

# Alberta Rowing Association



## Learn to Row Coach Workshop

The Alberta Rowing Association in collaboration with Rowing Canada Aviron is happy to host a Learn to Row (LTR) Coach workshop on June 24, 25 in Edmonton Alberta, at the Percy Page Center and at the Edmonton Rowing Club

The LTR Coach workshop is a valuable tool for anyone interested in coaching or teaching rowing at a variety of levels including; novice rowing, learn to rows, youth camps, corporate events and more! This course will also set you on the path to becoming a certified LTR instructor.

This workshop will cover the following elements over the two days:

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|---|---|
| 1. ROWING CANADA AVIRON AND THE NEW NCCP  | 5. PLAN A LEARN TO ROW LESSON<br>(NCCP EQUIVALENT FOR 'PLANNING A PRACTICE')    |
| 2. ROLES AND RESPONSIBILITIES   | 6. TEACH A LEARN TO ROW LESSON<br>(NCCP EQUIVALENT FOR 'TEACHING AND LEARNING') |
| 3. ANALYZE PERFORMANCE - THE ROWING STROKE  | 7. ADAPTIVE ROWING  |
| 4. SAFETY, RISK MANAGEMENT, AND THE EMERGENCY ACTION PLAN<br>(NCCP EQUIVALENT FOR 'MAKING ETHICAL DECISIONS') | 8. MODIFYING THE LEARN TO ROW PROGRAM TO MEET MY CLUB NEEDS                     |

A detailed LTR Coach Pathway is provided at the end of this document.

### General Information

**When:** June 24: 8:30am-4:30pm and Sunday June 25: 8:30am-3:15pm

**Where:** Saturday: Percy Page Center, 11759 Groat Road NW, Edmonton, Alberta, T5M 3K6  
Sunday: Edmonton Rowing Club 8438 129 Street Edmonton Alberta T5R 3G4

#### Other information:

- Learning materials will be provided and will be covered as part of your registration costs
- Lunch will not be provided, however there are locations nearby to purchase lunch if required
- If you have any questions, please contact Sheila Findlay at [sheilafinday33@gmail.com](mailto:sheilafinday33@gmail.com) or [Janelle.sloychuk@gmail.com](mailto:Janelle.sloychuk@gmail.com)

### Registration

The cost to attend the conference is \$100.00 per individual, and can be paid in person on June 24

To register please send an email to the ARA Office at office@albertarowing.ca **NO LATER THAN Wednesday June 21, 2017** with the following information:

Name: \_\_\_\_\_

Club: \_\_\_\_\_

NCCP number (if applicable): \_\_\_\_\_

# ROWING CANADA AVIRON LEARN TO ROW PATHWAY

## PRE-REQUISITES

- CREATE AN ACCOUNT & REGISTER WITH RCA AS A COACH ([membership.rowingcanada.org](http://membership.rowingcanada.org))
- REGISTER IN "THE LOCKER" ([www.thelocker.coach.ca](http://www.thelocker.coach.ca))
- OBTAIN/VERIFY PLEASURE CRAFT OPERATING LICENSE AND PROVIDE A COPY TO YOUR PROVINCIAL ROWING ASSOCIATION

## COMPLETE LEARN TO ROW WORKSHOP

1

1. ROWING CANADA AVIRON AND THE NEW NCCP
2. ROLES AND RESPONSIBILITIES
3. ANALYZE PERFORMANCE - THE ROWING STROKE
4. SAFETY, RISK MANAGEMENT, AND THE EMERGENCY ACTION PLAN (NCCP EQUIVALENT FOR 'MAKING ETHICAL DECISIONS')
5. PLAN A LEARN TO ROW LESSON (NCCP EQUIVALENT FOR 'PLANNING A PRACTICE')
6. TEACH A LEARN TO ROW LESSON (NCCP EQUIVALENT FOR 'TEACHING AND LEARNING')
7. ADAPTIVE ROWING
8. MODIFYING THE LEARN TO ROW PROGRAM TO MEET MY CLUB NEEDS

**YOU ARE TRAINED**

## BUILD YOUR PORTFOLIO

2

UPLOAD THE FOLLOWING ITEMS TO YOUR PORTFOLIO OR EMAIL TO YOUR PROVINCIAL ROWING ASSOCIATION

1. ENSURE A COPY OF YOUR PLEASURE CRAFT OPERATING LICENSE IS IN YOUR PORTFOLIO
2. EMERGENCY ACTION PLAN
3. SUBMIT A LEARN TO ROW LESSON PLAN

## EVALUATION STEPS

3

MUST COMPLETE ONLINE EVALUATION VIA [www.thelocker.coach.ca](http://www.thelocker.coach.ca)

1. MAKE ETHICAL DECISIONS - INSTRUCTOR BEGINNER CONTEXT (ONLINE EVALUATION)
2. CONTACT YOUR PROVINCIAL ROWING ASSOCIATION TO REQUEST AN EVALUATION
3. PORTFOLIO REVIEW (DETERMINES "READINESS" OF COACH FOR DIRECT OBSERVATION)
4. DIRECT OBSERVATION
  - IN TRAINING ON WATER
  - ANALYZE PERFORMANCE VIDEO ANALYSIS

**YOU ARE CERTIFIED**

UPON SUCCESSFUL COMPLETION, YOU ARE NCCP CERTIFIED.

## ACTIVE COACH STATUS MAINTAINED

IN ORDER TO MAINTAIN CERTIFICATION, COACHES ARE REQUIRED TO EARN PROFESSIONAL DEVELOPMENT CREDITS.