



Thames Regional Rowing Council

UKCC LEVEL 2 CERTIFICATE IN COACHING ROWING

British Rowing, in conjunction with the Thames Regional Rowing Council, notifies all member clubs and associations of a L2 coaching course in April 2011.

Venue	Course Date/s	Assessment Dates	Application Deadline
READING ROWING CLUB	Mon 11 th to Friday 15 th April 9.30am – 5pm. Poss one evening session.	4 th and 5 th June 11.	2 nd March 2011

Course costs £400 per person

Funding is available from the Mayors Legacy Fund for London based candidates who can commit to volunteer coaching. Please ask for details. Unfortunately there is currently no funding for coaches from outside London.

TO APPLY **:

1. Complete a British Rowing candidate application form (clearly state the course dates and venue of the course you are applying for). This form is available on the British Rowing website <http://www.britishrowing.org/coaching/level2>
2. Write a cheque for £400 to 'The Thames Regional Rowing Council'.
3. Send the form and cheque to; Sarah Birch, British Rowing, 23 Wadham Close, Shepperton, Middlesex, TW17 9HT by the deadline dates outlined above (**late applications or those without the course fee will not be accepted**).

Enquiries to; **Sarah Birch** – Mobile: 07818 576 144

E-mail: sarah.birch@britishrowing.org or **Philip O'Keeffe**- Mobile 07818 576 141
philip.okeeffe@britishrowing.org

ALL CANDIDATES MUST REGISTER WITH BRITISH ROWING HQ FOR MEMBERSHIP BEFORE SUBMITTING AN APPLICATION FORM TO ENABLE THEM TO ACCESS COURSE MATERIAL VIA 'ROWHOW' AND FOR INSURANCE PURPOSES.



Course Content

The course is aimed at beginner coaches, focusing primarily on **how to coach** as well as the rowing specific knowledge of what to coach. Applicants must be 16 years or above, have some previous experience of rowing (either through participating, coaching or spectating) and must be able to attend **all** course dates outlined above including those for the assessment.

Level 2 Coach is qualified to;

Plan, deliver and review rowing coaching sessions. The course is based around development in the following areas;

1. Safe and Professional Behaviour
2. Communication
3. Planning and Reviewing
4. Sequential Activity

Course Modules
Introduction to coaching
Risk management and incident reporting
Good practice and participant welfare
First Aid
Coaching the capsize drill
Checking and setting up equipment
Developing activity and fitness
Flexibility and core stability
Dynamic Warm up
Developing technique
Developing skill

Assessment;

Following the course candidates will carry out 6 sessions of mentored (if available) coaching practice in their own club. **Assessments will take place on the dates specified in the table. Assessments may not be done at the candidates own club but could be at a central venue.**

** This fee must be paid at the time of application. If you subsequently need to withdraw from the course you may still be charged £255 to cover costs. However, if we can fill your place on the course then the full fee will be returned.