



BRITISHROWING

Job Description

Start Coach - Yorkshire

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Job Title	Start Coach
Reports to	Senior Start Coach
Directorate	Performance
Place of Work	Leeds Rowing Club

Job Purpose

- To identify and recruit rowers into the Start Programme who have the potential to be selected for the Olympic Team.
- To increase the 'pool' of rowers in the GB Rowing Team from athletes who would not otherwise find that level from traditional 'mainstream' rowing.
- To provide high quality coaching to rowers on Start so that they progress through the levels of the programme, acquiring the technical skills and physical robustness necessary to be successful in international rowing.

Responsibilities

- Identifying new rowers with clear potential to perform on the Olympic pathway via local and/or national Start testing. This will include actively supporting the talent identification testing run by the Leeds junior academy schools programme and organising testing in partnership with the University of Leeds.
- Establishing and maintaining contact with relevant local partner organisations that can assist in finding talent. Current routes in existence are;
 - University of Leeds
 - Becket University
 - 36 state schools (linked into LRC junior academy initiative)
 - 15 schools (through The Ruth Gorse Academy Trust BC)
 - Leeds City College
- With the agreement of the Senior Start Coach, recruiting onto Start those rowers identified through testing, ensuring parents/guardians/other family members are involved in the process as appropriate.
- Coaching and developing rowers by planning, organising, coaching and monitoring their technical, physical and mental development on an individual basis.
- Reviewing the progress of the rowers, both within the group and within the programme with the Senior Start Coach.
- Mentoring and supporting coaches and other staff involved with the Leeds City Rowing Programme, including the Leeds Rowing Academy Head Coach.
- Managing and providing appropriate work based opportunities for any Sports Science interns linked to the programme in association with the University of Leeds.

- Establishing and maintaining contact with relevant local partner organisations involved in the Leeds City Rowing Programme, for example London Youth Rowing (LYR), local schools partnerships, local council/authority, etc.
- Liaising with the host club, other clubs within the region and other relevant organisations over the use of facilities and equipment. In particular Leeds Rowing Club, University of Leeds Sports Department and other partners involved in the Leeds City Rowing Programme.
- Being responsible for the good care and maintenance of GB Rowing Team boats and other equipment assigned to the programme.
- Being available to attend national trials, assessments and training camps and to work within the GB Rowing Team High Performance Programme if required.
- Being part of a network of Start coaches covering the UK. Working with these coaches to deliver the Start Programme, including assisting with and the running of testing days and Start Testing Camps.
- Representing British Rowing publicly as necessary, including at Coaching Conferences.
- Contributing, where appropriate, to coach education within British Rowing.

This list is not to be regarded as exclusive or exhaustive, as there may be other reasonable duties and requirements associated with the post, which British Rowing may call upon the post-holder to perform from time to time

Person Specification

General

Start is a programme to build the future of the GB Rowing Team by identifying and developing future Olympians. The candidate will have the skills and drive to lay the foundation for young rowers to achieve international levels of performance. It is expected that all applicants will have experience of rowing and/or rowing coaching. They will also:

Management, Organisation, Leadership

- Demonstrate sound organisational qualities with the ability to plan effectively and implement coaching practices and procedures.
- Ability to prioritise tasks, set realistic targets, goals and objectives within definable constraints.
- Manage their own time and that of others in an effective way.
- Harness and develop the passion to succeed and motivation to train hard in all identified rowers.

Professional/Technical

- Possess a good theoretical and practical knowledge of performance coaching and sports science.
- Ability to motivate young rowers and coaches to achieve progressively higher standards of performance with the specific goal of international success.
- Demonstrate the ability to evaluate critically and appraise performance data and communicate this effectively to rowers in their charge.
- Be able to make good use of specialist support services

Communication

- Enthuse young rowers to enjoy the sport and aspire to achieve their best. Express ideas in a clear and persuasive manner. Convince others by having the ability to adapt style of communication and for active listening.
- Form strong and constructive relationships with the host club, other key stakeholders and other coaches and staff associated with the wider programme.
- Talk with clarity and credibility in individual and group situations, and in good English.
- Develop and foster long term working relationships.
- Interact well at all levels with rowers, coaches, and team support as well as with sporting bodies to gain information and communicate diplomatically.
- Be innovative while working successfully within a team framework to achieve the team goals.

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.

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. Standard working hours are 40 hours a week although flexibility is required in order to ensure core objectives are achieved. National and International travel will be required.

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 and Paralympic sports of all time delivering 39 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 and Paralympic Games.

Equal Opportunities

British Rowing is committed to equal opportunities for all staff and applications from individuals are encouraged regardless of age, disability, sex, gender reassignment, sexual orientation, pregnancy and maternity, race, religion or belief and marriage and civil partnerships.