

HerCoach - Women's Coach Development Scholarship Program

Supported by the ACT Government's Women's Coaching and Officiating Support Grant, Rowing ACT is excited to announce HerCoach – a women's coach development program for ACT based female rowing coaches. 9 scholarships will be available to support with accreditation and professional development for female coaches in the ACT over 2026.

APPLY NOW

Structure:

The HERCoach – Women's Coach Development Scholarship Program will focus on two elements and spread across three stages. Individuals can apply for the program, with the ability to nominate their preference for which stage of scholarship they would like to be considered for, depending on their individual goals and capabilities as a coach at that time. The staged structure of the program will place a focus on education and development at different tiers, targeting progress for female coaches at school, club, community and high-performance levels.

Elements:

1. Coach Education
 - Courses and training
2. Coach Development
 - mentoring and individual coach development

Stages:

1. Stage 1 - Foundation / Emerging
 - Providing support for females to gain coach education and accreditation
2. Stage 2 - Development / Established
 - Provide opportunities for female coaches to develop through set events and training blocks, building on the Education Focus
3. Stage 3 - Performance / Elite
 - Create a high-performance development opportunity for one female coach, backed by investment in their education

The HERCoach – Women's Coach Development Scholarship Program, in conjunction with the mentor network, performance pathway program and focused goals, will increase opportunities for female rowing coaches by addressing the previously identified barriers to women in sports coaching.

M: 0406 376 666 / **E:** eo@rowingact.org.au / **W:** www.rowingact.org.au

A: 21 Alexandrina Drive, Yarralumla ACT 2600

P: PO Box 7074, Yarralumla ACT 2600

Rowing ACT acknowledges the Traditional Custodians of the lands and waters on which we live and row and we pay our respects to Elders past, present and emerging.

Program Detail:

The HERCoach – Women’s Coach Development Scholarship Program focuses on upskilling female coaches, as well as broadening local coach development opportunities.

All scholarship holders will receive:

- Funding to upskill their [National Rowing Coaching Accreditation](#) (NRCAS; Levels 1, 2 and 3)
- Personal and professional development sessions related to coaching and broader leadership skills
 - Inclusive of a DISC Profile Questionnaire through Define Potential
- Mentor circle of female coaches through [Define Potential](#), a local Canberra company
- Individual Coach Development Plan aligned with the [AIS Model](#) (Coach Development)

Stage 1 - Foundation / Emerging

Up to six (6) Individual scholarships worth up to \$750 in value each

Emerging and aspiring female coaches within the ACT Rowing community will be offered a full scholarship to achieve Level 1 or Level 2 National Rowing Coaching Accreditation, in addition to participation in the mentoring program offered to all scholarship holders.

Through the WCOSP, RACT will cover the costs of coaching accreditation for these coaches. This will increase the number of female coaches locally and upskill existing local rowing coaches. This stage focuses on educating coaches and supporting them through their national accreditation, noting that an often-cited barrier to coaching is the cost of coaching accreditation.

As part of Stage 1, coaches are asked to participate as a volunteer coach in an ACT club or school program to ensure the skills each coach gains benefit the broader community.

Prerequisites: Any female coaching in or interested in coaching rowing in the ACT over the age of 18 years may apply.

Stage 2 - Development / Established

Two (2) Individual scholarships worth up to \$2,000 in value each

Two female rowing coaches wanting to progress their coaching will receive a scholarship for coach-specific professional development and accreditation. This must include achievement of their next level in the NRCAS scheme to Level 2 or Level 3. Once coaches have enrolled or achieved their accreditation, they will be offered a list of Development Courses to choose from to a maximum of their remaining funding.

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The successful Stage 2 coaches will work directly with ACT Interstate Rowing Teams, expanding the skillset, knowledge and experience. There are up to four (4) opportunities for interstate team coaching, with Stage 2 coaches able to nominate coaching preferences for rowing crews or teams, subject to RACT approval.

Coaches will work directly with the ACT's Performance Pathways Lead Coach during the interstate team period to maximise opportunities to engage with a variety of coaches and support team members during this period. Stage 2 gives a direct introduction into the coaching performance pathway to encourage female coaches to remain in the pathway. In addition to direct coaching opportunities, Stage 2 coaches will have access to professional development opportunities to create more skilled coaches for the community.

Prerequisites: Female rowing coaches must hold a current NRCAS Level 1 Accreditation, meet criteria set for ACT Interstate team coaches and be over 18 years of age at the commencement of the program.

Stage 3 - Performance / Elite

Individual scholarship worth up to \$2500 in value

A female coach wanting to progress through the performance pathway will be offered a scholarship for the next stage of their NCRA and their choice of professional development courses. As part of the Stage 3 Scholarship, the successful coach will receive targeted development and mentorship with ACT Performance Pathways Program Lead Coach through assistant coaching opportunities (tailored role to be scoped and defined to fit in with participant's development goals). The coach will be situated in the Rowing ACT Performance Pathways Program and have access to the support staff at the ACT Academy of Sport as additional resources for development and education.

Stage 3 offers a direct pathway for a female coach to gain insights and experience in high performance rowing coaching. Further to Stage 2, the Stage 3 scholarship ensures a clear and formal pathway for female coaches into the high-performance coaching realm.

Rowing ACT will cover costs associated with coaching within the program, as well as the successful applicants' next accreditation level and professional development courses.

Prerequisites: Female rowing coaches must hold a current Level 1 NRCAS accreditation, and meet requirements specified by the ACT Academy of Sport. Coaches may be required to participate in an interview process for Stage 3 in addition to their written application.