

Performance Coach Development Programme 2023



2nd Edition
June 2023

From time-to-time
revisions will be made
to this programme and
there will be further
editions published to
keep it up-to-date.

Copyright
© 2023
British Rowing Limited
All rights reserved.

No part of this
publication may be
reproduced, stored
in a retrieval system,
or transmitted, in any
form or by any means,
electronic, mechanical,
photocopying, recording
or otherwise, without
the prior permission of
the British Rowing Ltd.

British Rowing are
registered trademarks
of British Rowing
Limited.

Introduction

The **British Rowing Performance Coach Development Programme** will bring together up to eight ambitious coaches from around the sculling pathway network. The programme is a unique opportunity for a cohort of coaches to be supported in fulfilling their potential to develop as performance coaches, capable of progressing athletes to perform on the world stage.

The programme has been designed by experienced high performance coaches who have worked in rowing at international level and are committed to supporting coaches to be at their very best. Throughout the programme coaches will have the opportunity to work with others from a range of environments. Coaches will be challenged and supported by coaching mentors to interpret what they learn and apply it in their own coaching environment.

Key people



Robin Williams MBE

Robin has over 30 years of wide ranging coaching experience including 11 years at Cambridge University, four years with the men's lightweight squad and six years with the women's heavyweight squad including lead coach for the Glover/Stanning W2- at the 2012 and 2016 Olympic Games.



Tom Pattichis

Olympic Pathway Manager

Tom has held a variety of roles at all levels of the performance pathway, working in club, school, university and talent ID settings. He has coached a number of athletes representing GB at U19, U23 and Senior level, alongside six Henley Royal Regatta wins. He joined the GB senior team in 2018, working with the senior women's programme in the Tokyo Olympiad before moving into his current role.



Peter Sheppard

Deputy Director of Olympic Pathways

Under Peter's guidance GB's young rowers have performed consistently on the international stage and provide a significant contribution to the senior team, with a number of rowers aiming to compete at the Olympic Games having developed through the Junior and U23 pathway.



Doug MacDonald

Coach Developer - Olympic Pathway

Doug has worked widely across the UK High Performance system as a performance coach developer, supporting coaches from grassroots all the way through to current Olympic head coaches. Doug works within the Olympic Pathway team, leading on coach development support to British Rowing's Olympic Pathway coaches.

The Performance Coach

Performance coaches are visionary and knowledgeable decision-makers who display exceptional skills, behaviours and the highest professional and ethical standards.

They advance the development of themselves and others, lead cutting-edge programmes or a specialist part of an existing programme, and make a positive impact on sport performance and behaviour.

Who is the Performance Coach Development Programme for?

The programme is aimed at coaches who are...

- Motivated to develop performance athletes at any stage of the pathway with a particular focus on sculling.
- Committed and excited to learn, reflect and invest in development.
- Championed by their clubs in their development.

For coaches to be successful at this level, they need to...

- Develop as highly motivated, active learners.
- Be able to work autonomously and manage their own learning process.
- Take responsibility for identifying their own learning needs and aspirations.

The course

Coaches will...

- Engage with a network of other aspiring performance coaches.
- Conduct visits to different coaching environments.
- Attend specific coaching sessions facilitating practical application.
- Progress their development plan.
- Be provided with individualised support.

Commitment to the programme

The programme runs over one year, with the course commencing in September and concluding with a final panel discussion the following September.

The programme consists of four face-to-face days and two field-based visits in your coaching environment from September to April. Access to further development opportunities and resources, with group follow-up will take place in September the following year.

In addition to these days, the programme will provide individual one-to-one support.

The main activity for the programme is over the winter months so it should fit in comfortably with coaches' daily work.



The Performance Coach Development Programme includes the following elements:

A reflective log to record the impact of personal development on your coaching practice.

Field-based visits from one of the key coach developers from the programme to observe you during a coaching session.

Final professional discussion to share your personal learning over the course of the programme with programme leads with a 30-minute presentation, followed by a discussion.

Mentoring by someone to provide technical sport guidance, discuss coaching and share ideas, thoughts and challenges with.



Application process and costs

How to apply

To apply for this programme please complete the [British Rowing Performance Coach Development Programme application form](#).

Closing date for applications is **4pm on Thursday, 24th August 2023**.

For more information regarding this programme, please contact:

Tom Pattichis

Olympic Pathway Manager

tom.pattichis@britishrowing.org

Course costs

The cost to each coach is £250.00

Programme

Date	Location	Content
24th September	National Training Centre, Caversham	<ul style="list-style-type: none"> Welcome and introduction detailing programme content Discussions with ex-athletes on their path from beginner to champion Formulate the basis for an Individual Development Plan
October	Coaches' clubs	<ul style="list-style-type: none"> Club coaches host coaching mentors in their own club environment Facilitate progress of Individual Development Plans
October	National Training Centre, Caversham	<ul style="list-style-type: none"> Follow GB Rowing Team Senior Squad sessions Engage with coaches, support staff and athletes Two groups of four coaches
November/December	Coaches' clubs	<ul style="list-style-type: none"> Club coaches host coaching mentors in their own club environment Facilitate progress of Individual Development Plans
January	British Rowing Pathway Performance Programme - Leander Rowing Club	<ul style="list-style-type: none"> Follow Programme's Squad sessions Engage with coaches and athletes Two groups of four coaches
February/March/April 2024	Coaches' clubs	<ul style="list-style-type: none"> Club coaches host coaching mentors in their own club environment Facilitate progress of Individual Development Plans
April	National Training Centre, Caversham	<ul style="list-style-type: none"> Conclusion of the formal section of the programme Observe the Senior & U23 Trials
Ongoing	Access to further development opportunities and resources, with group follow up in September the following year.	

Thank you to our Sponsor



This year's programme is being sponsored by The Scullery. We thank them for supporting coach development in our sport.

The Scullery is an independent organisation dedicated to the support and development of junior sculling at all levels in the United Kingdom.

thescullery.org.uk

Copyright © British Rowing Limited 2023

All rights reserved. No part of this publication may be reproduced, sorted in a retrieval system or transmitted in any form by any means, electronic, mechanical, photocopying, recording or otherwise without the prior written permission of British Rowing.

Thank you to all those who provided photos and contributions to support the Performance Coach Development Programme: Getty Images, Ben Gurr, Nick Middleton, Aaron Sims, Robin Williams, Tom Pattichis, Peter Sheppard, Doug MacDonald, Sarah Harris, Shelley McKay, Chris Williams