

2018-2019 Coach Development Plan

Row Nova Scotia sees the vital importance that knowledgeable, motivated and qualified coaches make in producing quality programs and, in turn, quality athletes. Having a base of high quality coaches across the rowing clubs in Nova Scotia will help develop the sport and our programs at all levels. Rowing, like many sports across Nova Scotia and Canada, has seen a large proportion of active coaches and coaches entering the coach development pathway fail to reach 'certified' status in the NCCP. We have designed a coaching development plan with specific initiatives targeting key areas in the coach development pathway to produce high quality coaches across the province and assist our coaches in reaching certification in their desired coaching streams.

- i. **Free coach evaluations for Nova Scotia coaches** – This includes reimbursing coaches for:
 - a. Learn to Row Coach evaluation: analyze performance in training on water;
 - b. RCA Coach evaluation: Conduct a practice – on water and dryland, rig a boat – detect and correct skill errors, and drive and manoeuvre a motor boat safely;
 - c. RCA Performance Coach evaluations: in training – on water and dryland, at selection event, and at competition event.

Please note that this only covers the evaluation fees and any potential expenses related to travel, equipment, etc will still be the responsibility of the coach.

Budget: \$1500 - Maximum of 10 evaluations province wide.

- ii. **Free Competition Development multi-sport modules** – this includes reimbursing the multi-sport modules required to become RCA Performance Coach Trained, which includes:
 - a. Manage a Sport Program
 - b. Prevention and Recovery
 - c. Developing Athletic Abilities
 - d. Psychology of Performance
 - e. Coaching and Leading Effectively
 - f. Managing Conflict, and Leading Drug Free Sport

Coaches must be RCA Performance Coach 'In Training' to be eligible.

Budget: \$750 – maximum of 10 modules province wide.

- iii. **Coaching Mini Clinics** – we will be hosting three free coaching mini clinics throughout the year to provide development of coaches in the areas of rigging, injury and prevention and boat repair.
 - a. Rigging Mini Clinic – Halifax Rowing Club – May 12 – Led by Patrick Cody
 - b. Injury and Prevention Mini Clinic – Accel Physiotherapy – June 16 – Led by Karen Decker
 - c. Boat Repair Mini Clinic – North Star Rowing Club – July 23 – Led by Bob Sawler.



Budget: \$0

Row Nova Scotia
5516 Spring Garden Road, 4th Floor
Halifax, NS B3J 1G6

- iv. **Atlantic Coaches Conference** – We will support coaches from clubs across the province to participate in the Atlantic Coaches Conference as an opportunity to grow, learn and develop as a

coach outside of the NCCP. Row NS will support one club from each club to attend the Atlantic Coaches Conference in the Excellence or Participation Stream.

Budget: One AAC Registration per club (\$750-\$1000)

- v. **Coach Mentorship Program** – Our mentorship program is intended to provide a platform for coaches to build their coaching skills and achieve NCCP certification at the RCA Coach and RCA Performance Coach levels with the guidance and support of an experienced coach.

For more details on this program see the Row NS Coach Mentorship Program document located on our website.

Budget: TBD

Notes

- a. For coaches to be eligible for any of the above initiatives they must be actively coaching in Nova Scotia and involved in the RCA Coaching Pathway.
- b. Please note that funding is not guaranteed and all funds must be approved by Row NS prior to the event.