

Bite Size Coaching

Information for Experienced Rowers/Scullers

If you're an experienced rower/sculler please give up a bit of your time to help the less experienced.

Fit this coaching into your outing. Spend a few minutes with a crew/sculler as you leave the landing stage or during a rest period.

You're on to a winner

The fact that you can row/scull well means inexperienced scullers/ rowers will automatically give you respect and listen to any advice you give.

What to do

A few words of encouragement, a bit of help on technique, a suggestion of an exercise to improve technique, then leave them to get one with it.

What will you get out of it?

You may find you have hidden talents as a coach. If you wish to develop this further we can help you.

If you are a member of a squad you will improve the standard of rowing of those people progressing to the squad as well as getting to know them and easing progression.

You may find someone with potential you would like to double/ row with.

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.