**RCA COACH PATHWAY**

**Pre-Requisites**
1. Create an account and register with RCA as a coach (membership.rowingcanada.org)
2. Register in “The Locker” (thelocker.coach.ca)
3. Obtain/verify Pleasure Craft Operator Card (PCOC) and provide to your Provincial Rowing Association

**ELearning Pre-Requisites**
1. Complete NCCP Coach Initiation in Sport | eLearning Module
2. Complete RCA Rowing Essentials eLearning Module
3. Complete MED module https://www.coach.ca/make-ethical-decisions-med-s16834

**Workshop Weekend #1**
1. Long Term Athlete Development
2. Analyze performance - Technique Part 1
3. Analyze performance - Rigging
4. Design a Sport Program - Categories of Intensity
5. Movement Screen
6. Plan a Practice
7. Support Athletes in Training
8. Support Competitive Experience - Rules of Racing and LTAD

**Workshop Weekend #2**
9. Analyze Performance - Technique Part 2
10. Support Athletes in Training
11. Analyze Performance - Equipment and Rigging
12. Analyze Performance Testing and Monitoring Athlete Performance
13. Design a Sport Program for Rowing
14. Design a Sport Program - Strength Training and The Movement Screen
15. Analyze Performance - Race Performance
16. Support the Competitive Experience

**Upload the following items to your portfolio in the Coach Education Database or email to your Provincial Rowing Association**
1. RCA Coach Weekend #1 assignment
2. A copy of your PCOC
3. A copy of your organization’s Emergency Action Plan
4. Two lesson plans (on water and dryland practice)

**EVALUATION STEPS**

**YOU ARE IN TRAINING**
Coach actively for six months between coach workshops #1 and #2

**EVENT**

**YOU ARE TRAINED**

**BUILD YOUR PORTFOLIO**

**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.