

Learn to Row Coach

Learn to Row Coach Competencies

At the completion of this training program, the Learn to Row coach will be able to:

Competency	Module
Apply a variety of techniques to communicate effectively with rowers	Introduction to master, adaptive and school children's rowing
Assess the capabilities of athletes with a disability and identify special considerations, including safety, classification, equipment needs and access issues affecting the needs of rowers with a disability	
Understand medical considerations of all groups	
Apply a philosophical approach to rowers with a disability	
Utilise standard risk management and safety strategies when conducting sessions	Professional issues
Explain start and race day rules, including local venue etiquette guidelines	
Understand the requirements of boat/ oar care	
Teach a novice coxswain steering skills and boat commands Teach the basic skills of rowing to enable beginners to: <ul style="list-style-type: none"> • safely enter & exit a boat • set feet position/ • bolt on and unbolt a rigger • execute a basic rowing stroke • move the boat forwards, and backwards, including turning and checking • deal with a capsize situation 	Basic Rowing Technique
Effectively utilise practical coaching tools such as coaching from a bike or coaching boat, using a megaphone or radio, using a stopwatch and the recommended contents of a coaches bag	

Notes:

1. Where coaching will be conducted from within a boat, State/Territory boating license requirements apply.
2. A Learn to Row Coach works under the indirect supervision of a higher level accredited coach.

Club/ School Coach

Club/ School Coach Competencies

At the completion of this training program, the Club/School Coach will be able to:

Competency	Module
1. Demonstrate the ability to develop a coxswain	Professional Issues
2. Outline the components of fitness and the principles of training as they relate to rowing	Physiology
3. Outline introductory physiological testing	
4. Understand the benchmarking process and its uses	
5. Teach the basic rowing technique for sweep and sculling	
6. Analyse a rower's technique against an ideal model, identify faults and provide appropriate exercises to correct faults	Rowing Technique
7. Demonstrate the basic method of rigging, including simple adjustments and basic maintenance	Rigging
8. Implement stretching, core stability and other injury prevention strategies	Medical Issues
9. Develop and implement a weekly training program	Training Methodology
10. Understand and employ crew selection methods	
11. Outline the physiological factors of the ageing process that affect the performance of school age / masters athletes	Masters, Adaptive and School children
12. Outline the implications of coaching crews with varying needs (i.e. junior, youth, club, masters, adaptive), including selection of rowers into crews with matching abilities, peer pressure, and appropriate training levels for each group	
13. Demonstrate adaptation of a standard training program to suit specific groups (e.g. masters, adaptive and school children)	
14. Outline the ageing process from childhood to old age	
15. Teach sound techniques to underpin future development	
16. Demonstrate technique adaptation for adaptive athletes	

Notes:

1. The Club/ School Coach is equipped to work without supervision.

Performance Rowing Coach

Performance Rowing Coach Competencies

At the completion of this training program, the Performance Coach will be able to:

Competency	Module
1. Identify the needs of the coach/official and the mentor at the beginning of the relationship	Mentor training
2. Set specific goals for both the coach and the mentor	
3. Establish an agreement between the coach and the mentor	
4. Be able to analyse and provide feedback to the coach	
5. Review the mentoring relationship	
6. Plan and organise an assessment process	Assessor Training
7. Assess the competency of a candidate	Coach and Athlete Management
8. Create an environment conducive to high performance outcomes	
9. Creating an event management plan	
10. Explain the national selection process	
11. Evaluate the effectiveness of coaching behaviours and implement the appropriate modifications in future sessions / competitions	
12. Mentally prepare rowers for competition utilising sports psychology principles	
13. Use a variety of teaching strategies to challenge the individual rower / crew	Physiological Testing
14. Utilise physiological testing protocols/procedures to measure the physical capabilities of athletes	
15. Apply appropriate practices to ensure the health and well-being of rowers, including weight management, and injury/illness prevention and management	Medical Issues
16. Develop and implement a periodised season training plan, including development of structured session plans that reflect the overall season plan	Training Methodology
17. Individualise training programs to meet specific needs of the crew/athlete	
18. Analyse the results of athlete testing and use the information to make adjustments to the rower's training plan	
19. Develop strength and conditioning programs to develop the individual capacities of rowers	Strength and Conditioning
20. Manage and implement a recovery program.	
21. Individualise rigging of a boat for anatomical, technical, medical and environmental purposes.	Advanced Rigging
22. Utilise biomechanical principles to analyse the rowing stroke cycle and identify force curves	Biomechanics and Biomechanical analysis
23. Apply advanced biomechanical principles to equipment design and athlete technique to achieve technical efficiency	
24. Utilise technology to analyse stroke technique	Rowing technique
25. Develop drills and exercises to improve a rower's stroke technique	
26. Develop strategies for races, including starts	Coaching Methodology