



**ROWING
CANADA
AVIRON**

ROWING CANADA AVIRON COACH EDUCATION

Rowing Canada Aviron is committed to excellence—whether a coach is coaching athletes rowing for the first time, or competing for Canada at the Olympics/Paralympic Games. Through Coach Education, Rowing Canada Aviron provides coaches with the right knowledge for skill development to help every rower strive for excellence. RCA provides Para Coach Education for coaches working with Para Rowers.

RCA's COACH DEVELOPMENT PATHWAYS

Rowing Canada Aviron (RCA) offers training and certification under Canada's National Coaching Certification Program (NCCP). This program is delivered in partnership between RCA, the Provincial Rowing Associations, the Coaching Association of Canada, and the Provincial / Territorial Coaching Associations. With the aim of increasing the number and quality of certified coaches, the RCA Coach Education (NCCP) program is organized into the pathways shown below. The Learn to Row and RCA Coach Pathway are workshops that are delivered via the Provincial Rowing Associations, whereas the RCA Performance Coach and High Performance Coach are delivered via RCA and in the case of High Performance Coach with the National Coaching Institute (note that High Performance Coach is currently under review).

DID YOU KNOW?

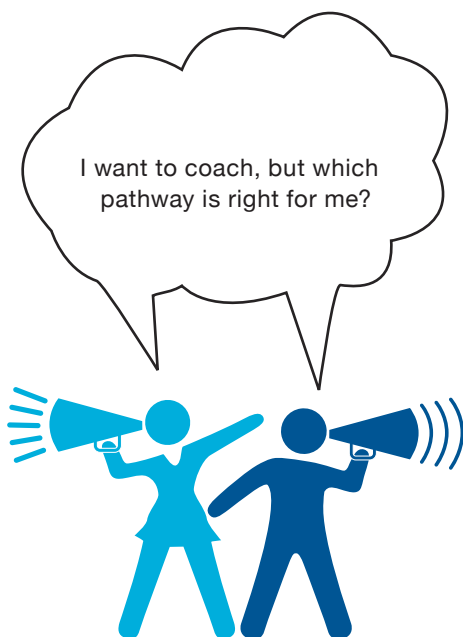
The RCA Coach Development Model is flexible. This means that, as long as you have the pre-requisites necessary, you can jump into whichever pathway suits your interests. For more information, email coacheducation@rowingcanada.org.

LEARN TO ROW PATHWAY

BEST SUITED FOR:
Coaches interested in working with beginner rowers. Learn to Train stage.

RCA COACH PATHWAY

BEST SUITED FOR:
Coaches interested in working with intermediate rowers interested in competition (e.g., regional and provincial competitions) Train to Train and Learn to Compete stage.



RCA PERFORMANCE COACH PATHWAY

BEST SUITED FOR:
Coaches interested in working with rowers moving into university and national competitions, and rowers preparing to enter development competitions internationally (e.g., Canada Games, National Rowing Championships, CanAmEx, etc.) Learn to Compete and Train to Compete stage.

RCA HIGH PERFORMANCE COACH PATHWAY

BEST SUITED FOR:
Coaches interested in working with athletes on the high performance pathway, competing on the international stage (eg. World Cups, World Championships, Olympic and Paralympic Games). Train to Win and Train to Win 2 stage.

ROWING CANADA AVIRON LEARN TO ROW PATHWAY

PRE-REQUISITES

- CREATE AN ACCOUNT & REGISTER WITH RCA AS A COACH (membership.rowingcanada.org)
- REGISTER IN "THE LOCKER" (www.thelocker.coach.ca)
- OBTAIN/VERIFY PLEASURE CRAFT OPERATOR CARD AND PROVIDE A COPY TO YOUR PROVINCIAL ROWING ASSOCIATION

COMPLETE LEARN TO ROW WORKSHOP

1

1. ROWING CANADA AVIRON AND THE NEW NCCP
2. ROLES AND RESPONSIBILITIES
3. ANALYZE PERFORMANCE - THE ROWING STROKE
4. SAFETY, RISK MANAGEMENT, AND THE EMERGENCY ACTION PLAN (NCCP EQUIVALENT FOR 'MAKING ETHICAL DECISIONS')
5. PLAN A LEARN TO ROW LESSON (NCCP EQUIVALENT FOR 'PLANNING A PRACTICE')
6. TEACH A LEARN TO ROW LESSON
7. TEACHING AND LEARNING
8. ADAPTIVE ROWING
9. MODIFYING THE LEARN TO ROW PROGRAM TO MEET MY CLUB NEEDS
10. RIGGING

YOU ARE TRAINED

BUILD YOUR PORTFOLIO

2

- UPLOAD THE FOLLOWING ITEMS TO YOUR PORTFOLIO OR EMAIL TO YOUR PROVINCIAL ROWING ASSOCIATION
1. ENSURE A COPY OF YOUR PLEASURE CRAFT OPERATOR CARD IS IN YOUR PORTFOLIO
 2. EMERGENCY ACTION PLAN
 3. SUBMIT A LEARN TO ROW LESSON PLAN

EVALUATION STEPS

3

- MUST COMPLETE ONLINE EVALUATION VIA www.thelocker.coach.ca
1. MAKE ETHICAL DECISIONS - INSTRUCTOR BEGINNER CONTEXT (ONLINE EVALUATION)
 2. CONTACT YOUR PROVINCIAL ROWING ASSOCIATION TO REQUEST AN EVALUATION
 3. PORTFOLIO REVIEW (DETERMINES "READINESS" OF COACH FOR DIRECT OBSERVATION)
 4. DIRECT OBSERVATION
ANALYZE PERFORMANCE IN TRAINING ON WATER OR BY REMOTE VIDEO OBSERVATION

YOU ARE CERTIFIED

UPON SUCCESSFUL
COMPLETION, YOU ARE
NCCP CERTIFIED.

ACTIVE COACH STATUS MAINTAINED

IN ORDER TO MAINTAIN CERTIFICATION,
COACHES ARE REQUIRED TO EARN
PROFESSIONAL DEVELOPMENT CREDITS.

ROWING CANADA AVIRON RCA COACH PATHWAY

PRE-REQUISITES

- CREATE AN ACCOUNT & REGISTER WITH RCA AS A COACH (membership.rowingcanada.org)
- REGISTER IN "THE LOCKER" (www.thelocker.coach.ca)
- OBTAIN/VERIFY PLEASURE CRAFT OPERATOR CARD AND PROVIDE TO YOUR PROVINCIAL ROWING ASSOCIATION

RCA COACH WORKSHOP - WEEKEND #1

1

1. MAKING ETHICAL DECISIONS
2. LONG-TERM ATHLETE DEVELOPMENT
3. ANALYZE PERFORMANCE - TECHNIQUE PART 1
4. ANALYZE PERFORMANCE - RIGGING
5. DESIGN A SPORT PROGRAM - CATEGORIES OF INTENSITY
6. MOVEMENT SCREEN
7. PLAN A PRACTICE
8. SUPPORT ATHLETES IN TRAINING
9. SUPPORT COMPETITIVE EXPERIENCE - RULES OF RACING AND LTAD

COACH ACTIVELY FOR SIX (6) MONTHS BETWEEN COACH WORKSHOPS #1 AND #2

RCA COACH WORKSHOP - WEEKEND #2

10. ANALYZE PERFORMANCE - TECHNIQUE PART 2
11. SUPPORT TO ATHLETES IN TRAINING
12. ANALYZE PERFORMANCE - EQUIPMENT AND RIGGING
13. ANALYZE PERFORMANCE - TESTING AND MONITORING ATHLETE PERFORMANCE
14. DESIGN A SPORT PROGRAM FOR ROWING
15. DESIGN A SPORT PROGRAM - STRENGTH TRAINING AND THE MOVEMENT SCREEN
16. ANALYZE PERFORMANCE - RACE PERFORMANCE
17. SUPPORT THE COMPETITIVE EXPERIENCE

YOU ARE TRAINED

BUILD YOUR PORTFOLIO

2

UPLOAD THE FOLLOWING ITEMS TO YOUR PORTFOLIO OR EMAIL TO YOUR PROVINCIAL ROWING ASSOCIATION

1. RCA COACH WEEKEND #1 ASSIGNMENT
2. ENSURE A COPY OF YOUR PLEASURE CRAFT OPERATOR CARD IS IN YOUR PORTFOLIO
3. EMERGENCY ACTION PLAN *
4. TWO LESSON PLANS (ON WATER AND DRYLAND PRACTICE) *

* YOU MAY ALREADY HAVE THESE IN YOUR PORTFOLIO FROM PREVIOUS COACH TRAINING
NOTE: THE EAP MUST INCLUDE THE ELEMENTS REVIEWED FROM THIS WORKSHOP WHICH MAY VARY FROM OTHER RCA COACH EDUCATION WORKSHOPS

EVALUATION STEPS

3

MUST COMPLETE ONLINE EVALUATION VIA www.thelocker.coach.ca

1. MAKE ETHICAL DECISIONS - COMPETITION INTRODUCTION CONTEXT
EVALUATION 1 MUST BE COMPLETE PRIOR TO EVALUATIONS 2 AND 3.
2. CONTACT YOUR PROVINCIAL ROWING ASSOCIATION TO REQUEST AN EVALUATION
3. PORTFOLIO REVIEW (DETERMINES "READINESS" OF COACH FOR DIRECT OBSERVATION)
4. DIRECT OBSERVATION
 - CONDUCT A PRACTICE - ON WATER AND DRYLAND
 - RIG A BOAT - DETECT AND CORRECT SKILL ERRORS
 - DRIVE AND MANEUVERE A MOTOR BOAT SAFELY

YOU ARE CERTIFIED

UPON SUCCESSFUL COMPLETION, YOU ARE NCCP CERTIFIED.

ACTIVE COACH STATUS MAINTAINED

IN ORDER TO MAINTAIN CERTIFICATION, COACHES ARE REQUIRED TO EARN PROFESSIONAL DEVELOPMENT CREDITS.

ROWING CANADA AVIRON RCA PERFORMANCE COACH PATHWAY

PRE-REQUISITES

- CREATE AN ACCOUNT & REGISTER WITH RCA AS A COACH (membership.rowingcanada.org)
- REGISTER IN "THE LOCKER" (www.thelocker.coach.ca)
- OBTAIN/VERIFY PLEASURE CRAFT OPERATOR CARD
- COMPLETE PRE-ASSIGNMENT AND SEND TO RCA BY DUE DATE (coacheducation@rowingcanada.org)

COMPLETE NCCP MULTI-SPORT MODULES

1

1. COACHING AND LEADING EFFECTIVELY
2. MANAGING CONFLICT
3. LEADING DRUG-FREE SPORT
4. PSYCHOLOGY OF PERFORMANCE
5. DEVELOPING ATHLETIC ABILITIES
6. PREVENTION AND RECOVERY
7. MAKE ETHICAL DECISIONS

MAY BE
COMPLETED
IN ANY
ORDER

COMPLETE AT RCA CONFERENCE

1. PROVIDE SUPPORT TO ATHLETES IN TRAINING (TRAINING WITH CATEGORIES OF INTENSITY)
2. ANALYZE PERFORMANCE (IDENTIFY AND CORRECT FAULTS, BIOMECHANICS, TECHNIQUE, RIGGING)
3. SUPPORT THE COMPETITIVE EXPERIENCE (ASSESS COMPETITIVE READINESS)
4. PLAN A PRACTICE (REVIEW THE EMERGENCY ACTION PLAN)
5. DESIGN A SPORT PROGRAM (CREATING YEARLY TRAINING PLAN, USING TECHNOLOGY)
6. MANAGE A SPORT PROGRAM (SELECTION)

BUILD AND COMPLETE YOUR PORTFOLIO

UPON SUCCESSFUL
COMPLETION OF STEPS
1 AND 2, YOU ARE NOW
NCCP TRAINED.

2

UPLOAD THE FOLLOWING ITEMS TO YOUR PORTFOLIO OR EMAIL TO RCA AT coacheducation@rowingcanada.org

1. POST RCA CONFERENCE ASSIGNMENTS INCLUDING YOUR YEARLY TRAINING PLAN AND SELECTION DOCUMENT
2. ENSURE A COPY OF YOUR PLEASURE CRAFT OPERATOR CARD IS IN YOUR PORTFOLIO *
3. EMERGENCY ACTION PLAN *

* YOU MAY ALREADY HAVE THESE IN YOUR PORTFOLIO FROM PREVIOUS COACH TRAINING

YOU ARE TRAINED

EVALUATION 1

3

MUST COMPLETE ONLINE
EVALUATION VIA
www.thelocker.coach.ca
(IN NO PARTICULAR ORDER)

1. MAKE ETHICAL DECISIONS - COMPETITION DEVELOPMENT CONTEXT
2. MANAGING CONFLICT
3. LEADING DRUG-FREE SPORT

EVALUATION 2

1. CONTACT RCA TO REQUEST AN EVALUATION
2. PORTFOLIO EVALUATION (DETERMINES "READINESS" OF COACH FOR DIRECT OBSERVATION)

EVALUATION 3

- DIRECT OBSERVATION
(IN NO PARTICULAR ORDER)
1. IN TRAINING - ON WATER AND DRYLAND
 2. AT SELECTION
 3. AT COMPETITION

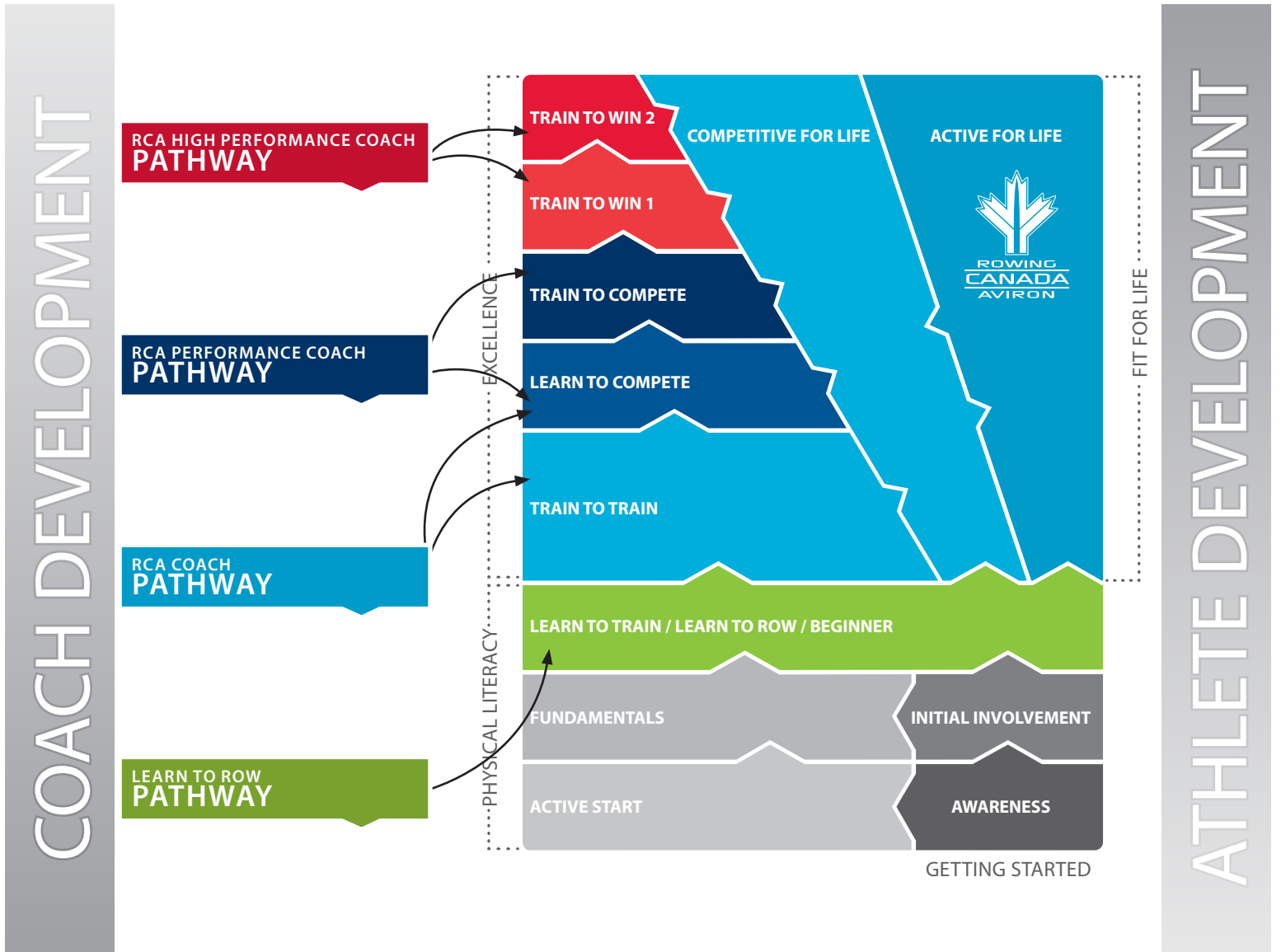
YOU ARE CERTIFIED

UPON SUCCESSFUL
COMPLETION, YOU ARE
NCCP CERTIFIED.

ACTIVE COACH STATUS MAINTAINED

IN ORDER TO MAINTAIN CERTIFICATION,
COACHES ARE REQUIRED TO EARN
PROFESSIONAL DEVELOPMENT CREDITS.

HOW DOES THE RCA COACH DEVELOPMENT PATHWAY RELATE TO THE RCA ATHLETE DEVELOPMENT PATHWAY?



LEARN TO ROW PATHWAY

INTRODUCTION

In the Learn to Row stream, coaches are guided through a 16-hour course curriculum (modules) and a series of practical exercises.

ROLE OF LEARN TO ROW

The knowledge, skills, experience, behaviour and attitude of Learn to Row coaches directly contribute to:

- 1) Skill acquisition and development of proper rowing technique
- 2) Safety of the athlete
- 3) Athlete's level of enjoyment
- 4) Athlete's level of confidence
- 5) Athlete's interest in the sport of rowing in the long-term

RCA and its team of Coach Developers are committed to delivering an engaging and enlightening Learn to Row program, recognizing that Learn to Row programs are a pivotal stepping stone and gateway for all rowers in Canada.

HOW TO REGISTER

Please refer to your Provincial Rowing Association's website for a calendar of events or check the NCCP event calendar at nccp.coach.ca.

RCA COACH PATHWAY

INTRODUCTION

In the RCA Coach stream, coaches are guided through a 36-hour course curriculum over a 6 to 8 month timeframe and practical exercises focused on coaching beginner and intermediate rowers in their first years of competition.

ROLE OF RCA COACH

The knowledge, skills, experience, behaviour and attitude of an RCA Coach directly contribute to:

- 1) Skill acquisition and development / proper rowing technique
- 2) Athlete's preparation and readiness for competition
- 3) Safety of the athlete
- 4) Athlete's level of enjoyment
- 5) Athlete's level of confidence
- 6) Athlete's identification with the sport of rowing and loyalty to the sport in the long-term

RCA and its team of Coach Developers are committed to delivering the highest quality RCA Coach program. Getting athletes off on the right foot by guiding them through stage-by-stage progressions in technical, tactical, psychological, physical and lifestyle skills is critical to their long-term participation in the sport, be it junior, young adult, or masters rowers.

HOW TO REGISTER

Please refer to your Provincial Rowing Association's website for a calendar of events or check the NCCP event calendar at nccp.coach.ca.

RCA PERFORMANCE COACH PATHWAY

INTRODUCTION

In the RCA Performance Coach stream, coaches are guided through a 3 day, sport-specific workshop at the RCA National Conference. This “hands-on” environment offers facilitated sessions and focuses on critical thinking, self reflection and collaboration among colleagues to learn some of the cutting edge information in the competitive rowing world. In addition, approximately 32 hours (usually two weekends) of multi-sport training is required via your Provincial or Territorial Sport organization (see the RCA Performance Coach Pathway for more details).

ROLE OF PERFORMANCE COACH

The knowledge, skills, experience, behaviour and attitude of an RCA Performance Coach directly contribute to:

- 1) Skill acquisition and development / proper rowing technique
- 2) Athlete's preparation and readiness for competition
- 3) Safety of the athlete
- 4) Athlete's level of enjoyment
- 5) Athlete's level of confidence
- 6) Athlete's identification with the sport of rowing and loyalty to the sport in the long-term

RCA and its team of Coach Developers are committed to delivering an engaging and enlightening RCA Performance Coach program, recognizing that RCA Performance Coach programs are a pivotal stepping stone and gateway for learn to compete and train to compete athletes.

HOW TO REGISTER

Offered annually at the RCA National Conference. For more information please contact Rowing Canada Aviron, coacheducation@rowingcanada.org.

RCA HIGH PERFORMANCE COACH PATHWAY

The RCA High Performance Coach Pathway is currently under review and in effect will be replacing what is currently Level 4. As of December 31, 2016, Level 4 will no longer be offered. RCA is working with the Coaching Association of Canada and National Coaching Institutes to determine this exciting new pathway. For more information please contact: coacheducation@rowingcanada.org.



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