

## UKCC Level 2 Certificate in Coaching (Rowing)

The Amateur Rowing Association, in conjunction with the West Regional Rowing Council and the Cornish Pilot Gig Association, would like to notify clubs of an upcoming ARA Fixed Seat Level 2 Coaching course. Places on this course will be prioritised to clubs based in the Carrick Roads and Lizard CPGA areas.

### Course Dates:

Saturday 31st Oct 09	9am-5.30pm	Stithians Lake Watersports Centre
Wednesday 4th Nov 09	6.30pm-9.30pm	Falmouth Watersports Centre
Saturday 7th Nov 09	9am-5.30pm	Stithians Lake Watersports Centre
Wednesday 11th Nov 09	6.30pm-9.30pm	Falmouth Watersports Centre
Saturday 14th Nov 09	9am-5.30pm	Stithians Lake Watersports Centre
Sunday 15th Nov 09	9am-5.30pm	Stithians Lake Watersports Centre

**Assessment Dates:** Following the main course dates above, candidates will be required to undertake a practical coaching assessment on *one* of the following dates: 6<sup>th</sup>/7<sup>th</sup>/13<sup>th</sup>/14<sup>th</sup>/20<sup>th</sup>/21<sup>st</sup> February 2010. Applicants will be allocated with a date prior to the start of the course.

**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 and/or coaching) and must be able to attend all course dates outlined above, including their allocated assessment date.

### 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
Coastal Risk Management
Safeguarding and Protecting Children and Vulnerable Adults
Aquatic First Aid
Coaching Immersion and Recovery Drill
Checking and Setting-Up Equipment
Developing Activity and Fitness
Flexibility and Core Stability
Dynamic Warm up
Developing Fixed Seat Rowing Technique
Developing Skill

**Course Fees:** £360 (cheques payable to West Regional Rowing Council)

\*Please note that prior to applying for the course all candidates must obtain individual membership of the ARA in the 'non-racing' category, for insurance purposes. This can be obtained at [www.ara-rowing.org/membership](http://www.ara-rowing.org/membership).

### Application Deadline: **Friday September 18<sup>th</sup> 2009**

(Strictly no late applications. Application forms and course fees received after this date, or those submitted without evidence of individual ARA membership unfortunately cannot be accepted)

Application forms and correct course fee must be returned to; Room Lower East 18, Seale-Hayne Campus, University of Plymouth, Newton Abbot, Devon, TQ12 6NQ, by the deadline date outlined above (late applications or those without course fee will not be accepted).

### Enquiries to;

Tom Pattichis – ARA Coaching and Development Officer

**Office:** 01626333020 **Mobile:** 07879070873 **E-mail:** [tom.pattichis@ara-rowing.org](mailto:tom.pattichis@ara-rowing.org)