

# 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 2-3, 2018 in Edmonton Alberta, at the Percy Page Center and at the Edmonton Rowing Club

The LTR Coach workshop is a valuable first step 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 is the first step in becoming a CERTIFIED LTR instructor.

It is the initiative of the Alberta Rowing Association to increase the number of CERTIFIED LTR coaches in the province.

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

|   |   |
|---|---|
| 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** Saturday June 2 9:00am-4:30pm and Sunday June 3: 9:00am-5:00pm

**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 at [sheilafinday33@gmail.com](mailto:sheilafinday33@gmail.com) or Janelle at [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 2 by cash or cheque. Please make cheques payable to "The Alberta Rowing Association".

The ARA Course Payment Policy can be found at: <http://albertarowing.ca/get-involved/forms/>

To register please send an email to the ARA Office at [office@albertarowing.ca](mailto:office@albertarowing.ca) **NO LATER THAN Wednesday May 23** 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.