

# 6th ACA Europe Paddlesports Symposium 2015

Friday, 2<sup>nd</sup> – Sunday 4<sup>th</sup> October 2015

FRIDAY, 02/10/2015			
Time	Topic	Location	Presenter
12.00 – 14.00	Reception	Shadwell Basin Outdoor Activity Centre	Greg Spender, Franzi Pokorny, Carlo Picchio
14.00 – 14.30	Official Opening, Information about location, Schedule of Symposium, Introduction of Presenters	do	Greg, Franzi, Carlo
14.45 – 15.45	Review 2015 Country Representatives, Review 2015 Treasurer Re-election Treasurer	do	Country Representatives, Thomas Kantor, Franzi
16.00 – 16.45	Review ACA Div. Europe, Q & A session	do	Franzi, Carlo
18.00 – 20.00	Dinner: Pizza	Shadwell Basin Outdoor Activity Centre	
20.00 – 21.00	Coaching and Mentoring for Extended Tripping, including: <ul style="list-style-type: none"> <li>• Around Britain - <a href="http://www.homeseahome.com">www.homeseahome.com</a></li> <li>• Experiences of the Yukon River Quest 2015</li> </ul>	Shadwell Basin Outdoor Activity Centre	Dan Abel, Sarah Wallis, Natalie Maderova, Michal Madera
21.30 -	Drinks & talks	Do	

SATURDAY, 03/10/15			
Time	Topic	Location	Presenter
07.30 – 08.30	Breakfast	Shadwell Basin Outdoor Activity Centre	
08.30 – 09.00	ACA America, Q & A session	Do	Presenter USA
09.15 – 10.45	Profiling paddlers of all proficiencies all disciplines	Shadwell Basin, all disciplines	Jan Van Hees
11.00 – 12.30	Using ACA Freestyle to teach BCU Fundamentals: Posture, Connectivity and Power Transfer and Feel	Shadwell Basin, all disciplines	Greg Spencer
12:30 – 13:30	Lunch	Shadwell Basin Outdoor Activity Centre	
13.30 – 15.00	Praise and Positive Framing	Shadwell Basin, all disciplines	Kelvin Horner
15.00 – 19.00	Introduction to Guiding and Coaching busy on tidal waterways - including Architecture Tour & sights of London	Thames. For experienced paddlers, sea kayak, tandem sea kayak, canoe	Natalie Maderova, Michal Madera
15.00 – 19.00	Individual paddling (Canoe, Seakayak), Freestyle	Thames, Shadwell Basin	
19.00 -	BBQ, drinks & talks	Shadwell Basin Outdoor Activity Centre	

<b>SUNDAY, 04/10/15</b>			
<b>Time</b>	<b>Topic</b>	<b>Location</b>	<b>Presenter</b>
07.30 – 08.30	Breakfast	Shadwell Basin Outdoor Activity Centre	
08.45 – 10.15	Introducing stress to improve paddling skills	Shadwell Basin, all disciplines	Jan Van Hees
10.30 – 14:30	Introduction to Canoe Sailing – includes lunch	Shadwell Basin, touring canoe	Greg Spencer
10.30 – 14.30	Guided sightseeing tour and boat testing with tidal planning and navigational skills on the lower Thames – Greenwich, Cutty Sark, Barrage – includes lunch	Thames. Outdoor workshop, sea kayak / tandem sea kayak / tandem touring canoe	Natalie Maderova, Michal Madera
14.30 – 15.00	Official conclusion	Shadwell Basin Outdoor Activity Centre	Franzi, Carlo, Greg

**This schedule is a guideline – order and/or topics might change**

## **Options pre/post Symposium**

- Lee Valley Whitewater Center [www.visitleevalley.org.uk/en/content/cms/london2012/lee-valley-white-water-centre/](http://www.visitleevalley.org.uk/en/content/cms/london2012/lee-valley-white-water-centre/)
- Scottish Canoe Symposium, September 26<sup>th</sup>-27<sup>th</sup> September, [www.opencanoe.info/getting-involved/scottish-canoe-symposium](http://www.opencanoe.info/getting-involved/scottish-canoe-symposium)
- Touring Norfolk Broads

**For details and arrangements contact Greg - [greg.spencer@aca-europe.org](mailto:greg.spencer@aca-europe.org)**