

Northern Rowing Council AGM 2016

Report of the Regional Coaching Representative

National Coaching Committee

Current purpose of the Committee is “Promotes and supports the education and training of coaches, and develops an annual programme of coach education workshops and seminars.”

Change of purpose of the Committee is “Develops and promotes the development of our coaching community in clubs, universities and schools, co-ordinating the work of the regional councils in developing coaches. It contributes to the development of strategy and the supporting programme of coach education workshops and seminars for increasing the development, recruitment and retention of coaches. It co-ordinates this function with the other National Committees, and communicates and promotes the adoption of good practice and guidelines relating to all coaching activities.”

Responsibilities of the Regional Coaching Representatives: Note that there is no reason why some of these responsibilities could not be delegated out if appropriate

- Represent their region at three National Coaching Committee meetings to be held annually in September, December and March; and if not able to be present to arrange for a deputy to attend. Ensuring there is an effective two way communication channel between the committee and their region, feeding back their region’s requirements to inform future strategies and supporting programme development.
 - Initiate and chair a minimum of one regional coach education meeting every year involving all coach educators, the region’s UKCC Internal Verifier and the BR Education and Training Manager. This meeting is a QA requirement for the UKCC standards. A key outcome of this meeting should be that there is an agreed rolling 18 month coach education programme that can be sent into BR for inclusion on the web and to help plan the annual workshop programme.
 - Have regular meetings or as a minimum conference calls with their region’s Education and Training Manager throughout the year
 - Work alongside the Education and Training Manager, and the Regional Rowing Council Secretary to develop a regional coaching network
 - Work with the Education and Training Manager to identify suitable venues for the workshop programme and help secure required equipment where necessary by liaising with clubs
 - Promote forthcoming conferences, workshops, opportunities and awards to the regional community
- Represent their region’s coaching community at their regional council meetings

COURSES

Session Coach (UKCC Level 2 Award in Coaching Rowing Sessions).

The session coach will be able to plan and deliver coaching sessions for participants independently as part of a sport/activity programme E.G Learn to Row, A club programme or watersports centre programme.

The Learning Programme integrates theory with coaching practice during two days of face to face learning addressing core Coaching Behaviours and Principles and Skill Development of rowers.

The assessment opportunities involve written questions as well as an observation of coaching practice. The observations will take place at the course venue during a morning or afternoon following the face to face learning and provide further water practice and learning opportunities for all learners.

Entry routes for the qualification are varied, from activity leaders and L2R Courses to a club coach wanting to embark onto a formal coaching pathway. The free on line Safety Basics and Cold Water and Hypothermia modules are pre requisites for the award.

There is no Recognition of Prior Learning (RPL) for entry on to the qualification however RPL will be available following the course if learners wish to develop skills further and attain the Club Coach Certificate. The process for this will follow in due course.

Following feedback from the courses BR have been able to negotiate with 1st4Sport to dispense with the online tests and replace them with written tasks. The skill development handbook has been well received.

Club Coach (UKCC Level 2 Certificate in Coaching Rowing).

There has been both a regional and national decline in the numbers taking the Club Coach both fixed seat and sliding seat versions. While the Level 2 S+C, Level 3 and Session Coach start to attract new learners, there is a concern about meeting the existing and specific demands of coaches at the Club Coach Level.

The Education and Training Team would like to seek feedback from the NCC and coaches in their region regarding formal qualifications and how collectively they meet the needs of our rowing community.

UKCC L2, Strength and Conditioning and UKCC L3 Rowing

Persephone Wynn is heading up the UKCC Level 2 S+C and UKCC Level 3 course organisation. UKCC Level 2 S+C courses are being organised shortly in the North East, Gloucester and Nottingham. A UKCC Level 3 Induction and UKCC Level 3 course is being planned in the North East for spring 2017.

To assist Persephone an expression of interest form has been created so that enquiries from coaches wishing to attend any coaching course or workshop can be collated to help with planning. Currently BR IT cannot support this form on the British Rowing Website.

If a coach is interested in attending a course then the information can be passed onto your area manager or directly to Elaine in the Bedford Office. The coach will be added to the expression of interest database which will include information on the course the coach would like to attend and the geographical area in which they coach. This should help inform them of areas where there is demand for courses and enable them to work with NCC representatives to ensure the Education and Training programme is relevant.

Anti- Doping

Jacqui Johnston was appointed Anti-Doping and Integrity Officer for British Rowing in July this year. Currently a review of the strategy is being undertaken and once a period of research has been consolidated this will inform the revised implementation plan. The detail will be announced in due course however the main parameters will be to develop a programme which focuses on supporting athletes, parents, coaches and officers towards leading healthy lives and making informed choices.

As a summary of the year so far: (Jan 2016 - Aug 2016)

22 workshops have been delivered, reaching 588 attendees.

Outreach stands were present at:

Junior Trials

BUCS

National Schools Regatta

BR Masters Championships

BR Junior Championship

Ross Regatta.

For the remainder of 2016 Outreach will also attend BR Senior Championships, Boston Assessment and BR Indoor Championships.

They are negotiating with UKAD to attend more events next year to continue to raise the Clean Sport 100% ME profile. Resources for workshops and given out at stands have included:

Wallet Cards

Nutrition Hand-outs

Workshop Summary Hand-outs

Posters, Bottles (to be discontinued), T-shirts, Hats, Bags, Balls, Frisbees, Pens and more

Clean Sport awareness messages have been disseminated through Facebook, twitter and the Rowing and Regatta Magazine.

Conferences

Coach Educator Conference.

Held Saturday 5th November Queen's Hotel, Leeds

All regions Tutors and assessors had attend to renew their coach educator's agreement and receive updates on changes to the Club Coach, information about Session Coach, a guest speaker from Sports Coach UK and research findings on reflective practice.

Coaching Conference.

The dates of 21/22nd January have been proposed venue to be announced

Capsize Boats

Education & Training Managers are struggling to find boats for the capsize training. Clubs need to lend boats and transport to the venue will be rewarded with a free place on the course. Boats will be insured by BR.

Funding

Funding for courses is available through grants from the Northern Rowing Council and County sport Partnerships (Tyne & Wear Sport and Durham Sport) as well as other funding sources including British Rowing

Injuries

A large number of people who leave the sport do so because of injury. We would like more information about this but at this stage there is little extra information other than the fact that the injury trend has continued. Its important coaches concentrate on teaching good posture and injury management, especially with juniors. What is your injury record like?

Rules of Racing

The Head season is currently half way through and its already apparent that there are crews being entered with no knowledge of the rules of racing or sense of sportsmanship.

I would ask all coaches to educate their crews before racing though I suspect a lot of crews out there do not receive regular coaching In which case I appeal to club Captains to ensure all your entries understand what the rules are and the difference between rule of racing at Heads as opposed to Regattas.

Blocking crews from overtaking and abusive threatening language are not acceptable

The Rules of racing are available on British Rowing Website