

# BRITISH ROWING PERFORMANCE COACH DEVELOPMENT PROGRAMME FOR CLUBS 2023



BRITISH ROWING



Is your club looking to develop Performance athletes through to the top end of the pathway?

Then consider the **British Rowing Performance Coach Development Programme for Clubs**, an additional programme to support the development of Performance within a club as a whole.

For more information contact  
[education@britishrowing.org](mailto:education@britishrowing.org)

Following on from British Rowing's commitment to support the development of coaches which started last season with the Performance Coach Development Programme (PCDP), we are excited to announce the **Performance Coach Development Programme for Clubs** as an additional programme to support the development of Performance within a club as a whole.

The purpose of this programme is to continue with the theme of developing Performance Coaches but to look at the whole Performance structure within a club together with the systems and pathways that could evolve for a greater number of Performance athletes to develop and interact at the top end of the pathway at national U19, U23 and Development Trials.

### **CLUBS WILL RECEIVE THE FOLLOWING...**

1. An introductory session at the GBRT National Training Centre at Caversham.
2. An initial one day workshop with all coaches and stakeholders involved for each club.
3. Feedback on how the team works, the structure and systems in place and the environment created.
4. Support and observation three times in the season for up to four coaches identified in the club programme.
5. Connections with the other clubs on the PCDP for Clubs.
6. Connections with other more established High Performance Academies to understand good practice.
7. Observations of how the team works at a major regatta or head.
8. The opportunity for expert advice from the GBRT support team around physiology and programming, strength & conditioning and biomechanics.
9. A final review at the end of the 12 months.

### **WHAT YOU SHOULD KNOW:**

The programme will run for 12 months, starting in October 2023. Clubs are invited to make an application and the submissions will be assessed by a Panel from which a maximum of three clubs will be invited to join the Programme.

### **COST:**

Each successful Club will be asked to pay £1,200 to support the delivery by experts in Performance rowing and coach development.

To apply go to the [Performance Coach Development Programme for Clubs web page](#)  
Applications close at **4pm on Thursday, 5th October 2023.**