



JOB VACANCY

Men's Head Coach at Merton College Boat Club



Merton College Boat Club ('MCBC') is looking for an experienced and passionate **Head Coach** for our **Men's first boat**. Our M1 currently sits at 8th on the river in Division I in Torpids and 6th in Division II in Summer Eights, and we have high hopes of building on this success.

We are looking for a coach for the next academic year, but are especially keen to have someone who can commit to multiple years with the club, to help our crew grow towards long-term goals and to continue to foster the positive environment on which MCBC prides itself.



Job description:

- Water training: coaching on the water 3 mornings per week at Godstow, from a launch. In Michaelmas Term, the coach would be expected to train a rotation of **all MCBC senior rowers** (not just the first boat) at Godstow, whilst novice rowers train separately on the Isis. In Hilary and Trinity terms, this coaching is reserved for the first boat.
- Erg training: creating **erg training programmes** (which will then be coached by the captain and vice-captains) for the entirety of the men's side.
- Fitness training: helping the captain to create a **fitness training plan** during term and vacation time.
- Individual feedback.
- Helping captains with **crew selection** and creating plans for rower development.
- Possibly coaching ergs/tank sessions and bank riding during **regatta weeks**.
- Helping to create and maintain a **positive attitude** towards training, improvement and racing.

Required Criteria:

- Experienced rowing and/or coaching at a competitive level.
- Previous coaching experience, including preferably from a launch.
- Knowledge and/or experience of coxing and appropriate coxing guidance.
- Good understanding of boat rigging and equipment.
- Enthusiasm for coaching and rower development.

Desirable Criteria:

- Understanding of Oxford College Rowing system and culture.
- British Rowing (or similar) coaching qualifications.
- Interest at coaching on Easter vacation training camp (possibly abroad)

Pay will be per session and is competitive and negotiable depending on experience and commitment.

If interested, please send a CV and short cover letter detailing the role(s) you are interested in to mcbc-mens@merton.ox.ac.uk.