



## Cattewater Pilot Gig Club: Novice Night Proposal

Novice courses of 4 weeks. £15 cost

Free taster session available prior to signing up for the August course.

Course 2: July 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> (run by group 2)

**Taster session 2: Tues Aug 2<sup>nd</sup>**

Course 3: Aug, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> (run by group 3)

Sessions to run from 7-9pm Tues evenings

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|--------|---|--|--|
| Week 1 | Meet, brief, set up boat, Dry training – basic technique & crab recovery, warm up | Launch boat, put dry training to practice & become familiar with boat.                                 | Get boat out of water, unpack kit, debrief |
| Week 2 | Meet, brief, set up boat, warm up, launch,  | Skills revision, introduce importance of timing and pulling with arms straight                         | Get boat out of water, unpack kit, debrief |
| Week 3 | Meet, brief, set up boat, warm up, launch,  | Skills revision, Introduce lay (1/2,3/4,full strokes) Refine technique, depth, catch.                  | Get boat out of water, unpack kit, debrief |
| Week 4 | Meet, brief, set up boat, warm up, launch,  | Skills revision, revise importance of laying back (pause work) Introduce punch and importance of legs. | Get boat out of water, unpack kit, debrief |