



BRITISHROWING

# Women's Development Programme

Lead Coach

TEAMWORK | OPEN TO ALL | COMMITMENT

## Introduction

British Rowing's [Performance Talent](#) Team passionately believes in supporting and expanding the ambitions of rowers who show potential regardless of their background or circumstances, to achieve their ambitions with a particular focus on female rowers.

British Rowing is committed to supporting more women find their potential and the Women's Development Programme is just part of that commitment. The Women's Development Programme focuses on women and girls in the J15 to U23 age groups in clubs, schools and universities supporting them in their development to fulfil their potential.

This position is a great opportunity to support the development of women's rowing and coaching in a designated region through practical days and virtual sessions. We are looking for enthusiastic and passionate coaches who can inspire and enable female rowers with potential to go further.

As part of the role you will be working with and mentoring a support coach, who will be new to coaching and potentially the sport.

## Criteria for Success

- The delivery of a minimum of 3 practical days and linked virtual sessions per annum with sufficient numbers of attendees.
- Rowers demonstrating individual progression using the [Performance Talent Rower Report](#).
- Evidence of attendees graduating up the rower pathway. (e.g. by moving to a HPPC/WCS programme or performing at GBRT assessments.)

## Responsibilities

- Organise, promote & deliver the Women's Development Programme in a specific region. This includes:
  - Signposting coaches to national technical webinars prior to each day.
  - Delivery of 3 specific development days for both coaches and rowers focused on
    - Fundamentals of Power
    - Strength & Conditioning (with support of a qualified S&C Coach)
    - Small Boat Technical Development
  - Delivery of follow up virtual roundtables with coaches to discuss the technical aspects of each day.
  - Delivery of follow up virtual roundtables with rowers and a specified GB Rower to share experience and challenges amongst attendees.
- Maintain an up to date list of attendance from the development days, and virtual sessions for both rowers and coaches.
- Encourage the use the Performance Talent Rower Report and discuss where appropriate a development plan with rowers and their coach.
- Liaise with the Head of Performance Talent to agree a timetable for delivery of practical days.
- Promote, support, and attend the Women's Development Programme Camp.
- Mentor, agree a development plan and support a the Women's Development Programme Support Coach in finding a host club and include them in the delivery of the Women's Development Programme in your region.
- Understand and promote the use of the [Rower Development Guide](#).

- Enthuse rowers, coaches and clubs about the England Talent Pathway as an important pathway and a way to progress in the sport.
- Abide by and promote all [British Rowing's policies](#) including Codes of Behaviour, Welfare, and Clean Sport Policies.

## Person Specification

### Essential:

- Able to communicate effectively with rowers and coaches.
- Ability to establish good relationships with clubs across the region.
- Ability to benchmark athletes against the performance pathway standard agreed by the Performance Talent and GB Rowing Team.
- Knowledge and ability to develop talent in rowers and good coaching skills in coaches.
- UKCC Level 2 Certificate in coaching rowing or equivalent.
- Current or willing to attend First Aid training.
- Current or willing to attend Safeguarding and Protecting Children training.
- Current or will be expected to complete a DBS documentation as obtained through British Rowing

### Desirable:

- UKCC Level 3 or 4 Certificate in coaching rowing or equivalent.
- Coach Education qualification.

## British Rowing Contribution

- British Rowing Coach Membership
- The programme and timetable for the training days.
- Materials for use with the programme.
- Support through
  - Regular virtual forums bringing together all Women's Development Programme Coaches.
  - Women's Development Programme Coach development day for all Women's Development Programme Coaches including travel, accommodation and food expenses.
  - Women's Development Programme Camp including travel, accommodation and food expenses.
- A payment of £2000 per annum. Delivered in 2 payments.
  - Payment 1 on successful completion of Day 1.
  - Payment 2 on successful completion of Day 2 and prior to April 1<sup>st</sup> 2021.
- A budget of £150 to bring in a specialist S&C Coach for 1/2 a day.
- Donation to host venue of £100 per day.

## Additional Information

**Anti-Doping** The post-holder is expected to be fully conversant with the core requirements of the WADA Anti-Doping Code and its requirement on coaches and Team Support personnel to set a good personal example in this field. When directly working with athletes the post-holder has a responsibility to inform them appropriately of the Code's application to them and to influence them in following a 'drug-free' culture.

- Scope** The post-holder is jointly responsible for maximising all coaches and rowers' potential. Successful impact will produce motivated rowers, a strong ETP pipeline and secure funding for British Rowing programmes.
- Hours** The post-holder's hours will be flexible to reflect the needs of the role and, while maintaining an appropriate work/life balance, will include time in evenings, at weekends and over public holidays.

British Rowing is a membership organisation with 30,000+ members, funded partly by the exchequer and by the National Lottery via Sport England and UK Sport. The organisation is responsible for the training and selection of individual rowers and crews representing Great Britain, and for the development and participation of rowing and indoor rowing in England. Rowing is one of the most successful British Olympic sports of all time delivering 26 Olympic and Paralympic medals since Sydney 2000. We are committed to ensuring that the sport continues to thrive from the grass roots right up to winning medals at the Olympic Games.