

Tees RC First Coaches Meeting

July 25th 2006

Attendees: Steve Barker (representing Tim Mallon), Steve Leigh, Dave Warburton, Philip Searle, Mel Roe, Christine Meikle, Kate O'Sullivan, Rob Cree, Piers Dixon, Ann Marie Coulton, Danielle Coulton, Chris Black, Dilwyn Jones

1. Meeting scope/topics

Best Practice

Pick up people missing out, match individuals to squads

British Rowing Technique – standardise coaching and terminology

Help to overcome problems with squads or individuals, alternative words from a different coach

Specialism of coaches (finishing, technical, psychology etc), best use of coaches

Coach development

Encourage people to start coaching (experienced rowers – an underutilised resource)

Mentoring opportunities

Organise rowing camp (Tees and other clubs, shared coaches working together, specific targets)

Link to coaches at Yarm and universities – the coaching side of the Tees Forum

Establish a coaching team and develop a team spirit

Set expected fitness standards

Arrange activities across squads, eg timed pieces/head race

Communication: messages to committee, disseminate information

Coaches' equipment needs

Manage existing equipment

2. Meeting format

Tuesdays 8 pm, Monthly, 1 hr maximum

Initially Tees RC coaches, later move to cover all Tees clubs

Keep group similar size (12)

A technical topic each month, 4 agenda items

Review in 3 to 6 months

All attendees should learn and develop

3. Additional questions

What are the athlete pathways, especially non-competitive?

Coaching pathways

Coaches for recreational rowers

4. Other points

Clubmark requires a number to attend named courses each year

Govt policy will require all volunteer coaches to be registered

University student coaches available to help

More changes to ARA coach awards: Level 2 strength and conditioning to replace BWLA, levels 4&5.

Coach Database to be set up

Coach Coordinator role outlined, to be reviewed.

Coach Questionnaire circulated. Ideally, responses from all coaches sought – active and/or qualified

5. Actions

All to consider coach coordinator job description and feed back

All to complete questionnaire

DPJ to investigate newsgroup, e-mail etc for coaches, coaches section on website

DPJ to circulate questionnaire more widely

6. Next meeting

Tuesday 5th September 8 pm

Recap of this meeting

Options for e-mail, internet forum

Seminars coming up

CRB checks – who needs them? Include squads using juniors to cox.

Squad recap – brief item from each squad coach

Levels of aspirations within each squad

Winter Training – timetable, and needs of each squad.