

RCA Coach Education Pathway

RCA Coach workshops are delivered over two weekends usually offered at least six months apart. After taking the courses you will possess the technical knowledge needed to prepare rowers for local races. The weekends offer both classroom and hands-on learning opportunities.

The Weekend 1 workshop includes modules which cover:

- Making Ethical Decisions
- Long-Term Athlete Development
- Analyze Performance - Technique Part 1
- Analyze Performance - Rigging
- Design A Sport Program - Categories of Intensity
- Movement Screen
- Plan A Practice 8. Support Athletes In Training
- Support Competitive Experience - Rules Of Racing and LTAD

The Weekend 2 workshop offers a more in-depth look at Weekend 1 topics. It also introduces further advanced topics and encourages coaches to reflect in their practical coaching experience developed between the two weekends. The Weekend 2 Workshop includes modules which cover:

- Analyze Performance - Technique Part 2
- Support To Athletes In Training
- Analyze Performance - Equipment and Rigging
- Analyze Performance - Testing and Monitoring Athlete Performance
- Design A Sport Program For Rowing
- Design A Sport Program - Strength Training and The Movement Screen
- Analyze Performance - Race Performance
- Support The Competitive Experience

Following completion of both weekend workshops, you will be a Trained RCA Coach. In order to be a certified coach, you must complete the evaluation process.

For more information on the RCA Coach pathway or to register for an upcoming workshop please email the [ARA Office](#).