

WOMEN IN COACHING SPOTLIGHT



WOMEN IN COACHING INTERVIEW

Name: Emily Duloherly

Club/Crew you are currently coaching:

Skibbereen – Junior Women



WOMEN IN COACHING INTERVIEW

With Emily Duloherly

How did you get involved in coaching?

Rowing has been an integral part of my life since I was 15, when I hung up my football boots and picked up an oar! As an athlete, I experienced great successes with Skibbereen Rowing Club on the banks of the Ilan river. One of the highlights being winning the Coupe de la Jeunesse with my clubmate Eileen Whooley in the pair. No matter where I have been, I was always involved in rowing from surf boats in Sydney, to the offshore rowing world championships in Canada. Since the Olympics in 2016 Skibbereen has seen more and more young people want to try rowing. With this burst of interest more coaches were needed in the club and I was delighted to get involved and give back to the club. For the last four years, I have been involved in coaching the junior women in the club. I am also the West Cork community coach for the Get Going Get Rowing program – where I have introduced teenagers and adults to the sport of rowing.



Your coaching highlight :

Nothing pleases me more than seeing athletes progress through their age categories and develop their own inner self belief. I encourage the athletes I coach to enjoy and commit to their sport. Supporting young women to stick at rowing through their teenage years is a big focus of mine. My coaching highlights so far for me have been watching all our junior women come up the age ladder and step up their training each year. Knowing and trusting that they will give it their all when out on the regatta course is a special feeling for me. In summer 2019, I got my first taste at coaching internationally and was the junior men's coach for the Coupe de la Jeunesse in Italy. These lads were an impressive crew and it was inspiring to see the high standards they kept themselves to.

WHAT DO YOU BELIEVE ARE THE POSITIVES FEMALES BRING TO COACHING?

I do not think that coaching needs to be gender specific. Skills required for any coach within any sporting code are respect, enthusiasm, integrity and the ability to have a laugh!

The rise of the 'Women in Sport' movement has been a positive one for coaches and athletes alike. I think it is really important that women step up into leadership and coaching positions to be role models for the next generation of female superstars!

Establishing and expanding the 'Cork Female Coaching Network' is something I am very proud to be involved with. Now groups like these are being set up throughout the country which will have positive benefits for all women in the Irish rowing community.



WHAT ADVICE WOULD YOU GIVE TO A NEW COACH OR SOMEONE CONSIDERING GETTING INVOLVED?

I would say go for it and enjoy the learning process of it all. Within every club there is so much experience and advice available, you just need to put yourself forward, start asking for support and establish how you can jump into the coaching arena!



PREPARED AND PRESENTED BY:
ROWING IRELAND, WOMEN IN SPORT

If you would like to highlight any of your female coaches as a role model for this interview series, contact Claire at claire.lambe@rowingireland.ie