

Champion of the Thames RC – Coaching Workshops

Workshop No. 3 Coaching & Bank Partying Juniors

Time: Monday 26th September 2011, 20:15-21:45

Venue: St. Andrews Hall, St Andrew's Road, Chesterton, Cambridge CB4 1DH

Content

This workshop will provide new, or less experienced, coaches and bank parties with an opportunity to gain basic knowledge about coaching junior scullers and sweep rowers.

- The role of the coach/bank party
- Basic safety points
- Why is coaching juniors different to coaching adults?
 - LTAD model (long term athlete development)
 - How much – how often
- Managing an outing
- Basic coaching skills
- Support for coaches & bank parties

Who is the workshop for?

This workshop is primarily designed for less experienced coaches and bank parties who will be working with juniors, or those who would like to find out more before they get involved.

Experienced coaches and boat organisers should attend to pass on their knowledge and share/discuss their ideas with other coaches.

Is there a cost?

The workshops are free – Champs will cover the cost of the room hire.

How do I get involved?

Please email in advance to confirm attendance so we have an idea of numbers, but you are welcome to turn up on the day without pre-booking.

Brian Corbett

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Champion of the Thames RC

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