

# 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>

### YOU ARE IN TRAINING

## RCA COACH WORKSHOP

Coach actively for six months between coach workshops #1 and #2

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### 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



### YOU ARE TRAINED

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)

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## BUILD YOUR PORTFOLIO

## EVALUATION STEPS

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Must complete online evaluation via [thelocker.coach.ca](https://thelocker.coach.ca)  
Only one MED evaluation needs to be completed.

1. Make Ethical Decisions
2. Contact your Provincial Rowing Association to request an evaluation
3. Portfolio review (determines "readiness" of coach for direct observation)
4. Direct Observation
  - Conduct a practice - on water and dry land
  - Rig a boat - detect and correct skill errors
  - Drive and manoeuvre a boat safely



### 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.