

Bite Size Coaching Information for Coaches

Should you encourage members of your squad group to participate?

Advantages

Your good work in coaching is cascaded down to other members.

By explaining aspects of technique to inexperienced rowers squad members are reinforcing technique in their own minds.

Club members joining your will have had the advantage of some coaching and will be better rower/scullers

Develops relationships between new rowers/scullers and squad easing progression to squads.

You can encourage your squad members to coach at a time that has least effect on the squad coaching.

e.g. Encourage people to coach after Henley.

Schedule rest periods during outings when members can do bite sized coaching.

People may discover they have a talent for/ enjoy coaching. The club may get more dedicated coaches.

Disadvantages

Think of these yourselves

Should you participate?

You are welcome to give Bite Size Coaching to those requesting it, but my hope is that it you won't need to as the work load will be spread as more people coach. You also stay "new" so when beginners progress to your group they are more likely to listen

If you stop to "bite size" and then have to zoom after your crews, the disturbance to water will probably outweigh the coaching given.

What the club gets out of it

Coaching for all, a better standard of rowing and people getting to know each other.

The more people we keep, the more viable the club