

# **Sprint and Marathon Canadian Canoe Training Days**

**Sunday 11 July 10.00 – 16.00  
Richmond Canoe Club**

**Sunday 25 July 10.00 – 16.00  
Wey Kayak Club**



Photo: Neil Thomas

## **Open to all. We will provide:**

- Sessions for experienced paddlers wanting to train with other canoes, with advice on technique.
- Coaching on technique for less experienced paddlers.
- Advice for novices and coaches on the basic stroke, equipment, how to set up the boat and correct position in the boat.
- A variety of boats of varying degrees of stability to try, including a C8 at Richmond.
- Canoe paddling machines for bank-based technique analysis.
- Other equipment such as paddles and knee blocks.
- All taking place on sheltered water.

## **Cost is free**

Please bring changes of paddling kit appropriate for the conditions on the day, and a boat and paddle if you have one.

For more details contact Marcus Gohar, [Marcus.gohar@canoe-england.org.uk](mailto:Marcus.gohar@canoe-england.org.uk)  
Phone 07794051301

## **Venues**

**Richmond Canoe Club**  
Landsdowne Boathouse  
81-83 Petersham Road  
Richmond upon Thames  
Surrey TW10 6UT  
<http://www.richmondcanoecub.com/>

**Wey Kayak Club**  
Waterside Centre  
Riverside  
Guildford GU1 1LW  
<http://www.weykayak.co.uk/>