

RCA Coach Practical Coaching Assignment Weekend #1

The purpose of the post Weekend #1 practical coaching assignment is to provide RCA Coaches “in training” and opportunity to apply and reflect on new coaching information presented at the Weekend #1 workshop. It is expected that each coach will complete this assignment and bring it to the Weekend #2 workshop to discuss with their coaching peers. This assignment can be revised after Weekend #2 and shall be submitted as part of the portfolio prior to the Evaluation for certification.

Long Term Athlete Development (LTAD)

You were introduced to the general concepts of LTAD, some of which are contrary to current practices in rowing. In the next few months while you are actively coaching, identify areas in your program or other programs that are consistent or inconsistent with the 10 Key Factors of LTAD and what is recommended for the stage of athlete that you are coaching. This could include equipment, training programs, regattas etc.

Make Ethical Decisions

For certification the Coaching Association of Canada and the National Coaching Certification requires that all competition coaches take the “Make Ethical Decisions” workshop and successfully complete the online “Make Ethical Decisions” evaluation.

During your coaching season, were you faced with an ethical dilemma? Did you use the process outlined in the workshop. Comment on whether this helped you resolve the issue that you were faced with.

Rigging

During the Weekend #1 workshop, you had the opportunity to rig a sculling boat and a sweep boat. Between Weekend #1 and Weekend #2, you must rig 2 sculling boats and 2 sweep boats for a basic rig (ie standard club measurements throughout the boat)

Record the measurements (span, pitch, height, inboard) for each time you measure & adjust. What challenges did you have and how did you resolve these?

Strength Training – Movement Screen

The movement screen tests provide you with an opportunity to identify any muscle imbalances with the athletes that you coach. During the time between Weekend #1 and Weekend #2, conduct the movement screen test with 3 or 4 of the athletes that you coach, List each of the tests that you use as well as the athletes’ score. Provide ideas of what you will recommend for strength training as a result of the movement screen test.

Training Program & Design(Part 1)

At the end of this module, all coaches have been introduced to a number of workouts that they could use in their practices. Whether you used these workouts exactly or modified them or developed your own, please provide copies of 4 practice plans that you have used during the season. Ensure that you have done the following:

1. Outlined the objectives of the practice;
2. Described the characteristics of your athletes,
3. Indicated when during the season that the practice was used
4. Identified which category of intensity is being used.
5. Included any reflections about the workout that has caused you as a coach to change or modify this practice.

Training Program & Design Part 2 (New)

You have been exposed to recommended training hours and distribution of those hours across training categories according to the LTAD. For the athletes that you are coaching complete the following:

My athletes are in the _____ phase of LTAD

They are training for rowing _____ weeks per year

They should be training for rowing _____ weeks per year

They are training for rowing _____ days per week

They should be training for rowing _____ days per week

They are training for rowing _____ hours per week

They should be training for rowing _____ hours per week

In my program the athletes will train for rowing for a total of _____ hours (multiply your hours per week by your total number of weeks)

Based on their phase of the LTAD program over the course of the program the athletes that I am coaching should be spending a total of

_____ minutes in category 6

_____ minutes in category 5

_____ minutes in category 4

_____ minutes in category 3

_____ minutes in category 2

_____ minutes in category 1

_____ minutes in strength training

Safety

Review your club's emergency action plan. Show your athletes the new RCA Safety video. Outline safety challenges that you have had during your coaching season including cold water rowing, flow patterns, etc. What did you do to resolve these challenges to ensure the maximum safety of your rowers?

Support To Athletes In Competition – Rules Of Racing

For a number of years, RCA Umpires have articulated that crews entering regattas do not have some of the knowledge and skills necessary to race effectively. Primarily this includes lack of knowledge of the rules of racing and rowers not having boatmanship skills to back into starting gates or to align their boat prior to the start.

Develop a plan to teach your crew the RCA Rules of Racing leading up to regattas. Your role as the coach will be to introduce these rules and practice during various times of the season.