

UKCC LEVEL 2 CERTIFICATE IN COACHING ROWING

British Rowing, in conjunction with the Yorkshire Rowing Council, notifies all member clubs and associations of an upcoming L2 Coaching Course.

Dates and times; All day (approx 9am-5pm) on Sunday 5th, Saturday 11th, Sunday 12th Sunday 19th and Saturday 25th February 2012 and 6-9pm on Monday 27th February (There may be slight adjustment based on swimming pool booking)

Assessment Dates; 7th & 8th, 14th & 15th, 21st & 22nd April (Only one per candidate)

Venue; Bradford Amateur Rowing Club

Course Fees; £350 (Cheques to "Yorkshire Rowing Council")

Application Deadline: Monday 2nd January 2012

****Non British Rowing /Welsh Rowing** members are required to register with ROWHOW (£10) to access course resources. Please note that everyone coaching rowing needs to ensure that they have appropriate third party liability insurance. If you are a current registered individual member of **British Rowing** third party liability insurance is included as a benefit of membership but you should check the wording on the **British Rowing** website to ensure your circumstances are covered.

Course Content

The course is aimed at beginner coaches, focusing primarily on **how to coach** as well as the rowing specific knowledge of what to coach. Applicants must be 16 years or above, have some previous experience of rowing (either through participating, coaching or spectating) and must be able to attend **all** course dates outlined above.

Level 2 Coach is qualified to;

Plan, deliver and review rowing coaching sessions. The course is based around development in the following areas;

1. Safe and Professional Behaviour
2. Communication
3. Planning and Reviewing
4. Sequential Activity

Course Modules
Introduction to coaching
Risk management and incident reporting
Good practice and participant welfare
First Aid
Coaching the capsized drill
Checking and setting up equipment
Developing activity and fitness
Flexibility and core stability
Dynamic Warm up
Developing technique
Developing skill

Assessment;

Following the course candidates will carry out 6 weeks of mentored coaching practice in their own club, followed by an assessment.

Application forms and course fee must be returned to; **Rob Cree, British Rowing Regional Team Leader (Yorkshire), Selby College, Abbot's Road, Selby YO8 8AT** by the deadline date outlined above.

Enquiries to; **Rob Cree; Mobile: 07818 576137 E-mail: rob.cree@britishrowing.org**