

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

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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

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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.