

Forth Canoe Club

AGM

Scottish Canoe Association
Kristina Medovcikova
Development Coach

Agenda

- After school activity 2010
- Summer courses 2010
- FCC sprint sessions 2010
- Winter sessions 2010-2011
- Results 2010

After School Activity 2009

■ Spring/Summer

- Fettes College (9 kids) - 1 session a week both terms
- Sciennes PS - 1 group of 3-4 kids for 1 session a week = introductory sessions
- Morningside PS - 2 groups of 11 and 12 kids for 1 session a week = introductory sessions
- Craiglockhart PS - 1 group of 9 kids for 1 session a week
- Drumbrae PS - 1 group of 10 kids for 1 session a week
- Gillespie's health week - 90 kids - 1 introductory session
- Money in £996 : Sciennes PS - £80 + £176 , Morningside PS - £460, Craiglockhart PS - £180 , Drumbrae PS - £ 100

for a 6-8 week bloc

■ Autumn

- Managed to find a coach for the sessions - Sam Ritchie
- Active school coordinator misplaced the paperwork that had to be done and the result was no sessions
- Fettes College - 9 new kids for 1 session a week
- Craiglockhart PS - 2 groups of 8 and 7 kids for 1 session a week

Money in : £320

Summer Courses 2009

- Very popular - having a good reputation by now
- 5 weeks, 12 courses
- 1 course for 5 days
- 1 session = 2 hours
- 110 kids during the summer

Money in £3000 (paid £1500 to the coaches)

- Coaches – Kirsten, Poppy, Euan Hamill and Kristina
- Already have a booking for 1 week for Excel Sports (they advertise, etc..)

FCC Sprint Sessions 2010

- Lightnings - 2 sessions a week on Tuesdays and Thursdays with Colin Smail and occasionally plus Kirsten on Thursdays

During season - paddling

During winter - swimming and gym

- K1s- 6-10 sessions a week

During season - paddling , run and weights

During winter - swimming, running, weights

Winter sessions 2010-2011

- Lightnings – Tue – swimming at Sciennes PS
- Thu – Meggetland, weights and paddling machine with **Colin Smail**
- K1s – regular 6-10 sessions
- Mon - weights and paddling machine, Meggetland
- Tue - am swim, pm run
- Wed - weights and paddling machine, Meggetland
- Thu - am swim, pm run
- Fri - weights, Meggetland
- Sat - NDS or testing day at Stirling Uni or 2 individual sessions
- Sun - off

Results 2009

- FCC members took part in many local competitions both sprint regattas and marathons
- Scottish Champs - (10 paddlers)
 - 2 gold, 10 silver, 7 bronze medals
- British Champs - (5 athletes - Jack Brickell, Oliver Carruthers, Poppy Croal, Calum Brickell, Benjamin Carruthers)
 - Best results from crew boats - U16 Boys K4 500m 4th with U18 boys (2nd U16 boat), K4 1000m 5th (2nd U16 boat) - Oliver and Jack in the K4
 - Poppy in K4 500m and 1000m - 5th

Padding Machines

- 3 new Kayak Pro padding machines at Meggetland available for use to any FCC member out of sprint group times - any day after 6pm