

St Neots Rowing Club
Part Time Rowing Coach - Job Description

Job Title: **Rowing Coach**

Reports to: **Club Captain** *(and in turn to the Club's Management Committee)*

Main Purpose of the role:

To assist the Club Captain in teaching St Neots club members to row and scull technically well, develop their strength and endurance, general fitness and to realise their potential and enjoyment of rowing.

Specifically, to take responsibility for planning and delivering technical coaching sessions on and off the water to a range of technical abilities.

The club has competitive senior and masters men's and women's squads, a small junior squad which we are trying to grow and a large number of senior/masters members that have joined in the last 12 months through Learn to Row courses that are at the beginning of their rowing careers.

Specific Responsibilities:

1. Work with the Club Captain and his nominated Vice Captains and/or coaches to develop a sustainable technical and performance culture for those members with ambitions to race successfully and also for those that just want to be recreational members.
2. To collaborate with, and support, the club's volunteer coaches
3. Support the Club Captain to maintain an atmosphere of mutual support and respect between individual members and squads
4. Promote the safeguarding and welfare of the club members
5. Plan, implement, analyse, and revise coaching sessions that:
 - utilises the available volunteer coaching resources within the club
 - create and implement safe and effective training by tailoring coaching to meet the needs of a range of ability levels
 - teach sound rowing technique and physical conditioning
 - plan, deliver and coach water-based sessions
 - plan, deliver and coach land-based training e.g. ergos, strength and conditioning, body circuits
 - track and monitor the progress and development of the rowers
6. In addition, ensure rowers/coxes are taught:
 - How to row/scull/steer well
 - Their responsibility to fellow crew members and coaches of punctuality
 - The commands used in rowing outings
 - How to handle and look after equipment properly and how to report damage/issues
 - The rules of the club, the river and British Rowing
 - How to train for rowing (e.g. warming up, stretching, strength and conditioning, ergos etc.)
 - How to prepare for and take part in races
7. Water based coaching will generally be from a launch for which training will be given.
8. Checking and setting up rowing and training equipment – in collaboration with the Club Captain or their nominated person.
9. Ensuring sessions are run in accordance with the club's risk assessment and British Rowing Water Safety Code (Rowsafe)

10. As directed by the Club Captain if no crews are available for coaching, assist in other duties at the boathouse, for example checking, repair and maintenance of rowing and training equipment.

11. Attend, short, weekly review meetings with the Club Captain or their nominated person.

Budgetary Authority:

There is no delegated budgetary or financial authority.

Competencies (Required):

- Be a member of British Rowing
- Hold a British Rowing coaching qualification
- Apply, through the club, to the Disclosure and Barring Service (DBS check) for clearance to work with the club's juniors.
- Ability to work successfully and communicate effectively as a member of a coaching team, contributing to the education and development of volunteer coaches
- Boat rigging for different size and strengths of rowers
- Ability to build and maintain relationships across different groups
- Team player demonstrating integrity, confidentiality, and tact
- Ability to motivate and lead volunteer coaches
- Evidence of previous coaching roles, paid or voluntary

Competencies (Preferred):

- RYA power boat certificate
- First Aid certificate
- Strength and conditioning coaching qualification

Practical Requirements:

- Intended start date in September 2022
- It is anticipated that the role will be for 20 hours per week.
- The role requires flexibility of working hours, with sessions on both Saturday and Sunday mornings from 08:00 to 13:00 and other sessions to be agreed with the Club Captain or their nominated person.
- Timesheets must be provided to the Club Captain on a weekly basis.
- It is expected that the Rowing Coach will not coach any other clubs during this contract without approval from the Club Captain.

Application details:

Apply to the St Neots Club Captain, Ryan Keating, at captain@stneotsrc.co.uk with a copy of your CV

Closing date: 30th September 2022