



ROWING COACH – EXPRESSIONS OF INTEREST

Expressions of interest (EOI) are being sought by Riverside Rowing Club (RRC) for a Club Coach for 2020. Please email your EOI, including an outline of relevant skills and experience, along with any queries to the RRC Committee, secretary@riversiderowing.asn.au

Position of RCC Club Coach

The Club Coach coordinates coaching activity across RRC through the development and/or review of an overarching Club coaching handbook and rowing program for 2020. The Club Coach ensures all rowers enjoy a safe and rewarding rowing experience through the consistent delivery of the rowing program, including via other coaching staff. They support the development and accreditation processes for other coaching staff if necessary and run at least 4 planning, coordination and review meetings with coaching staff with the aim being to execute the rowing program detailed in the coaching handbook.

Skills & Experience

Mandatory

- Coaching Accreditation Level 2, or Level 1 (or higher) with more than 1 years coaching experience. <https://rowingaustralia.com.au/development/coaches/coaches-accreditation/>
- An excellent knowledge of rowing and the experience to develop, implement and deliver a consistent technical model for coaches and rowers to follow at all levels
- Demonstrated ability to engage/encourage and empower athletes and communicate with key stakeholders.
- Working with Children Registration.
- First Aid Certificate.

Desirable

- Motor boat license

Tasks

- Accountability and responsibility for
 - development of an overarching Club Coaching Handbook
 - development and execution of a RRC Training Program including crew-specific training programs for water and land training (including ergo and strength & conditioning)
 - a bi-annual RCC Learn to Row Program
 - mentoring other coaching staff and encouraging their use of the RRC Training Program and Coaching Handbook

- Adherence to RRC Coaching Handbook and reference to <https://rowingaustralia.com.au/product/go-rowing-instructors-guide/>
- Complete RRC Induction and adhere to applicable policies and procedures
- Deliver a minimum 5 on-water sessions/week (duration 2-3 hours, staggered sessions acceptable) and a minimum of 1 gym session/week
- Gym sessions can replace on-water sessions if weather dictates or at coach's discretion.