

# Roadmap for: Canoe Paddler



## Prepare: Knowledge and Basics

### Fundamentals Activity

Define five parts of the paddle.

(with two coaches)

State the paddling "prep" command.

(with two coaches)

Date / Score / Initials

___	___	___
___	___	___
___	___	___
___	___	___



## Develop: Skills and Cross-training

### Process Activity

Demonstrate paddle grip, both left and right side.

(with two coaches)

Demonstrate paddling in time to coxswain directions.

(with two coaches)

Date / Score / Initials

___	___	___
___	___	___
___	___	___
___	___	___



## Qualify: Coaching and Demonstrations

### Performance Activity

Prepare for a canoe paddling excursion.

(with two coaches)

Act as a member of a canoe paddling team

(one instance)

Date / Score / Initials

___	___	___
___	___	___
___	___	___
___	___	___



## Qualified Canoe Paddler

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**The Role**

**1**

Must be productive in 30 - 60 days

**The Rockstars**

**2**

Already performing at a high level *in this role*

**The Impacts**

**3**

Who do they touch?  
Who touches them?

**Need to DO?**

**4**

The 10-20 productive actions *that get results*

**Need to KNOW?**

**5**

Policy and book knowledge needed for the role

**How do you Know?**

**6**

Are they qualified to represent your brand?  
How do you know?