

Performance Coach Development Programme for Clubs 2023



BRITISHROWING





Ist 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

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.

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.



Peter Sheppard

Head Coach - 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.

Performance Coach Development Programme for Clubs

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.

Commitment to the programme

The Club will need to demonstrate and take responsibility for:

1. A desire and a can-do attitude for change and a vision for what their Club Performance Programme would look like in three years' time. To be inquisitive to address performance gaps to support and develop Performance athletes to perform at U19/U23 Trials. Have some aspirational Performance targets and understand what their proposed legacy for sustainability is.
2. Knowing what questions they need answering to affect change, such as:
 - a. What structure and systems do they need to change?
 - b. Do they need to look at their recruitment strategy?
 - c. Have they got the finances in place to make it happen?
3. Having the ability to look at their club pathway and challenge how all coaches and stakeholders will support any proposed change.
4. Having a willingness to support both male and female athletes to embrace the key elements of Performance in a club programme, outlined below:
 - a. Environment and Culture

- b. Application of a good Training Programme
 - c. There is evidence of a good Technical Model across the club
 - d. There is evidence of the coaching team interacting well together and alongside the club management to deliver the club's Performance strategy.
 - e. There is evidence of a Performance Pathway through the club.
5. Being prepared at regular intervals to feedback on what they have changed to move their programme on to generate more Performance athletes.



Application process and costs

How to apply

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

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. For more information regarding this programme, please contact Learning, Education and Development at education@britishrowing.org

Applications close at 4pm on Thursday, 5th October 2023.

Course costs

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

Programme

Date	Content
October	<ul style="list-style-type: none"> • Launch day at Caversham with welcome and introduction detailing programme content.
October - December	<ul style="list-style-type: none"> • Workshop (what makes a successful club, typical training loads/content, coaching approach, technical model) • First club visits • Visit to the GB Rowing Team National Training Centre at Caversham
January - April 2024	<ul style="list-style-type: none"> • Second/third club visits • Performance club visit
April - June 2024	<ul style="list-style-type: none"> • Competition phase
September 2024	<ul style="list-style-type: none"> • Day to reflect and review on the last 12 months

Copyright © British Rowing Limited 2023

All rights reserved. No part of this publication may be reproduced, stored 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 for Clubs: Rachel Hooper, Gerard Brown, John Stead, Robin Williams, Peter Sheppard, Doug MacDonald, Sarah Harris, Shelley McKay