

PERSONAL PROFILE

NAME

ADDRESS

.....

.....

.....

HOME TEL.NO.....

PHOTO
HERE

CONSENT OF PARENT/GUARDIAN

Igive consent for
to take part in paddlesport at Poole Harbour Canoe
Club. I understand that qualified coaches will
administer any first aid or treatment for minor ailments
deemed necessary.

Below are medical conditions/allergies that the coach
should know about.

.....

.....

.....

Signed.....Date.....

EMERGENCY CONTACT

Emergency contact no.

Name

EVENTS LOG

IN THIS SECTION RECORD ALL OF THE EVENTS THAT
YOU ATTEND, E.G. MARATHON SESSIONS AT CANFORD.
(TRY AND GET A COACH/ADULT TO SIGN THESE OFF TOO).

DATE;	TYPE OF AND LOCATION OF EVENT;	SIGNED;

0-00-E 037-500 450

..EVENTS LOG..

[illegible]

TIME TRAILS/RACE RESULTS

HERE YOU CAN RECORD ALL OF YOUR BEST TIMES FOR ANYTHING FROM THE LIGHTENING CHALLENGE OR PADDLE ERGO, TO HOW FAST YOU CAN RESCUE! (TRY AND GET A COACH TO SIGN IT).

[illegible]

CLUB PADDLES

**IN THIS SECTION RECORD ALL OF THE NON-COACHED CLUB
PADDLES THAT YOU GO ON, E.G. FIRST SATURDAYS, ETC...
(THIS IS FOR YOU, SO DON'T WORRY ABOUT GETTING ANYONE
TO SIGN IT OFF FOR YOU).**

[illegible]

..CLUB PADDLES..

[illegible]

BOATS YOU HAVE PADDLED

IN THIS SECTION RECORD ALL OF THE DIFFERENT BOATS YOU HAVE PADDLED IN, FROM SURF KAYAKS TO RACING K1.
(TRY TO GET A COACH TO SIGN IT OFF FOR YOU).

DATE:	TYPE OF BOAT:	SIGNED:

YOUR ACHIEVEMENTS

HERE YOU CAN RECORD ALL OF YOUR STAR TESTS AND AWARDS. YOU CAN PUT IN THINGS LIKE COMPLETING A ROLLING COURSE, ETC...
(GET YOUR COACH TO SIGN IT).

1 STAR AWARD

DATE

SIGNED LOCATION

2 STAR AWARD

DATE

SIGNED..... LOCATION

3 STAR AWARD

DATE

SIGNED..... LOCATION

DATE;	COURSE TITLE;	LOCATION;	SIGNED;

..YOUR ACHIEVEMENTS..

DATE;	COURSE TITLE;	LOCATION;	SIGNED;

HANDY STUFF

HERE'S A LIST OF USEFUL PHONE NUMBERS AND PADDLING WEBSITES.

BRITISH CANOE UNION: - www.bcu.org.uk

B.C.U SOUTHWEST REGION: - www.bcusouthwest.org.uk

POOLE HARBOUR CANOE CLUB: - www.phcc.org.uk

CANOE/KAYAK STORES:

- www.woodmill.co.uk
- www.brookbankcanoes.co.uk
- www.aswatersports.co.uk/index.html
- www.bournemouthcanoes.co.uk
- www.systemxkayak.co.uk

WHITEWATER KAYAKING:

- www.playak.com (playboating portal)
- www.thameswierproject.co.uk

SEA KAYAKING:

- www.seakayakgreece.com
- www.seakayakermag.com

MARATHON:

OTHER:

- www.blurredfocus.co.uk (DB's website, lots of paddling photos).
- www.unsponsored.co.uk (various kit reviews and other whitewater news)
- www.yak-paddling.com (good kit)
- www.pyb.co.uk (Plas y Brenin national outdoor centre, Wales)

JUNIOR COMMITTEE REPRESENTATIVE;

Matt Goulden Tel no: (01202) 658173 or 07876 353417
e-mail; matt.goulden@tesco.net

NEWSLETTER AND MAGAZINE;

John Watt Tel no; (01202) 749846
e-mail; john.watt@virgin.net

YOUTH EVENTS COORDINATOR;

Geoff Goulden Tel no: (01202) 658173
e-mail; geoff.goulden@tesco.net