



UKCC LEVEL 2 CERTIFICATE IN COACHING ROWING

The Amateur Rowing Association, in conjunction with the Yorkshire Rowing Council, notifies all member clubs and associations of an upcoming L2 Coaching Course.

Course Dates; 3rd, 17th, 24th, 31st October 2009 and 1 evening (tbc)

Venue: York City / St Peters School tbc

Cost; £350 (Cheques made payable to "Yorkshire Rowing Council")

Application Deadline: 22nd August

(Strictly no late applications. Application forms and course fees received after this date unfortunately cannot be accepted)

ALL CANDIDATES MUST REGISTER WITH ARA FOR MEMBERSHIP BEFORE SUBMITTING APPLICATION FORM TO ENABLE THEM TO ACCESS COURSE MATERIAL VIA 'ROWHOW' – VISIT www.ara-rowing.org/membership

Course Content

The course is aimed at beginner coaches, focusing primarily on **how to coach** as well as the rowing specific knowledge of what to coach. Applicants must be 16 years or above, have some previous experience of rowing (either through participating, coaching or spectating) and must be able to attend **all** course dates outlined above.

Level 2 Coach is qualified to;

Plan, deliver and review rowing coaching sessions. The course is based around development in the following areas;

1. Safe and Professional Behaviour
2. Communication
3. Planning and Reviewing
4. Sequential Activity

Course Modules
Introduction to coaching
Risk management and incident reporting
Good practice and participant welfare
First Aid
Coaching the capsized drill
Checking and setting up equipment
Developing activity and fitness
Flexibility and core stability
Dynamic Warm up
Developing technique
Developing skill

Assessment;

Following the course candidates will carry out 6 weeks of mentored coaching practice in their own club, followed by an assessment.

Application forms and course fee must be returned to; **Rory Semple, 18 Shadwell Walk, Leeds, LS17 6EG** by the deadline date outlined above (late applications or those without course fee will not be accepted).

Enquiries to; **Rory Semple** – ARA Coaching and Development Officer

Office: 01132660926 Mobile: 07884230884 E-mail: rory.semple@ara-rowing.org