



ACA | Canoe - Kayak - SUP - Raft - Rescue  
 503 Sophia St. Suite 100 | Fredericksburg, Virginia 22401  
 Phone: (540) 907-4460 | www.americancanoe.org

## International Canoe Federation & ACA Level 1 Coach Certification Course

The American Canoe Association, assisted by the International Canoe Federation, the Pan American Canoe Federation (COPAC) and the USA Sprint Coaches Association is offering the Level 1 ICF Coaching certification course. Obtain Coaching certification that is recognized worldwide and will be used by the Sprint Canoe Kayak USA National Governing Body (NGB).

**When:** November 17-19, 2017

**Where:**

**Classroom Sessions at Cascadia College**

- 18345 Campus Way NE, Bothell, WA 98011, Classroom CC3-103, next to Mobius Hall
- Map <https://www.uwb.edu/uwbothell/media/maps/uw-bothell-campus-map.pdf>
- Weekday Parking \$7 per day, Weekend Parking is \$4 per day

**Saturday morning on-the-water session at Cascade Canoe & Kayak Racing Team**

- Blue Heron Landing Marina, 9025 Bothell Way NE, Bothell, WA 98011

**Cost:** \$195 which includes ICF level 1 Manual, ICF Certification, ACA Certification, Instructional Power point and practical coaching experience.

**Registration:** <http://www.americancanoe.org/events/EventDetails.aspx?id=1021727&hhSearchTerms=%22coach%22>

**Instructor:** Dan Henderson, Co-author ICF Level 1 Coaching Manual, 1<sup>st</sup> Edition; Presenter ICF Coaching Conference, Warsaw, Poland; former Graduate Assistant and Adjunct Professor in Exercise Science Department, Western Washington University; 4 times Pan American medalist; 29 years coaching Sprint Racing; former Team USA World Championship Team Leader & Head Coach; founder Cascade Canoe & Kayak Racing Team

**Contact:** cell 425-785-7419, email [danh@cckrt.org](mailto:danh@cckrt.org)

**Agenda:**

**Friday, November 17**

2:00 – 3:00	Welcome and introductions	Cascadia College
3:00 – 3:30	Chapter 1: Overview	Cascadia College
3:30 – 4:30	Chapter 2: Introducing Canoeing & Kayaking	Cascadia College
4:30 – 5:30	Chapter 3: Equipment Introduction	Cascadia College
5:30 – 6:30	Pizza	Cascadia College
6:30 – 7:30	Chapter 4: Safety & Rescue	Cascadia College

**Saturday, November 18**

8:00 – 11:30	Practical Experience working with Cascade athletes	Blue Heron Landing Marina
11:30 – 12:30	Lunch	On Own
12:30 – 1:30	Chapter 3: Equipment Practical	Blue Heron Landing Marina
1:30 – 2:00	Drive to Cascadia College	
2:00 – 3:00	Chapter 5: Technique of Canoeing & Kayaking	Cascadia College
3:00 – 4:00	Chapter 6: Physical Conditioning	Cascadia College
5:30 – 7:00	Evening Meal/Function	TBA

**Sunday, November 19:**

8:00 – 9:00	Chapter 7: Basic Training Methods	Cascadia College
9:00 – 10:00	Chapter 8: The Role of a Coach	Cascadia College
10:00 – 10:30	Break	Cascadia College
10:30 – 11:30	Chapter 9: Introduction to Racing	Cascadia College
11:30 – 12:30	Test and Certificate Presentation	Cascadia College

**Cascade Canoe & Kayak Racing Team, PO Box 411, Bothell, WA 98041**



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## International Canoe Federation & ACA Level 1 Coach Certification Course

### Directions to Cascadia College

18345 Campus Way NE, Bothell, WA 98011

From I 405 in Bothell

Take SR 522 West

Turn north (left) onto Campus Way NE - the first stoplight

For parking garage height vehicles, park in North Parking Garage, South Parking Garage if North is full

For tall vehicles, park in Surface Parking on NE 180<sup>th</sup> St

Walk to Building CC3, Classroom 103 up the stairs and to the right from Mobius Hall





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## International Canoe Federation & ACA Level 1 Coach Certification Course

### Directions to Cascade Canoe & Kayak at Blue Heron Landing

9025 Bothell Way NE, Bothell, WA 98011

From I 405 in Bothell

Take SR 522 West

Left turns from SR 522 into the marina are not allowed so here's the go around directions

Turn Right onto NE 180<sup>th</sup> St at the 76 gas station. Go westbound up the hill, past the high school and the farm

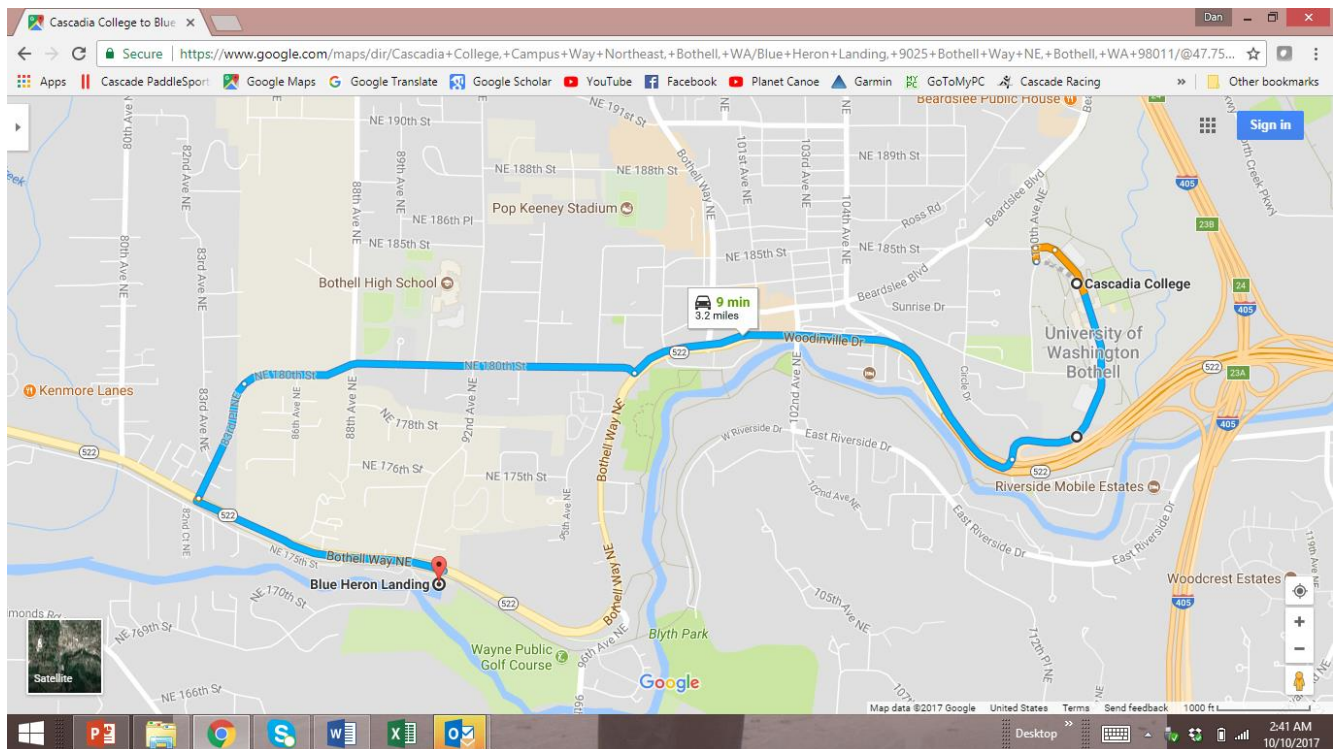
The road bends to the south (left) and becomes 83<sup>rd</sup> Place NE, and Ts into SR 522 – Bothell Way NE

Turn east (left) onto Bothell Way NE

Take the second drive ramp to the right, across from the Public Storage building

Go down the ramp, across the trail, and bear left into the marina

Park in any open space.





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## Directions from Cascade Canoe & Kayak at Blue Heron Landing to Cascadia College

From the drive ramp, turn east (right) on SR 522

Turn north (left) onto Campus Way NE

For parking garage height vehicles, park in North Parking Garage, South Parking Garage if North is full

For tall vehicles, park in Surface Parking on NE 180<sup>th</sup> St

Walk to Building CC3, Classroom 103 up the stairs and to the right from Mobius Hall

