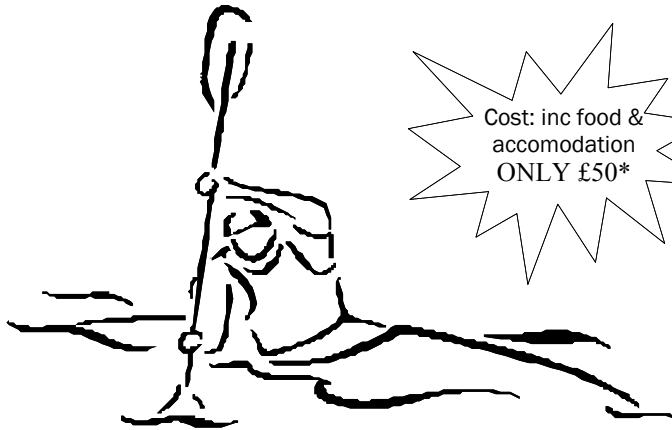


Fri 3 - Sun 5 March
at Bushmills OEC



Paddlefest 2006



Cost: inc food &
accommodation
ONLY £50*

World Surf Kayak Champion

Jonny Bingham

International Expedition Paddlers

Ali Donald & Rob Coffey

BCU LTPD & Expedition Paddler

Lara Tipper

& Other Workshops

Coaches: Attending this enables you to update your qualifications

* CANI Members

Jonny Bingham

World Surf Kayak Champion (High Performance) Costa Rica 2005. European Champion Mundaka (High Performance) 2005. Jonny became hooked on surf kayaking in 2001 after paddling in the Irish Open at Easky. He became involved with NI Surf Kayak Squad in September 2002 with a trip to the Home Internationals in Scotland. Competition wise the next big event was the World Surf Championships in Ireland in 2003 followed by the Home Internationals in France 2004, Mundaka in 2005 and the World Championships in Costa Rica in 2005 finishing with a first place. He has also paddled freestyle in the past and while at college did a lot of river running, travelling throughout the UK, Europe and Canada.

Ali Donald

Ali has extensive kayaking experience. He was part of the Colours of the Nile expedition which paddled the Blue Nile in 2004. He has competed in 15 countries including representing Ireland in four kayaking World Championships over five disciplines. In 2001 he jointly led the first Irish whitewater expedition to Northern Pakistan. Ali's international kayaking experience includes working as a rescue kayaker on the Zambezi River in Zambia and as a video kayaker on West Virginia's Gauley River. He has been a kayak instructor since 1998 and holds a number of coaching & rescue qualifications.

Rob Coffey

Rob was also part of the Colours of the Nile expedition. He has worked as a guide and safety kayaker on the White Nile in Uganda and the Zambezi River in Zambia. Rob has also paddled throughout the world: in Turkey, France, Scotland, Italy, Malawi, Canada and the USA. He has extensive video-kayak experience & has been involved in many professional filming ventures including "Hypoxia". He also has coaching and rescue qualifications.

Lara Tipper

Lara works for BCU on Long Term Paddler Development. She won a Silver medal winner at the Junior World Slalom Championships and a member of the GB Olympic Squad. She has also paddled freestyle and taken part in the Freestyle World Championships in both 1995 and 2001. In whitewater she has achieved a number of first descents. She is a Level 5 Coach and has experience coaching in a number of disciplines.

PROGRAMME

Friday Evening: pool session-- Rolling & Bracing

Saturday workshops & sessions include:

Surf Intro & Improver
Surf ski
Surf Safety
Whitewater Dynamic Paddling
Whitewater Safety Basics
Sea Intro & Improver
Sea Safety
Tidal Races & Overfalls
GPS
Freestyle
Open Boating
Fundamentals workshop
Long Term Paddler Development (LTPD)
Advanced Trips

Saturday PM: Slide Show: Ali and Rob's travels

Sunday: all day on the water sessions

River trip - open canoe boat handling skills
New skill & techniques for WW river running/Freestyle
Jedi Kayaking
Sea Trip & Advanced Sea Trip
Palm River Safety Initiative

**COACHES: ATTENDING THIS CONFERENCE ENABLES YOU TO
UPDATE YOUR COACHING QUALIFICATIONS**

Paddlefest is organised by CANI Coaching Panel. The organisers reserve the right to amend the programme without notice.

Booking Form

NAME: _____

ADDRESS: _____

TEL. NO.(H) _____

(M) _____

EMERGENCY CONTACT: _____

Participants can be exposed to cold and wet conditions and circumstances where the carrying of heavy loads is required. Applicants should seriously consider their personal health and fitness prior to attending the course. Anyone suffering from or ever having suffered from any medical condition, illness or injury or who is pregnant should consult their doctor regarding the suitability of their participation. Participants with concerns should only attend following positive advice from their doctor and should make their condition known to the instructor supervising their course.

Please tick as appropriate:

FULL WEEKEND £50 () Current Cani Members *

CANI Membership Number BCU/NI/_____/_____/2006

£85 () Non Cani Members

SAT ONLY £30 () inc. packed lunch

SUN ONLY £30 () inc. packed lunch

Slide show only £ 5 ()

Please tick if you will attend the Friday pool session ()

FEE ENCLOSED £_____ (Sterling, cheque payable to 'CANI')

All applications must be accompanied by the appropriate fee

Please return applications by Thursday 23 February 06.

Return to: CANI, Unit 2 River's Edge, 13–15 Ravenhill Road, Belfast BT6 8DN

For further information please contact
David at the CANI Office on 0870 240 5065

Look forward to seeing you
Arrival from 7.00pm onwards on Friday evening.
For one day attendance please arrive by 8.30am