

Hello all TBRC Competitive rowers (and parents)!

This summer, we are offering a **Coach In Training (CIT) program** to competitive rowers who have just completed Grade 11 or 12. The goal of this program is to provide athletes with an opportunity to try coaching, and provide them with the necessary skills and experience to be valuable part-time coaches to rowing clubs in the future. For those seriously interested in coaching, the CIT program will provide the necessary stepping stones to be ready to apply for coaching positions in club-level rowing programs. Over the past three years, six CITs have gone on to become very involved as coaches in rowing programs across the Lower Mainland.

This program requires a minimum of three weeks and two weekends of dedicated volunteer time for each CIT.

June 3:

UBC REC Summer Camps Volunteer training.

June 10-11:

Rowing Canada Aviron (RCA) Learn to Row Coach Workshop. This is the first step towards being certified with Rowing Canada as a coach for learn to row/entry level participants. The RCA Learn to Row Coach Workshop is a full two-day workshop, and will be held on the weekend of June 3-4th. CIT candidates should leave this weekend available. The content of this workshop will compliment the hands-on experience CITs will have in their three weeks of training.

Week 1:

Spent with a UBC Boathouse coach observing and learning the basics of how to coach a learn to row program, and work with individuals who are brand new to the sport. This week will also provide an opportunity to be mentored in the safety rules and guidelines that coaches must follow. For CITs who do not yet have a valid boater's license, it is expected that you will use this week as an opportunity to get one.

Week 2:

The CIT will transition from the role of "observer" into more of a coaching role. A UBC Boathouse coach will design the content of the program, but the CIT will deliver the program, acting as a coach in almost all ways other than driving the coach boat. The coach mentor will always be there to help make sure the program runs smoothly, but will leave more of the instruction and guidance to the CIT. The UBC Boathouse mentor coach will provide the CIT with feedback consistently throughout the program.

Week 3:

The CIT will be responsible for designing what the week of programs will look like, and the mentor will review this and offer suggestions for changes/alterations where needed. When on the water, the CIT will both drive the coach boat and provide coaching, although the coach mentor will still be present to offer additional input and feedback for both the athletes and the CIT.

Note: The weeks referred to here as one, two and three do not necessarily need to be completed in three consecutive weeks of the summer. As long as all three weeks of the CIT program are completed at some point over the summer, the participant will be considered to have completed the CIT program.

Following the completion of the CIT program's five components, CITs are invited to continue coaching learn to rows and development team programs over the rest of the summer, following the same protocol as the coaching in week three.

The cost of the CIT program is \$300. All CITs will:

- be provided with a Thunderbird CIT t-shirt
- receive a letter of reference outlining the knowledge, skills and experience that have been acquired during the course of this program
- be registered as "Trained" at the RCA Learn to Row Coach Level through the National Coaching Certification Program (NCCP) and Rowing Canada Aviron
- have the option to complete the RCA Learn to Row Coach Evaluation in order to achieve "Certified" status.

Rowers interested in pursuing this program are required to fill out the attached application form. **Applications are due by Monday, May 15th at 9 PM to programs.ubcboathouse@ubc.ca** . Successful applicants will be provided with details of their placement (who their coach mentor will be, what time their program will be at, which three weeks of the summer they will be training etc.) by Friday, June 26th.

If you have further questions, please feel free to contact me at any time.

Sonja Lonne

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Coach in Training (CIT) Application Form

Full name of applicant: _____

Address: _____

Email: _____ Cell phone (or easiest number at which to reach you): _____

Age: _____ Years of Rowing Experience: _____

T-shirt size: (circle one) Small Medium Large X-Large

In a short paragraph (300 words max), please explain why you would be interested in beginning to coach rowing, and outline any related skills you have that would make you a good rowing coach.

Fast Track (learn to row) programs are offered from noon-4 PM Monday-Friday each week of the summer. I would be available to train as a CIT during the Fast Track program time on the following weeks of the summer (please check off all available weeks):

- | | | |
|--|--|--|
| <input type="checkbox"/> Week 1 (June 26-29) | <input type="checkbox"/> Week 2 (July 4-7) | <input type="checkbox"/> Week 3 (July 10-14) |
| <input type="checkbox"/> Week 4 (July 17-21) | <input type="checkbox"/> Week 5 (July 24-28) | <input type="checkbox"/> Week 6 (July 31-August 4) |
| <input type="checkbox"/> Week 7 (August 8-11) | <input type="checkbox"/> Week 8 (August 14-18) | <input type="checkbox"/> Week 9 (August 21-25) |
| <input type="checkbox"/> Week 10 (August 28-September 1) | | |

The Development Team rows from 2-4 PM Monday-Friday each week of the summer. I would be available to train as a CIT during the Development Team program time on the following weeks of the summer (please check off all available weeks):

- | | | |
|--|--|--|
| <input type="checkbox"/> Week 1 (June 26-29) | <input type="checkbox"/> Week 2 (July 4-7) | <input type="checkbox"/> Week 3 (July 10-14) |
| <input type="checkbox"/> Week 4 (July 17-21) | <input type="checkbox"/> Week 5 (July 24-28) | <input type="checkbox"/> Week 6 (July 31-August 4) |
| <input type="checkbox"/> Week 7 (August 8-11) | <input type="checkbox"/> Week 8 (August 14-18) | <input type="checkbox"/> Week 9 (August 21-25) |
| <input type="checkbox"/> Week 10 (August 28-September 1) | | |

- If I was a successful candidate for the CIT program, I would be willing to complete a Criminal Record check.
- If I was a successful candidate for the CIT program, I will arrange to complete my Emergency First Aid BEFORE my first week as a CIT.
- If I was a successful candidate for the CIT program, I will arrange to be available for the date of the UBC REC Volunteer Training and RCA LTR Coach Workshop.

