



TEAM **K**EANE

JUNIOR PADDLING
CAMPS
AGED 10-16YRS



All abilities welcome to join!

£300 per week.

Monday to Friday,

10:00 till 15:00.



Team Keane Watersports

Ferry Wharf

Ferry Lane

Brentford

TW8 0AW



Contact: john@TeamKeane.com

www.teamkeane.com

Each day starts with registration & a Safety Briefing promptly at 10am.

On the first day there you will be assigned a Coach along with other Paddlers of similar ability and experience.

Your assigned coach will develop a specific program for your group for the week ahead including activities & games in Kayak's, Canoe's & Sculls

You will have 2 sessions per day. The 1st one before lunch and the 2nd after . Lunch will be from 12-13:00 and you will need to provide your own packed lunch.

But most importantly, the aim is to safely enjoy the sport & have fun!



For further information and to
book please visit our website

www.teamkeane.com

or email

john@TeamKeane.com



KIT

You will need to bring enough training kit with you for 2 sessions each day.

Please check the weather for each day & ensure you are prepared with suitable kit & equipment for the various weather conditions.

Please avoid bringing any unnecessary valuables to the boat house as we cannot guarantee security and cannot be held responsible for any thefts onsite.

This includes:

- Training kit for hot and cold conditions. Please choose comfortable sport clothing like tracksuits and avoid clothing which is overly baggy.
- Fully charged mobile phone in a waterproof case.
- Waterproofs & warm dry clothes to wear between sessions as well as a couple of sets of socks!
- Buoyancy Aids will be provided
- Labelled Water bottle .
- Sun hat or cap & sun glasses.
- Sun cream.
- Crocks>> or trainers.
- If rain is forecast please bring a lightweight Mac.....like a pack-a-mac.>>

CONTACTS



Activities Manager & Safety Officer



Paul Keane

Tel: 07810553989

Email: paul@teamkeane.com

Activities Manager & Administration



John McShane

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Email: john@teamkeane.com

Welfare Officer



Alan Kunna

Tel: 07966 080106

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Location

