LEVEL UP YOUR PADDLING

WHAT'S NEXT FOR ME?

MCC
MARLOW CANOE CLUB

START

Are you a member of Marlow Canoe Club?

- YES → Lucky you! Are you confident paddling up to Hurley and back?
- NO → **DISCOVER**

Lucky you! Are you confident paddling up to Hurley and back?

- NO → **BUDDY UP**
- YES → Would you feel happy independently paddling in sheltered water?

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- NO → **EXPLORE**
- YES → Happy getting wet and practising skills in the Thames water during club sessions?

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- NO → **GET WET!**
- YES → Ever tried a different craft?

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- NO → **LEARN**
- YES → What? All of them?! Kayak, canoe, SUP, marathon, the lot?!

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- NO → **LEARN**
- YES → So you're probably one of our Duty Officers or Coaches, right?

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- NO → **LEAD**
- YES → Thank you for sharing your love of paddling with our members, and for supporting Marlow Canoe Club!

DISCOVER

What's are you waiting for? Sign up to one of our summer **Discover Courses.** Warning: You will be hooked!

BUDDY UP

When you next come along to a club session, chat to the Duty Officer (DO) to see if they can **buddy you up with someone.** Don't be afraid to pick their brains about paddle strokes, kit, trips etc etc... Also keep a look out for seasonal **'Get Back Into Paddling' sessions**, and masterclasses on forward paddling technique.

EXPLORE

It's worth registering your interest in an **Explore Course,** designed around you and your group to help you learn to make confident and safe choices. Sound good? Drop an email to **coaching@marlowcc.org.uk**

GET WET!

We don't blame you! Head to one of our **pool sessions.** These provide the perfect opportunity to **practise capsizes, rolling, and rescue skills** in a clear, warm pool.

LEARN

The time is nigh! Keep your eyes peeled for our **introductory sessions** to canoeing, marathon paddling, sea and white-water kayaking, and stand-up paddle boarding (SUP).

LEAD

With your experience, you'd be an invaluable fountain of knowledge to our members. If you fancy becoming a **Duty Officer** or pursuing other areas of coaching, start by signing up to our **Paddlesport Leader** or Duty Officer Training courses.