

NCCP COACHING PATHWAYS

ROWING ESSENTIALS

Every coach first completes elearning modules in NCCP Locker.

1. NCCP Coach Initiation in Sport
2. RCA Rowing Essentials (Athlete Development Pathway and Safety)
3. Make Ethical Decisions



I WANT TO COACH,
BUT WHICH PATHWAY IS RIGHT FOR ME?

1

LEARN TO ROW

BEST SUITED FOR

- Coaches working with beginner rowers learning rowing basics
- (Completion includes skills events)
- *Learn to Train* stage.

RCA COACH

BEST SUITED FOR

- Coaches working with intermediate rowers interested in competition (eg: regional and provincial competitions)
- *Train to Train* and *Learn to Compete* stage.

2

RCA PERFORMANCE COACH

BEST SUITED FOR

- Coaches working with rowers moving into university and national competition (eg: Canada games, National Rowing Championships)
- *Learn to Compete* and *Train to Compete* stage.

3

RCA PERFORMANCE COACH ADVANCED

BEST SUITED FOR

- Coaches working with athletes at the Provincial or National Level. (Junior, U23, National Team)
- *Train to Compete* and *Train to Win* stage.

RCA HIGH PERFORMANCE

BEST SUITED FOR

- Coaches working with athletes competing on the international stage. (eg: World Cups, World Championships, Olympic and Paralympic Games).
- *Train to Win* and *Train to Win 2* stage.