

# ***Coaching Workshops at National Regattas***

***The fundamentals of effective  
paddling technique with Scott Hynds***

***Saturday 11<sup>th</sup> April - 12:45-13:30***

***Sunday 12<sup>th</sup> April - 12:15 - 13:30***



**Both Workshops will take place in the Paddle UK Gazebo  
which will be located amongst the club tents.**

**Our interactive workshops are designed to build shared  
understanding, spark great conversations, and create a  
more consistent approach to coaching technique across  
the UK.**

**Our aim is to create a common understanding and have  
greater technical conversations between coaches to  
create a more consistent approach to how we address  
forward paddling for racing within the UK.**

**Any coach is welcome to attend and engage!  
Feel free to bring your lunch and watch along.**