

COACHING AND DEVELOPMENT CONTACTS

Eastern	Kes Stapleton kes.stapleton@britishrowing.org	07818576138
East Midlands	Simon Dowdy simon.dowdy@britishrowing.org	07818576140
London	Phil Simmons phil.simmons@britishrowing.org	07818576141
Northern	Rob Cree rob.cree@britishrowing.org	07818576142
North West	Dan Hetherington dan.hetherington@britishrowing.org	07818576143
Thames	Sarah Birch sarah.birch@britishrowing.org	07818576144
South East	Jeff Elms jeff.elms@britishrowing.org	07818576139
Wessex	Rachael Wooldridge rachael.wooldridge@britishrowing.org	07818576146
West	Tom Pattichis tom.pattichis@britishrowing.org	07818576145
West Midlands	Jo Atkinson jo.atkinson@britishrowing.org	07818576147
Wilts, Avon, Glos and Somerset (WAGS)	Sarah Harris sarah.harris@britishrowing.org	07818576149
Yorkshire	Rory Semple rory.semple@britishrowing.org	07818576137

British Rowing
6 Lower Mall London W6 9DJ
020 8237 6700
info@britishrowing.org



www.britishrowing.org

BRITISH ROWING WORKSHOP PROGRAMME

For clubs, coaches, officials,
parents and volunteers



What is it?

The British Rowing Workshop Programme aims to provide ongoing training and support for coaches, volunteers, officials, parents and clubs. It is designed to supplement British Rowing's existing qualifications and awards schemes, providing ongoing opportunities for learning.

The programme lays out a menu of approved workshops available for delivery within each British Rowing region



(see table overleaf for workshops currently available). This menu will be added to periodically as new workshops are developed.

Who is it aimed at?

The programme is aimed at a variety of people involved in the sport of rowing, including coaches, officials, volunteers, participants and parents. Some of the workshops are designed to act as ongoing training for existing qualified coaches and officials, whilst others will be aimed at particular groups of volunteers or participants in the sport.

How can I access the workshops?

A selection of the workshops available will be organised annually within each region by British Rowing's Regional Coaching Committees. This calendar will be circulated to clubs and volunteers on a regional basis, and will include specific details such as venue, time, cost etc.



Alternatively individual clubs, or groups of clubs can request that a workshop be run for them by contacting their local British Rowing Coaching and Development Team Leader (contact details overleaf).

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Workshop Title	Description	Recommended minimum qualifications	Duration
Safeguarding and Protecting Children	Delegates are introduced to British Rowing safeguarding policies and procedures, as well as having the opportunity to evaluate examples of coaching in terms of good and poor practice. The session raises awareness of the signs of abuse, and includes guidance on how to record and report allegations. It is suitable for Club Welfare Officers and anyone in a role with significant access to or responsibility for juniors.	None	3 hours
Writing a Training Programme Part 1	This workshop covers what happens when we train; from basic physiology, to types of training. This workshop must be attended prior to attending 'Writing a Training Programme Part 2'.	UKCC Level 2/IA or above	2 ½ hours
Writing a Training Programme Part 2	'Writing a Training Plan Part 2' covers the basics of writing a training programme, from setting goals to producing an annual plan - putting into practice what was covered in Part 1.	UKCC Level 2/IA or above	2 ½ hours
Rigging	The Rigging Workshop is designed for coaches who have completed an UKCC Level 2 Coaching Award or equivalent and wish to consolidate or develop their skills. The session will include an element of theory but focuses on a practical "hands on" session, with the opportunity to work and discuss rigging with other coaches and tutors.	UKCC Level 2/IA or above	2 ½ hours
Coaching considerations - Adaptive Rowing	This session covers both the theory and practical application related to the development adaptive rowing programmes in clubs. The workshop aims: <ul style="list-style-type: none"> to develop a knowledge and understanding of a range of disabilities to increase the awareness of classifications and equipment adaptations to discuss the coaching styles and considerations needed for coaching people with disabilities to develop an understanding of programme design for adaptive athletes. 	UKCC Level 2/IA or above	5 hours
Land Training Ideas for Juniors	This workshop is suitable for coaches and those helping to run junior sessions. The workshop combines theory, practical guidance as well as focusing on how to develop skills such as agility, balance and coordination. It highlights the underlying athleticism needed to ensure success, long-term enjoyment and participation in sport, and how these skills combine to develop a good sculling and rowing technique.	Basic experience of supporting junior land based sessions	2 ½ hours
Coach Mentor Training	This workshop is aimed at potential coach mentors, and provides them with the key knowledge and skills required to provide support to new and developing coaches, for example newly qualified Level 2 coaches. The key aspects of mentoring are covered, such as observation, questioning and giving feedback.	UKCC Level 2/IA or above	2 ½ hours