

LAST CHANCE IN 2020!

PAN AM/USDBF LEVEL I COACH COURSE

Don't miss this last opportunity in 2020 to take the United States Dragon Boat Federation Level 1 Coach certification course

OCTOBER 24 & 25

The popularity of this introductory dragon boat coaching course has grown considerably both in live presentations and now with distance education via ZOOM.



TO REGISTER:

<https://www.panamdragonboat.com/shop/level-i-coach-course-october-24-25-2020-online-zoom/>

LEARN the essential skills & knowledge to lead your novice or intermediate dragon boat team to the next level with this 1.5 day course

COURSE CONTENT INCLUDES:

- Effective coaching techniques
- Ethics in dragon boating
- Safety
- Stroke mechanics
- Technical drills
- Practice planning
- Race planning
- Seasonal planning
- Boat balance
- Manuals provided



COST of \$226 USD includes USDBF certificate



Course Instructors: Pat & Liz Bradley are among the top paddlers and coaches in North America with multiple GOLD medals having led National teams from both Canada and the USA to World Championships. The Bradley's have developed a stimulating on-line delivery that provides aspiring coaches with a valuable 'tool kit' of basic dragon boat coaching skills and knowledge.

THE ONLINE COURSE IS:

ECONOMICAL – no travel, meals or hotel costs

CONVENIENT – learn from your favorite chair at home

INTERNATIONAL REPRESENTATION – all our previous online ZOOM courses have attracted participants from around the World. The class discussions have been fascinating with participants from Ireland, Canada, Argentina, Cyprus, India and of course coast to coast across the USA!

ACCESSIBLE – the ZOOM instruction format makes our courses extremely simple to access.

Delivered - in English only