

Paddle UK Slalom Start course at Manchester Canoe Club

Canoe Slalom at the top level is a fast paced Olympic sport. At the beginner level it involves challenging yourself on a course paddling through 18 gates on gently moving water. The Slalom Start course at Manchester Canoe Club will equip youngsters with the skills and confidence to take part in division 4 and 3 races. On graduating the course paddlers can pass into the junior slalom section and move forward in the sport at their own pace.

We are aiming the course at ages 8-10 but can take slightly older or younger (particularly if siblings!) for a child that is particularly keen.

This short video shows some slalom paddling at beginner level:

[What is Canoe Slalom? | Paddle UK](#)

And this one shows what some of our paddlers aspire to:

[What is Canoe Slalom? Everything you need to know!](#)

The course structure is outlined below. We do ask that a parent is present for the sessions. During each session there will be a brief 15 minute parent talk in the clubhouse (with tea and biscuits!) and the rest of the time you can watch your offspring amaze you with their progress!

The club is situated on Lower Dale Road, Marple (it comes up in the right place if you type "Manchester Canoe Club" into Google Maps!

To register you need to do 3 things:

1 – Click the link below to register and pay for a course

https://club.spond.com/landing/courses/manchestercanoec/9AED1D436A5344599362D0AE2FABF589/main_products

2 – Wait for the course to start – At the end of March I will email our details of clothing etc. There is no need for specialist equipment at this time but a pair of water shoes would be beneficial.

Keep Reading - There's more info on the course structure below!!!

Course Structure

Weekly club sessions are the times you signed up for. Mondays 5:45-7 or 6:45-8, Tuesdays 6:15-7:30

Off site training times will be organised closer to the time. Likely to be 10am-2pm or 11am-3pm (2 x 1 hour paddling sessions with a lunch break)

Races – coach support will be on site from 8am. Free practice likely to be until 11am. Events usually start at 11 (sometimes 10:30 on Sundays) and finish around 4 (normally time for extra practice over lunch if wanted).

Date	Session
21/22 April	Slalom Start session 1 <i>Intro to equipment, paddling, games, gates</i> <i>Parents – intro to the club and the sport</i>
28/29 April	Slalom Start session 2 <i>Paddling, games, focus on turning, short courses, rules of slalom</i> <i>Parents – benefits of going to events, what to expect at Marple</i>
Saturday 3 rd and / or Sunday 4 th May Marple "Slalom Fun" weekend Division 3/ 4 / Open event Rubber duck race, hand paddle race, music, campfire, BBQ, Smores, Camping Course fee includes entry on one of the days This is probably too early in the course for individual kayak entry unless there is prior experience. We will pair you with an experienced paddler to have a go in the Canoe Doubles (C2) event. Of course you're more than welcome to give the kayak a go! <i>Paddling at the event, team runs, having fun, cheering on clubmates.</i>	
5/6 May	Slalom Start session 3 <i>Canoe Week 1. C1, C2, games and gates</i> <i>Parents – Away day at Stone: what to expect</i>
Saturday 10 th May Off Site Training at Stone <i>Paddling at a different venue, paddling back up the river, short courses.</i> <i>We will transport boats and equipment there but can't take the paddlers!</i>	
12/13 May	Slalom Start session 4 <i>Games and gates, Intro to spraydecks, capsize drills if confident</i> <i>Parents – Clothing and equipment</i>
19/20 May	Slalom Start session 5 <i>Going from top pool to middle pool, breaking out</i> <i>Parents – how to enter events</i>
26/27 May	No Slalom Start sessions – half term
2/3 June	Slalom Start session 6 <i>Staggers</i> <i>Parents – reflections so far – any feedback before the weekend event?</i>
Saturday 7 th and / or Sunday 8 th June Stone Slalom <i>Paddling at event, cheering on clubmates, having fun</i>	
9/10 June	Slalom Start session 7 <i>Breakouts. Swimming and Spraydecks (weather permitting!)</i> <i>Parents – Ideas to help improvement, paddling through winter, pool sessions</i>
16/17 June	Slalom Start session 8 <i>Canoe week 2. C1 and C2. Games and gates</i> <i>Parents – benefits of volunteering, being involved</i>
23/24 June	Slalom Start session 9 <i>Spins</i> <i>Parents – reflections from other parents – what has my child gained from the sport?</i>
30 June / 1 July	Slalom Start session 10 <i>Mini event</i>

	<i>Parents – helping, timing, supporting</i>
Saturday 5 th and / or Sunday 6 th July Oughtibridge Slalom <i>Paddling at the event, team runs, cheering on clubmates, having fun</i>	