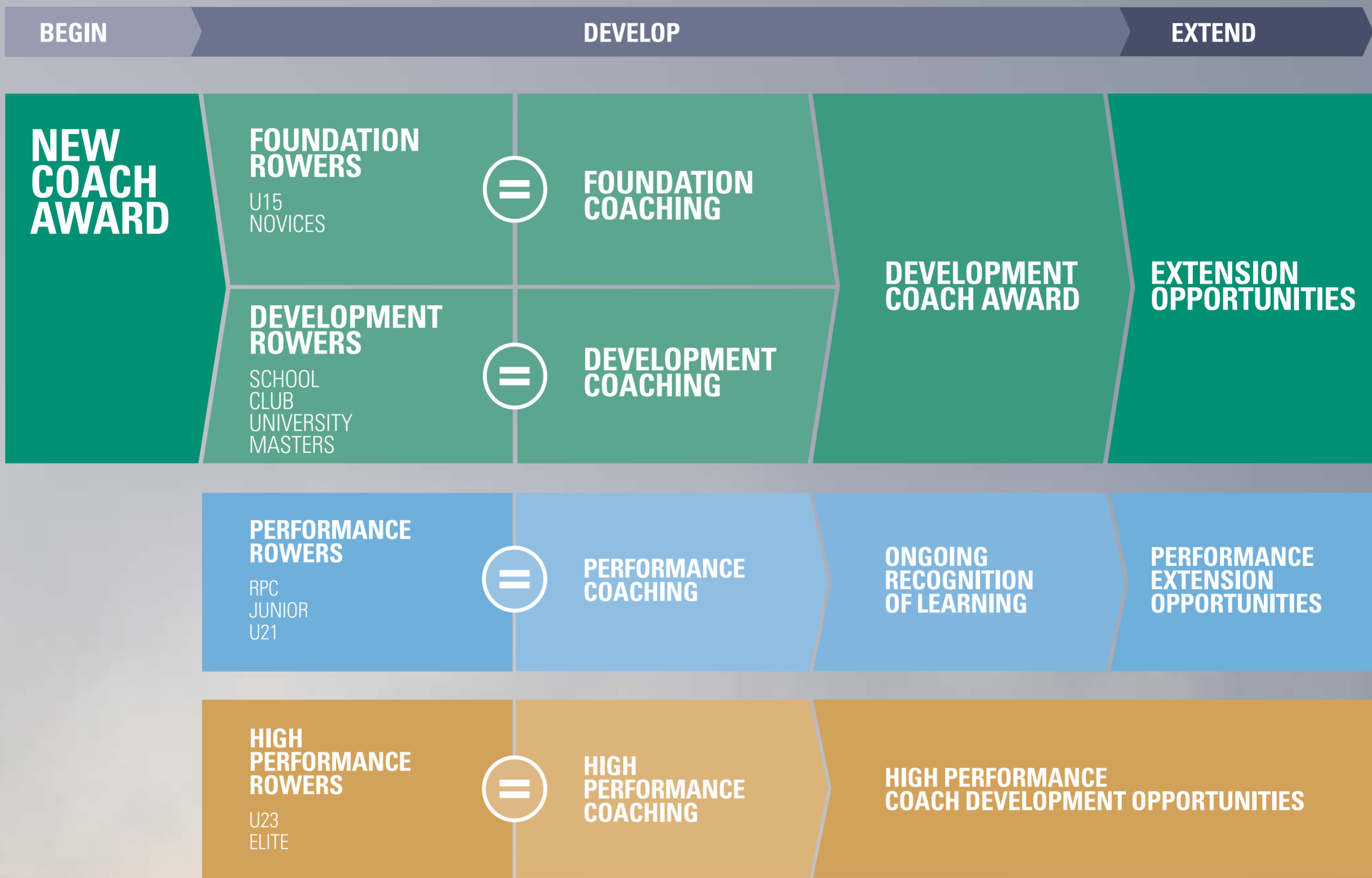


COACH DEVELOPMENT FRAMEWORK

MODEL DESIGN



COACH DEVELOPMENT FRAMEWORK

SUMMARY

NEW COACH AWARD

BOAT SAFETY COURSE

Compulsory course run by Coastguard NZ to ensure the athletes are in the safest possible hands while out training.

TIME Determined by the Coastguard

COST Charged by Coastguard

ROWING 101

Online short course for new coaches working within the New Zealand environment

TIME 2 Hours

COST Free

INTRODUCTION MODULE

Six hour workshop to assist those who are new to coaching rowing with the basics to getting started as a coach.

TIME 6 Hours

COST \$25

As a new coach, once you have completed Rowing 101, Boat Safety, and the Introduction Module you will achieve the New Coach Award.

DEVELOPMENT COACH AWARD

DEVELOPMENT MODULE

Full day workshop looking specifically at components around providing for a development level athlete. Three main topics are covered:

- » The coaching process
- » Sport science
- » Technique and skill acquisition

COST \$75

OPTIONAL POST-WORKSHOP WORK

If you wish to pursue Performance level coaching, upon completing this workshop you will need to show evidence of:

- » A peer reviewed action plan following the course
- » A coaching diary showing session planning and reflection notes
- » Observation and learnings from another coach

When a coach completes the Boat Safety Course and the Development Module they will achieve the Development Coach Award.

ONGOING LEARNING

EXTENSION OPPORTUNITIES

Extension opportunities will adapt and rotate to stay relevant and up to date with best practice. These will be delivered by RNZ as:

- » Workshops
- » Online courses
- » Coaches meetings
- » Seminars or guest speakers

ONGOING RECOGNITION OF LEARNING

Being a successful coach requires ongoing development of coaching practice which may not always be achieved through RNZ or other formal opportunities. The ePortfolio on RNZ Live is set up to help you keep track of any professional development you complete.

PERFORMANCE EXTENSION OPPORTUNITIES

Performance coaches are expected to have the Development Coach Award or similar learning and have evidence of ongoing learning. Unlike the other extension opportunities, the Performance Extension Opportunities are based on selection by RNZ into these programmes. Current extension opportunities available for Performance Coaches are:

- » Performance Coach Advance (PCA)
- » Pathway to Podium (P2P)
- » RNZ Age Group Coach Development

On RNZ Live you can update your ePortfolio to keep track of extension workshops and additional learning you undertake. This is an easy way to keep track of your coach development CV and share with RNZ should you wish to put yourself forward for Performance Extension Opportunities or coaching positions.