COACHING COURSES 2006

LEVEL 2

This program trains coaches who already have experience in the sport. It includes basic sport science principles and has an emphasis on practical elements such as rigging and fault correction. Participants must be a Level 1 coach and have at least one years experience as a Level 1 coach.

Competencies:

- Professional Issues
  - Develop and implement a risk management plan that takes into consideration legal and ethical factors
  - Outline state/territory specific rules of racing, venue traffic rules and regatta procedures
  - Explain state/territory and national rowing structures, including coaching pathways.
- Physiology and Anatomy
  - Outline the components of fitness and the principles of training
  - Define basic anatomical terminology (specific to rowing)
- Rowing Technique
  - Teach the basic rowing technique for sculling and sweep
  - Analyze a rower's technique against an ideal model, identify faults and provide appropriate exercises to correct faults
- Rigging
  - Demonstrate the basic method of rigging, including simple adjustments and basic maintenance
- Coaching Methodology
  - Demonstrate appropriate communication techniques and be able to modify coaching styles to suit particular situations and individuals
  - Provide group and individual feedback on rowers/crew performance, and assist rowers to evaluate achievement of the objectives of the training session/competition
- Training Methodology
  - Develop and implement a weekly training plan
- Medical Issues
  - Instruct rowers regarding basic nutritional guidelines, fluid replacement and hygiene practices
  - Implement stretching, core stability and other injury prevention strategies.
  - Discuss the implications of coaching crews with varying needs (ie junior, youth, club, masters, disabled), including selection of rowers into crews with matching abilities, peer pressure and appropriate training levels for each specific group
  - Provide general advice to rowers regarding the issue of drugs in sport

Convener: Camilla Hayman – (actra@rowingact.org.au)

Dates:
- Wednesday 13 September 5:30pm – 10.00pm (refreshments provided)
- Sunday 17 September 9.00am – 5.00pm (lunch and refreshments provided)
- Sunday 24 September 9.00am – 5.00pm (lunch and refreshments provided)
COACHING COURSES 2006

Location: CGGS Boat Shed

Cost: $225.00

Program:  
12th September  Professional Issues  
            Coaching Methodology  
17th September  Physiology & Anatomy  
            Medical Issues  
            Rowing Technique  
24th September  Training Methodology  
            Rigging

Registration: ACTRA Office 6249 – 6111 or actra@rowingact.org.au by Monday 28 August (course limit 22). Applicants must provide full details of rowing experience.
COACHING COURSES 2006

LEVEL 1
This course provides a basic introduction to coaching rowing at a community level. This course is aimed at parents, teachers, outdoor rec instructors, boat race officials and senior school students. No prior coaching experience is required. Coaches will be accredited to work under the indirect supervision of a higher level coach. Participants must be over 16 years of age.

Competencies:

- Outline the role of the rowing coach, including the ethical standards required
- Utilize standard risk management and safety strategies when conducting sessions
- Explain start and race day rules, including local venue etiquette guidelines
- Teach the basic skills of rowing to enable beginners to:
  - Safely enter and exit the boat
  - Set feet position
  - Execute a basic rowing stroke
  - Move the boat forwards and backwards, including turning and checking
  - Deal with a capsize situation
- Organize and conduct activities appropriate to the needs of beginners
- Define basic terminology related to parts of the boat, the blade, rowing commands and race commands

Convener: Camilla Hayman (actra@rowingact.org.au)

Date: Sunday 15 October 9.00am – 5.00pm (lunch and refreshments provided)

Location: CGGS Boat Shed

Cost: $125.00

Registration: ACTRA Office 6249 – 6111 or actra@rowingact.org.au by Friday 22 September (course limit 22)