

UKCC Level 2 Rowing Coach Award

10th to 13th September 2010

Hosted by Aberystwyth Rowing Club.

Cost: £350 British Rowing members, £372 Non members

Candidates **MUST** evidence completion of an SPC course within the last 2 years.
The course cost **DOES NOT** include first aid training which will be made available at the end of the course for those who do not hold an appropriate qualification for credit through the British Rowing APL scheme.

Closing date for applications: August 6th 2010

Numbers are limited to 12 candidates.

Draft Timetable:

Date	Time	Subject	Where
Fri 10 th Sep	10.30am – 12pm	Introduction to course and introduction to coaching	
	12pm – 1.30pm	Hypothermia, SPC	
	1.30pm – 2.30pm	Lunch	
	2.30pm – 3.30pm	Risk management and incident reporting	
	3.30pm – 4.30pm	Risk Assessment - practical	
	4.30pm – 6.30pm	Checking and Setting Equipment - practical	
Sat 11 th Sep	9am – 10am	Planning and reviewing Sessions/ Goal setting / Video analysis	
	10am – 11am	Developing Technique Theory	
	11am – 1pm	Developing Technique Practical	
	12pm – 1pm	lunch	
	1pm – 1.30pm	Man overboard Drill Theory	
	1.30pm – 4.30pm	Man overboard Drill (assessment)	
	4.30pm – 5pm	Tea break and equipment away	
	5pm – 6.30pm	Individual assessment feed back	
Sun 12 th Sep	9am – 10am	Flexibility and core stability	
	10am - 11am	Developing activity and fitness	
	11am – 12pm	Developing Skill Theory	
	12pm – 1pm	Lunch	
	1pm – 4pm	Developing Skill - practical	
	4pm – 4.30	Tea break and equipment away	
	4.30pm – 6.30pm	Dynamic warm up, cooling down and stretching	
	Mon 13 th Sep	9am – 10.00am	
10am – 11am		Assessment process	
11am – 12pm		review of course	
12pm – 1pm		Lunch	
1pm – 5pm		Provisional First Aid – British Red Cross Save a Life (assessment)	

Applications forms and cheques payable to: 'Welsh Rowing' should be sent to:
Sarah Hayward 78 Tyn-y-Cae Alltwen Pontardawe Swansea SA8 3DL.

For any further information or queries please contact
Sarah Hayward, Email: sarah.hayward@walesrowing.com
or phone: 07718395268