

Level 3 #3 Rowing Coach Education Course 2015

The Level 3 Rowing Ireland/Coaching Ireland coaching course is the next phase in the progression of our coach education program.

The objective of the course is to up skill L2 coaches who are currently working with top level juniors or senior club/university rowers and aspiring U23 rowers. The course will help coaches to increase their knowledge and experience in areas of technique, rigging, strength training, physiology and athlete monitoring in their coaching. Coaches will also be given the opportunity to help develop their approach to coaching mental skills preparation. The coach mentoring programme has been piloted on last years L3 and will help you develop skills in other coaches in your club. Coaches have found that in mentoring others their own skills developed also.

The course runs over 5 main sessions. Prior to each session there will preparation required for classroom assignments. There will be homework and projects between sessions. Certification will only be attained with full attendance at all sessions and satisfactory completion of all assignments, homework and projects. The main emphasis of the course is on practical coaching and advice from practicing coaches rather than theory. Coaches may be required to bring athletes for some of the coaching sessions, the experience on the first two courses was that this was very beneficial to the athletes also. There is also huge learning from bringing coaches of this level together to discuss topics and share experience.

Location and timing of sessions are designed around external tutor availability and access to facilities.

Dates summary:

- Oct 24th-25th NRC.
- Nov 8th DUBC – Strength training module.
- Nov 21st-22nd UL, may include strength training assessment.
- Jan/Feb date tbd

Session 1 will involve technical discussions and practical coaching on the water. Coaches will get an opportunity to observe and engage with our lead senior coach. We will introduce our coach mentoring programme and have an injury prevention clinic.

Session 2 will be on strength training for rowing. Course covers theory, screening, functional assessment and design of circuits, coaching the lifting skills and programme development. Plus assessment of coaching skills on lifting.

Session 3 will mainly cover rowing physiology, athlete testing/monitoring, training programme discussions with professional physiologists. How to bring high performance behaviours into a club environment with a guest speaker.

Session 4. The date will be Jan/Feb but is not finalised as we have not secured a time with an external tutor yet (hope to finalise in coming weeks). This weekend will address lifestyle issues that impact performance of your squads and the coach, mental skills particularly around motivation and competition preparation and presentations on your project work including feedback on the coach mentoring programme.

Session 5 will be an observation of practice session with an experienced coach, dates to be decided by individuals.

To attend the Level 3 course candidates must hold a Level 2 RI/CI coaching certificate and have been actively coaching for two years since completing the Level 2 cert. Coaches must be nominated by their

club captain or manager and should be currently working with athletes at the appropriate stage of the athlete development pathway.

A coach **licencing** system is being introduced for coaches who achieve Level 3 and fulfil some other criteria as listed in next paragraph. Licencing will bring an insurance scheme as well as being listed as a licenced coach.

It is required that candidates will undergo Garda/PSNI vetting and have completed Code of Ethics, Child Protection Basic Awareness/Safeguarding training. Familiarity with current practice in Coaches Code of Conduct and Rowing Ireland Safety Policy will be assessed during the course. Candidates will also have to show evidence of a current Coaching Insurance certificate either through membership of a club policy, independent cover or membership of Rowing Ireland policy.

In exceptional circumstances the coach education committee may invite someone to attend L3 based on recognition of prior experience, qualifications or current coaching role.

Level 3 application form must be returned to Pat McInerney by email pat.mcinerney@rowingireland.ie or post to 57 Highfield, Ennis Rd, Limerick.

The course fee is €400 payable online before starting at:
<http://www.rowingireland.ie/payments/pay.php?type=other>

Payment can be made in 4x€100 instalments payable in advance of each weekend by sending a cheque payable to Rowing Ireland/CE L3. Send cheques with a note to:

Jer Field, Finance Officer.
Rowing Ireland,
National Rowing Centre,
Farran Wood,
Ovens,
Co Cork.

Pat McInerney, Coach Education Officer. Phone 00353-87-9695093(m),
pat.mcinerney@rowingireland.ie



Level 3 Application Form

Name:

Please Print:

Address:

Please Print:

DOB (dd/mm/yyyy):

Mobile:

Email:

Club:

Year L2 was attained:

Evidence of application for Garda vetting certification: Yes / No

Evidence of coaches insurance cover: Yes / No

Please describe your current coaching role:

Please summarise your coaching experience over previous years:

Do you have any special medical or dietary needs or injuries the tutors should know about particularly in relation to the strength training course?

Club captain/manager:

Applicants Signature:

Date: