

Coaching Assistants: The Essentials

The British Rowing Coaching Assistant Training has been created to ease the pressure on club coaches, and help to create even better experiences for rowers. Here are a few tips on the best way for coaches and coaching assistants to work together:

For more information, check out the FAQ page!



ENABLE

Asking a Coaching Assistant to lead on agreed areas of sessions will not only ease the pressure, but help them to develop as well. Great activities to lead on include the warm up/cool down, safety checks or getting crews onto the water.

Help to develop the next generation of coaches.

Make your sessions more inclusive.



DEVELOP

Coaching Assistants will learn from working with experienced coaches. Invite them to join the main coaching session in the launch or on a bike, asking questions and sharing coaching knowledge. Ask the Coaching Assistant to share feedback on what they have observed during a session, which will help everyone to develop as well.

Help you to keep everyone safe.



ENCOURAGE

We want Coaching Assistants to feel motivated about getting involved, and for them to inspire new rowers too. Encouraging Coaching Assistants while they learn more about the sport and coaching will build their confidence.

Get more people hooked on rowing!



ENJOY!

Working as a team means you have someone to share achievements and challenges alike. Coaching Assistants can help ease some of the pressure a coach may feel, giving everyone more time to enjoy the special moments coaching has to offer.