

# Bite Size Coaching

## Information for Inexperienced Rowers/Scullers

Just because you are inexperienced, it does not mean you cannot help. The most important thing in coaching is to show an interest in people. More experienced coaches may improve them quicker/help them more but if beginners leave the club they move on to dedicated coaches they may not get the chance.

### You even have some advantages over the experienced people.

### Remember

You know what it feels like to be a beginner, more experienced people may have forgotten. If something that was said helped you then it will probably help them.

Just having company for a short while on the outing helps.

You may not have been rowing long but you've learnt a lot, its still fresh in your mind. Experienced rower sometime do things without thinking.

The drills and exercises that help you will help them. Share you ideas experiences.

### And

A problem shared is often a problem halved. Ask them if they have any problems. It may be something you have solved so tell them how you did it, or it may be a problem you still have. You know who to go to, to ask.

### You may find

Hidden talents -You don't have to have had vast experience to be good coach. We can always help by mentoring or pointing you in the direction of coaching courses.

some one to row/double 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