

Long Term Paddler Development

The BCU Long Term Paddler Development (LTPD) Model has been developed based on the specific needs of paddlesport and the work of Dr. Istvan Balyi, a Hungarian / Canadian coach and Sport Development specialist.

The BCU LTPD model outlines pathways for all paddlers to take through the sport and is based on the principles behind human growth and development. The model aims to provide a base of paddlesport and movement skills that will give an individual the opportunity to enjoy our sport to whatever level they choose, whether recreationally or high performance. It also aims to help deliverers provide the right opportunities at the right time, ensuring that paddlers are enjoying paddlesport and progressing at an optimal level. Through the LTPD pathway the BCU aims to create a working framework that provides paddlers at all stages of development, in all disciplines, the opportunity to be the best they can. It aims to give paddlers the necessary building blocks required to progress, ensuring the right opportunities are offered at the right time as part of a clear and agreed vision and strategy.

The Long Term Paddler Development model supports paddlers from the day they first get into a boat over a span of many years, providing a logical progression of programme planning and skill development from the young paddler to the experienced performer.

At each stage specific principles and guidelines for physical, psychological, technical, tactical and ancillary development are identified. Once competencies have been achieved at one level, they form the foundation for the next level. The model takes the paddler from basic to complex skills, from general to specific, and from beginner to expert. It considers what the paddler should be doing and when, providing the best possible programme to ensure individuals come into the sport, stay in the sport and achieve performances that reflect their potential / aspirations.

It does not matter if someone just wants to have fun on the water, become a hard-core river runner or an Olympic / World champion. Whatever their aspirations, Long Term Paddler Development is about giving them the chance to get the most out of paddlesport, being able to achieve their ambitions and realise their dreams.



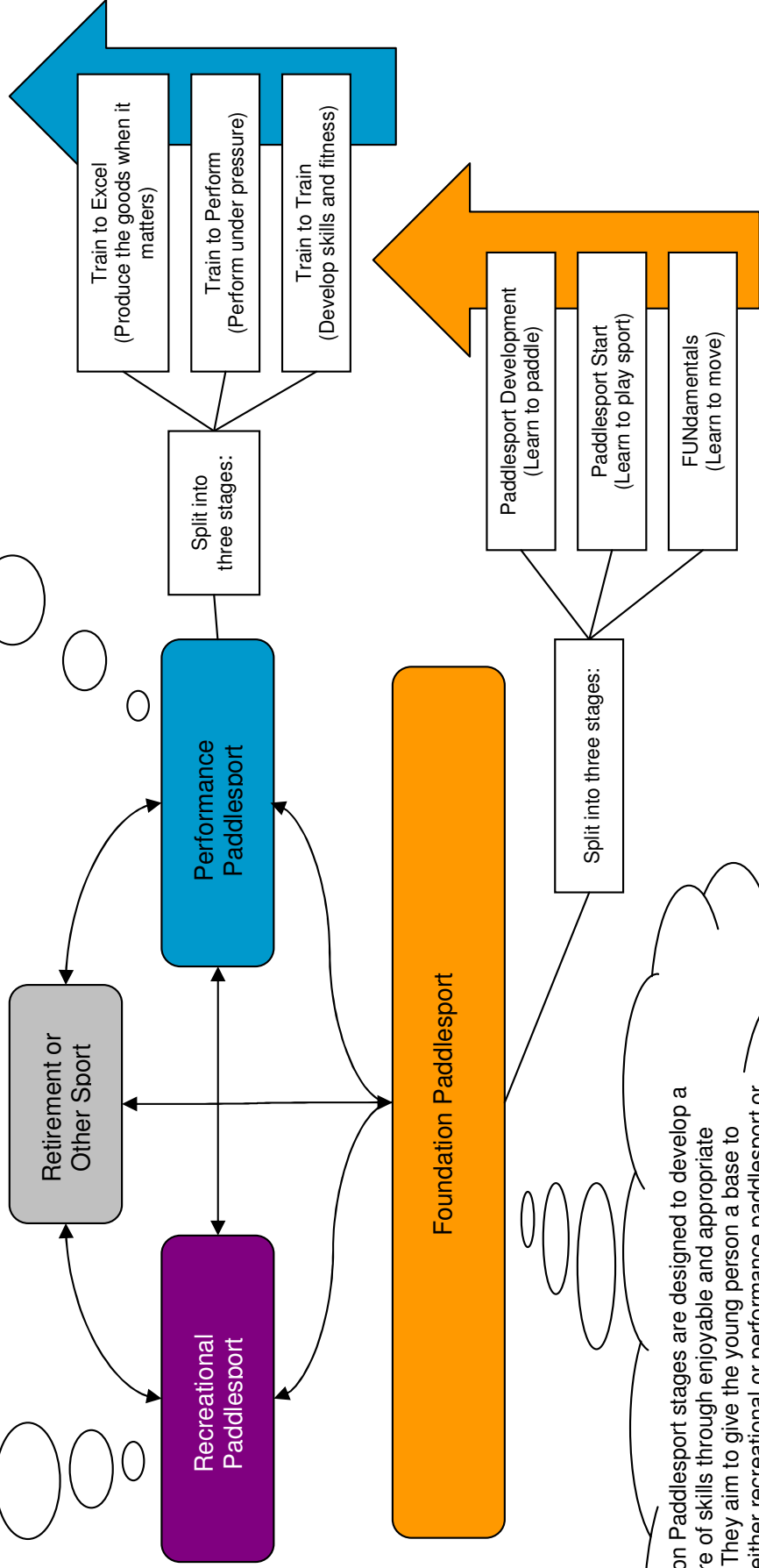
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This is applicable to paddlers who wish to achieve personal goals. For example:

- Enjoy a surfing holiday
- Be able to paddle class 3
- Complete the Exe descent
- Use paddling as a fitness session
- Take the kids on a canoe camping trip
- Get into slalom division 2
- Win local polo tournament

Paddlers who come into these categories include those with high aspirations in the competitive strands of paddlesport, or those wishing to pursue a recreational discipline to the highest level, for example, a solo sea kayaking expedition or a first descent.

The Recreational Paddlesport stage aims to give paddlers opportunity and skills to maximise their enjoyment and satisfaction from the sport to whatever level they desire. The Long Term Paddler Development model can be used as a goal setting and evaluation tool helping individuals and coaches to identify specific areas that need development in order to reach these goals.



The Foundation Paddlesport stages are designed to develop a strong core of skills through enjoyable and appropriate activities. They aim to give the young person a base to progress into either recreational or performance paddlesport or into other sports depending upon their aspirations.