

RCA Video Submission Guidelines for Coach Evaluations

Video Assessment (Indirect Observation): In instances when a coach is unable to have a Coach Developer attend a session, whether due to geography or scheduling, the coach may provide appropriate evidence that that standards outlined in the evaluation tool are achieved. This will include submission of a video of a lesson, which is to be filmed in a way that the Coach Developer can hear the coach and can see the participants. This lesson will be an on-water practice in the coach's home club environment. An outline of items that must be seen will be provided when an coach makes application for this option of evaluation. Evaluation utilizing indirect observation method will include review of the video by skype or other "live" two way video communication.

CAC Outcome: Analyze Performance

In Person (Direct Observation): The Coach Developer will observe the coach during an on-water practice (during the same practice as "support the athletes in training") and will evaluate the "analyze performance" as per the evaluation tool and supporting rubric. The coach should demonstrate understanding of the fundamentals of the RCA Model Technique. The Coach Developer will identify rowers who are making common beginner errors. The coach will identify the errors and the potential cause of the error. He/she will then identify one or more possible corrections and methods used to make the correction such as drills, use of ergometer etc.

Video (Indirect observation): The Coach Developer will review the submitted video (as outlined above) and will evaluate the "analyze performance" as per the evaluation tool and supporting rubric. The coach should demonstrate understanding of the fundamentals of the RCA Model Technique. The Coach Developer will identify rowers who are making common beginner errors. The coach will identify the errors and the potential cause of the error and then identify one or more possible corrections and methods used to make the correction such as drills or use of ergometer, for example.

Producing a Video for Remote Coach* Evaluation

*coach refers to the coach being evaluated

RCA recognizes that there will be circumstances that make an in-person coach evaluation extremely challenging. For that reason, coaches wishing to be evaluated may submit a video that takes the place of the in-person on-water evaluation session.

The expectation is that the video will be mailed to the Coach Developer on a memory stick, and not that Coach Developers should have to spend huge amounts of time and data downloading large video files. It is advisable to include notes on the video referencing the crew, the practice, the drills, and anything else that would benefit from further explanation.

- Coaches should present video of themselves coaching a crew in an Athlete Pathway stage that is appropriate to the Evaluation.
- Coach **must have a volunteer to assist** with video collection and who will operate the coach boat/phone/camera to take relevant footage.
- The coach should show video of themselves coaching, as well as present video footage which they themselves have taken of their crews rowing. Coach Developers are looking for evidence of the coach actually coaching, as well as the coach's ability to take useful video footage that can be used to analyze technique and performance.
- The volunteer assisting the coach being evaluated may not speak or offer assistance in any way, unless there is an emergency.

In order to complete a successful remote evaluation, the coach must provide video which shows evidence of three parts:

1. safety preparation
 2. lesson on water as outlined in plan submitted
 3. wrap up/crew debrief following the training session
- Video does not need to be continuous – in fact, it should be edited. In other words, every single minute of the lesson does not need to be captured, however evidence must be clearly shown of the three points above.
 - Video must clearly show focus points being taught in the lesson. Therefore video must capture either/both the athletes' bodies and the relevant part of the oar to provide evidence of the coach's lesson.
 - For example: if coaching the catch, depending on the lesson plan, video may need to show body position of the athletes and/or the oar's blade.
 - The intent of the lesson and individual corrections made by the coach must be readily apparent from the video evidence supplied.
 - Coach Developers will be looking for evidence of two-way communication between the coach and the crew – in other words, that the crew is responding to the coach's comments regarding technique and that the coach can use open-ended questions which elicit a response and interaction with the crew.
 - Coaches must include evidence of their interaction with athletes. In other words both collecting and giving feedback
 - It is recommended that coaches prepare a plan for shooting video, to make sure they include all relevant footage as outlined above. In some instances, it may take 2-3 outings to collect the required quality footage to be edited together for submission.
 - It is recommended that footage is edited as 1 minute slices (or pieces) that clearly show (in approximately 20 strokes) the focus. Coaches should supplement each 'slice' with a short written note identifying the 'slice' by number and explaining the intent, the part of the lesson, and if relevant, the desired outcome that has been achieved.
 - Coaches should carefully review footage to ensure this is the case!
 - It is vital that if audio is integral to the video that the Coach Developer can properly hear the coach. This is particularly relevant for the safety and the wrap portions of the video.

Video will be forwarded to the Coach Developer for review. The Coach Developer will contact the coach to set up a suitable time to then review and discuss the video via Skype or other technology mutually agreed upon. Coaches should allow approximately 90 minutes for the complete evaluation meeting with the Coach Developer .

Coaches are encouraged to supplement the video with any explanatory written notes. These should be submitted to the Coach Developer via email or printed document at the time the video is forwarded.

Video Outline Summary Table

Video should be approximately 15-20 minutes in length, with each section following the time guidelines recommended below:

Video Section	RCA Coach Evaluation	LTR Instructor Evaluation
Safety Preparation This should show evidence that the coach has no concerns regarding the crew's safety prior to going out on the water. This must include visual and audible run through of items that demonstrate that the coach boat is ready to use for the lesson.	5 min. maximum	5 min. maximum
On-water This should show evidence of the coach utilizing the lesson plan, and highlight fundamental parts of the lesson, ideally showing the progression of the lesson following the lesson plan submitted. Coaches should be fully prepared to discuss their rationale for the lesson, including any deviations from the plan. Coaches must also be able to demonstrate the necessary coach boat skills that will allow them to safely conduct a training session/LTR lesson. Coaches do not need to drive the coach boat for the whole lesson, as they should primarily be taking video of athletes; However, coaches should have a small section of video shot to demonstrate competency in coach boat driving. Here we are looking to see that the coach being evaluated can position the coach boat in order to get the best video footage possible	15 min. maximum	10 min. maximum

to share with crews, as well as ensure successful communication with the athletes.

Wrap Up/Crew Debrief

This should be a group shot on land at the conclusion of the lesson with the coach addressing rowers/participants.

5 min. maximum

5 min. maximum

Video Evaluation Template for RCA LTR Instructor Evaluations

- Coach should be coaching a crew in an Athlete Pathway stage that is appropriate to the Evaluation.
- Coach must have a volunteer who will operate the phone/camera to take relevant footage.
- Volunteer may not speak or offer assistance in any way, unless there is an emergency.
- Video must show evidence of
 - i. safety preparation
 - ii. lesson on water as outlined in plan submitted
 - iii. wrap up following lesson
- Video does not need to be continuous. In other words, every single minute of the lesson does not need to be captured, however evidence must be clearly shown of the three points above.
- Video must clearly show focus points being taught in the lesson. Therefore video must capture either/both the athletes' bodies and the relevant part of the oar, to provide evidence of the coach's lesson.
- For example, if coaching the catch, video may need to show body position of the athletes and/or the 15-20blade.
- The intent of the lesson and individual corrections made by the coach must be readily apparent from the video evidence supplied.
- Coaches should carefully review footage to ensure this is the case.
- It is vital that, if audio is integral to the video that the Coach Developer can properly hear the coach. This is particularly relevant for the safety and the wrap portions of the video.

Video will be forwarded to the Coach Developer for review. The Coach Developer will contact the coach to set up a suitable time, and review and discuss the video via Skype. Coaches are encouraged to supplement the video with any explanatory written notes. These should be submitted to the Coach Developer via email at the time the video is forwarded. Coaches should allow approximately 90 minutes for the complete evaluation.

Outline:

Video should be approximately 15-20 minutes in length.

- i. Safety prep. This should show evidence that the coach has no concerns regarding the crew's safety prior to going out on the water. This must include visual and audible run through of items that demonstrate that the coach boat is ready to use for the lesson.
Safety video
- ii. On water. This should show evidence of the coach utilizing the lesson plan, and highlight fundamental parts of the lesson, ideally showing the progression of the lesson following the lesson plan submitted. Coaches should be fully prepared to discuss their rationale for the lesson, including any deviations from the plan.

Coaches must also be able to demonstrate the necessary coach boat skills that will allow them to safely conduct a lesson

- iii. Wrap. This should be a group shot on land at the conclusion of the lesson with the coach addressing the LTR participants.