE 19YRS AND JUNIORS 18YRS
NATIONAL PROGRAM DELIVERY
SELECTION CAMPS AND TRAINING
TALENT TARGET SQUAD 15-18YRS
EXCELLENCE AWARDS

PERFORMANCE

ZONE

STRATEGIC EVENT COMMITMENT
REGIONAL DEVELOPMENT TEAMS
14-16YRS
SCHOOLS CHAMPIONSHIPS
REGIONAL TRAINING CAMPS
RECOGNITION AWARDS

DEVELOPMENT

CLUB

SKILL PROFICIENCY AWARDS
SCHOOL RECRUITMENT PROGRAMS
EXTENSION PROGRAMS
INTRODUCTORY AND PARTICIPATION PROGRAMS

FOUNDATION



PRACTICAL WORKSHOPS FOR COACHES, PARENTS AND SUPPORTERS AND DEVELOPING JUNIOR LEADERSHIP PATHWAYS

Coaching Workshops: Junior Development Program

(Being Developed In Conjunction with Coaching Leadership Education and Training Working Group)

Aimed at coaches and session leaders who would like to develop their understanding of working with junior ages paddlers

- Workshop and on water training
- Developmental Considerations/ Awareness (Ages and Stages) 10-12 14-16yrs 16-18yrs
- Games Approach to Learning
- Special Safety Requirements
- Preparations for Racing
- Selection Pathways to National Team Considerations
- 1 day workshop delivered by National Accreditation Program
- Junior Leaders : Applicants 16-18yrs ages

National Coaching Accreditation Program with Junior Development Advisory Team /POD Strategic Program through Zonal Implementation

To become a required component for coaching delivery of all junior paddling programs Skill Pre-requisites and 2 referees holding the desired accreditation will be required and able to testify honestly of the applicants abilities and experience.

