



# **RUNCORN COACHING MANUAL**

**Revision 7 Febuary 2012**

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## 1. Introduction from Club Chairman

Thank you for giving your time to coach at Runcorn Rowing Club. On behalf of the Club I would like to thank you for your time and commitment and hope that you will enjoy this enormously worthwhile endeavour.

You will also find much useful information on British Rowing's website which I commend to you. (<http://www.britishrowing.org/>)

This manual has developed over time and will be reviewed annually. Should you have any suggestions for improvements please do contact the Club Captain.

## 2. Principles

- Respect for the individual
- Support for each other
- Support for all to fulfil their potential

Collaborative, collegiate, communicative, comprehensive.

## 3 Health and safety

Our prime concern is your health and safety and that of the athletes. Safe enjoyment is the aim, not foolhardiness. Rowing has an excellent safety record. However, it is easy to become complacent. British Rowing's water safety code places emphasis on the individual's and club's responsibility for their actions and is a guide to the minimum standard of safe practice.

Included in this manual is an outing checklist (appendix i), which we hope will assist but please do remember that we have a responsibility for our own safety and that of the athletes temporarily in our care. If you have any doubts PLAY SAFE.

## 4 Equal opportunities policy

The club will ensure that the talents and resources of all members are utilised to the full and that no member receives less favourable treatment on the grounds of sex, handicap, marital status, creed, social class, colour, ethnic group, age or sexual orientation or is disadvantaged by conditions or requirements which cannot be shown to be relevant to performance.

The Club recognises the benefit of the sport for all who wish to participate and is anxious to provide an environment that is suitably inclusive.

## 5 Code of Conduct

The essence of good ethical conduct and practice is summarised below. All volunteers must:

- Consider the well-being and safety of participants before the development of performance.
- Develop an appropriate working relationship with performers, based on mutual trust and respect.
- Make sure all activities are appropriate to the age, ability and experience of those taking part
- Promote the positive aspects of the sport (e.g. fair play)
- Display consistently high standards of behaviour and appearance
- Follow all guidelines laid down by the national governing body and the club
- Hold the appropriate, valid qualifications and insurance cover
- Never exert undue influence over performers to obtain personal benefit or reward
- Never condone rule violations, rough play or the use of prohibitive substances

## 6 Child Protection

The Club fully endorses the policies of British Rowing. These may be found on British Rowing's web site (<http://www.britishrowing.org/>) I would ask you to read these carefully.

**Please note particularly** no coach may be on their own with no other adult present when coaching Juniors. A junior is taken to be someone under the age of 18 years.

If for any reason you are uncomfortable with these policies please discuss the matter with the Club Captain or the Club welfare officer.

## 7 Coaching & Crew Selection

### **Coaching & coach allocation**

Coaching in the junior section falls under the aegis of the Junior Co-ordinator with the Club Captain overseeing. Allocation of coaches is part of this role in conjunction with the Junior Co-ordinator. Coaching in the senior section falls under the aegis of the Men's and Women's vice Captains with the Club Captain overseeing. Again allocation of coaches is part of this role in conjunction with the two vice-Captains.

Coaches will be allocated to squads. As the club develops the make up of the squads will change. We will need to retain the squad approach to ensure we are coaching as a team and for efficiency reasons. As indicated below coaches will work as teams. The minimum size of team will be 2 when coaching Juniors but the numbers and ratios of coaches to athletes will be determined by a range of factors including the number of athletes afloat or ashore, launches age and the sex of the athlete.

Changes of coach, which may only be for good cause, may be requested by any crew member and will be considered by the overall coach of that section in the first instance, and then, if appropriate, by the Captain.

### **Selection**

All age-qualified members of the Club may compete for and retain places in all boats and places will be awarded by the coaches on the basis of measured performances, for example ergometer tests, sculling results, and seat matrix/racing results and by compatibility and commitment. The performance methods are disclosed to the athletes concerned.

The Coaches, Junior Co-ordinator (or vice Captain) and Club Captain will discuss the selections. The Junior Co-ordinator (or vice Captain) has an open question/answer critique of what has been selected. In this way, every possible eventuality is discussed and questioned.

If circumstances prevent the Club being able to fully seat race or complete a full pairs matrix that links all rowers, then the coaches will make a qualified judgement on data that they have collected to that point.

It is therefore important to respect and trust the decisions made by coaches, who ultimately have to pass all selections through the scrutiny of their fellow coaches and the Club Captain before the crew is entered for racing.

### **Composite Crews**

Composite crews are only appropriate for those situations where there are insufficient Club members of the right age and ability.

In no case will a composite crew be formed without the approval and authority of the Junior Co-ordinator (or the vice Captains) and the Club Captain.

### **Responsibilities**

All Coaches and Parents **must read and sign to confirm that they agree to** the content of the welfare guidance policy document available on British Rowing's website:

<http://www.britishrowing.org/upload/files/Association/Welfare/BritishRowingWG1.4.pdf>

### **Disputes and complaints**

Any complaints regarding selection policy should take place promptly with the coach concerned with the Captain and Junior coordinator (or appropriate vice Captain) present. A permanent panel (EAB, TSL & ERB) will arbitrate on any unresolved dispute.

## 8a Timetable Winter

**You cannot have more time. Use it wisely**

Notes: Gym does not start until October

Please note that the division is not to prevent others coming down at those times. Indeed greater involvement is encouraged. However it does indicate priority allocation of equipment and when coaches will be available for the juniors in particular. In addition although the table below has proved over the year fairly robust changes can and are made.

### Seniors

Day	Time	Location	Squad	Coach
Monday	18.00-20.30	Gym at Helsby High	All	
Tuesday	18.30-20.30	Club	Seniors	
Wednesday	18.30-20.30	Club	Seniors	
Thursday	18.30-20.00	Club	Seniors	
Friday				
Saturday	8.00-10.30	Club	ALL	
	10.30-12.30	Club	Intermediates	
Sunday	8.00-10.30	Club	Seniors	
	10.30-12.30	Club	Seniors	
	10.30-12.30	Club	Adults/Beginner	

### Juniors

	J12	J13	J14	J15	J16	J17/18
Monday	Circuits	Circuits	Circuits	Circuits	Circuits	Circuits
Tuesday			5pm-8pm	5pm-8pm		
Wednesday			Run/swim/cycle	Run/swim/cycle/erg	Run/swim/cycle/erg	Run/swim/cycle/erg
Thursday		After School	5pm-8pm	5pm-8pm	5pm/6pm-8pm	5pm/6pm-8pm
Friday						
Saturday				8am	8am	8am
			10.30am	10.30am	10.30am	10.30am
Sunday			8am	8am	8am	8am
		10.30am	10.30am	10.30am	10.30am	10.30am

## 8b Timetable Summer

### Seniors

Day	Time	Location	Squad	Coach
Monday	16.45-19.15	Club	Beginners	
	19.00-20.30	Club	Adults	
Tuesday	17.00-18.30	Club	Intermediates	
	18.30-20.30	Club	Seniors	
Wednesday	17.00-18.30	Club	Beginners	
	18.30-20.30	Club	Adults	
Thursday	17.00-18.30	Club	Seniors	
	18.30-20.30	Club	Intermediates	
Friday				
Saturday	8.30-10.30	Club	Seniors	
		Club	ALL	
	10.30-12.30	Club	Beginners	
			Seniors	
Sunday	8.30-10.30	Club	Adults	
		Club	Seniors	
	10.30-12.30	Club	Beginners	
		Club	Adults	

## Juniors

Summer	J12	J13	J14	J15	J16	J17/18
Monday	4.45-6pm	5-6.15pm			6-8pm	6-8pm
Tuesday			5pm-8pm	5pm-8pm	5pm-8pm	5pm-8pm
Wednesday				6pmRun/Row	6pmRun/Row	6pmRun/Row
Thursday		5pm-6.30	5pm-6.30	6pm-8pm	5/6pm-8pm	5/6pm-8pm
Friday						
Saturday				8am	8am	8am
			10.30am	10.30am	10.30am	10.30am
Sunday			8am	8am	8am	8am
		10.30am	10.30am	10.30am	10.30am	10.30am

## Summer Camps

Are held in July & August

Morning                    10.00am – 12.30pm

Afternoon                1.00pm – 3.30pm

## Notes

### SATURDAY

- 1 The first people down must unlock turn on water, launch the safety boats, and all be boated by 8.45
- 2 The first squad must return to the landing stage by 10.15 and all boats must be put away by 10.30
- 3 The second squad must be ready to boat by 10.30 and all on the water by 10.45
- 4 The second squad must return to the landing stage by 12.15 and the boats must be racked by 12.30
- 5 The third squad must be ready to boat by 12.30 on the water by 12.45 (if final there is more flex here)
- 6 The last squad must be able to put away launches and tidy up and lock up and turn off the water

### SUNDAY

- 1 The first people down must unlock turn on water, launch the safety boats, and all be boated by 8.45
- 2 The first squad must return to the landing stage by 10.00 and all boats must be put away by 10.30

### EVENINGS

- 1 Similar "rules" first down readies club, return with 15 minutes spare to put away and debrief.
- 2 Last return squad closes up properly

It is vital that the athlete and the parent accept the need for discipline particularly in terms of time keeping. Sufficient time must be left to arrive, check equipment and boat by the outing time. So for an outing where the last boat should be shoving off by 8.30 the athlete should be down at 8.00 am, or 30 minutes before the last boating time. **Remember** if you are 5 minutes late so is everyone else.

## 9 Coaching hints

Never forget you are doing this to enjoy it and so is the athlete (difficult sometimes!)

- 1 Agree with your athletes (and their parents if you are coaching Juniors) what you are trying to achieve in the long term, medium term and short term
- 2 Develop a programme to meet the athlete's desires and your aims. Draft programmes are available but these should be amended to suit your circumstances and those of your athletes
- 3 Ensure you monitor progress (see the Athlete Data Sheet.)
- 4 A lot of little steps makes for a long and successful voyage
- 5 Do not expect consistency from children!
- 6 Have an outcome in mind for each outing or session
- 7 Please speak to you colleague coaches for help and assistance
- 8 If you can believe you can see a way of assisting an athlete outside your squad please tell the coach not the athlete.
- 9 Try and find time at the end of the outing to obtain feedback from your athletes. What is going well and what else do we need to do?

## 10 RUNCORN ROWING CLUB COACHES (NOV 2011)

<b>Name</b>	<b>Qualification</b>
Heidi Hackett	Silver
Matthew Hackett	Silver
Brian Bailey	Bronze
George Perrin	Bronze
Ian Fisher	Bronze
Richard Frisk	Bronze
Simon Leach	Bronze
Val Edwards	Bronze
Dave Street	UKCC Level 2
Chris Wheatley	UKCC Level 2
Jane Parkinson	UKCC Level 2
Jean Perchard	UKCC Level 2
Kevin Reynolds	UKCC Level 2
Hugo Norris	UKCC Level 2
Sam Edwards	UKCC Level 2
Stuart Beards	UKCC Level 2
Marcus Shaw	IA
Jim Newcomb	IA
Eric Bennett	IA
Ed Burroughs	IA
Heather Hatt	IA



## Appendix i

<b>OUTING PLANNER</b>				
Date				
Objective of Outing:				
Brief Outing Plan				
<b>Outing risk assessment check list</b>				
<b>Boat</b>	<i>Check</i>	<b>Launch</b>	<i>Check</i>	<b>Weather</b>
Riggers		First Aid Kit		Stream
Bow Ball		Thermal Blankets		Waves
Heel restraints		Paddles		Wind
Coxing position		Phone/radio		Precipitat
Hatch covers		Petrol/2 stroke		Temperat
<b>Cox</b>	<i>Check</i>	<b>Crew</b>	<i>Check</i>	<b>Self</b>
Ability		Ability		Clothing
Buoyancy aid		Clothing		Spare Kit
Clothing		Spare Kit		Megaphor
Spare kit				Stop watc
				Buoyancy
Proceed/ Not Proceed				
Notes				



# RUNCORN Performance Plan

## Contents:

1. Performance Framework
2. Performance Targets
3. Performance Requirements
4. Performance testing and Outline programme
5. Non performance Stream
6. Coach Allocation and support
7. Methodology
8. Coaching the Coaches
9. Coach/Participant ratios

## Appendices:

- a. RRC Boat List
- b. Athlete's record

## 1 PERFORMANCE FRAMEWORK

- Rowers who demonstrate ability and commitment will be encouraged by the club to train for and compete at national and ultimately international level.
- The coach will provide individually tailored programmes in consultation with athletes, parents and coaches.
- The coach will provide outline programmes to which squads and coaches will work.
- The results of all tests will be published.
- The club will organise testing.
- Coaches, club members and parents will be supported so that they can maximise their contribution toward these objectives.
- The club will prioritise its resources to support this plan.
- The club will promote a drug free environment in accordance with British Rowing's policy against doping.
- This plan will continue the club's policy of equity and fairness and in particular will ensure that all athletes attempting selection for national competition will have an equal opportunities.
- Athletes who desire to enter at National and Regional Level will be categorised as Performance Athletes.

## 2 PERFORMANCE TARGETS

Appendix 1 gives a selection of times achieved at the National Championships based around the likely events we will enter and times achieved in the indoor rowing competitions for 2000m.

Over the plan period we will if appropriate develop parameters such as:

Technique Parameters,  
Anthropomorphic parameters,  
Physiology,  
Muscle strength,

In the interim, key selection parameters will be performance in small boats- singles and ergo times possibly coupled by seat racing. The coaches will need to maintain final selectorial choice subject to the Captain's final decision

Athletes who desire club support to enter the events listed above (Regional Championships, National Schools and National Championships) will be expected to demonstrate that on their times they can achieve a position of 5<sup>th</sup> or higher in the National Championships.

## 3 PERFORMANCE REQUIREMENTS

All training will be undertaken in accordance with British Rowing's guidelines, best practice and the Runcorn Coaching manual. This includes the concept of a timetable for sessions.

In the manual the season is divided between winter and summer. During the winter each athlete will be allocated to one of three squads. As we near competition and crews are organised coaches will be allocated to individual crew(s)

All "Performance" athletes and coaches will be expected to accept a disciplined approach to training and accept an increasing degree of prioritisation of rowing over other leisure activities.

Junior 14 and Junior 15 athletes will be expected to attend two sessions at the weekend. All other athletes expecting to row at national or regional level will be expected to attend at least three sessions over the weekend in winter and at least two other water born sessions in summer. The exact number of sessions is to be decided relative to the athlete but note should be taken of British Rowing's training camp requirements of up to 18 sessions a week for a junior athlete.

In winter, on the water, the athlete will be expected to train primarily on Saturday mornings and the two main sessions will be primarily devoted to their needs. The athlete will be expected to attend one

other session on the weekend and train appropriately through the week within the designated sessions as per the (revised) timetable. Wednesday Gym sessions are considered to be important and attendance expected. Discipline and timeliness is essential.

Junior athletes are expected to maintain a log of performance and to discuss it with their coach

Any serious senior squad must expect at least 10 sessions per week of which 7 might be water based.

Masters will be given what assistance they require although similar club support criteria should apply.

## 4.0 PERFORMANCE TESTING AND OUTLINE PROGRAMME

### **September – December**

Broadly building strength power and stamina working into loads of low rate firm.

Key events currently suggested as:

Chester Long Distance Sculls,

Runcorn,

Northwich

Based on small boats (1x and 2x and 2- ). However older athletes should expect to compete in two divisions. Other events may be entered on Captain's discretion for training purposes

Club wide ergo tests September, November, end December and end January

Athletes that fail to complete at least 2/3 of these events will be asked to reconsider their objectives.

Testing will be regularly undertaken to assist the athlete understand their progress to fulfilling their potential. Coaches will support and encourage the athlete. In the case of Junior athletes it is important that the parent is involved and regular communication with both the athlete and parent is encouraged.

### **January – March**

Building on early winter, moving through Strength power and stamina towards building race pace and leading to crew formation.

Head of the River races.

Moving through Strength, power and stamina towards building race pace

Ergo testing beginning February and mid March

Possible seat racing February

March water testing

At this point the athlete will have had to demonstrate:

99% of target on ergo

99% of target on water

A single-minded motivation to win

A strong commitment to teamwork

Mental toughness under pressure

Ability to accept criticism

Ability to control the controllable

Ability stress

Initial Crew formation

Crew races at Runcorn and Chester (ultimately a VIII entry to the HOR)

March Junior trials

### **April- July**

The coach shall make his recommendations to the Captain for crew formation and entries to the major events

Inter Regional's (April)

Nottingham

National Schools (May)

National Vets (May)  
Henley (July)  
National Championships July

## **August**

Pot Hunting

## **5 NON NATIONAL COMPETITION STREAM**

A number of both senior and junior members will not wish to be part of this regime. Their wishes are to be respected. Nothing in this plan should give rise to conflict. No one will be made to be tested for instance. It will be perfectly acceptable for athletes within and without the “performance stream” to row and compete together.

A specific group of coaches will be established to ensure that their needs are met and addressed.

## **6 COACH ALLOCATION AND PRACTICAL ORGANISATION**

Squads will be formed according to ambition, ability and availability in the winter with coaches becoming responsible for crews as we make them up. The following roles will be fulfilled

Coaches to ensure safety

Coaches for the land training

Coaches for sessions

A lead coach for all the performance athletes

A lead coach to help the beginners

Coaches to help the non-performance athletes who may be in the majority

All coaches will follow the agreed programme

### **Winter Saturdays**

Two sessions as now.

Both sessions following plan with two launches available each with two coaches.

### **Winter Sundays**

Combining the performance athletes.

The chief Coach will undertake club overviews and mentor club coaches. Club coaches are encouraged to undertake continuous training and development.

## **7 METHODOLOGY**

Athletes will be encouraged to be self motivated and organised.

Athletes' health and safety will remain the club's main priority.

Athletes will compile appropriate records of performance and issues.

Coaches will coach in accordance with British Rowing's guidelines and technique.

Coaches will be open and honest.

All junior sessions will be coached.

Coaches will, upon request, draw up individual or crew or squad programmes and monitor progress within the overall programme.

Coaches will discuss and liaise between themselves to resolve practical technique issues.

Greater use will be made of “video” techniques.

## **8 COACHING THE COACHES**

Coaches will be encouraged to continually develop their skills

The club will make available the IA course once per year to club members

The club will either separately or as part of the above offer the modules on Child Protection and Health and Safety.

The club will support applications from the provision of training through Halton Borough Council/Sports Coach UK

Coaches will be encouraged to coach with more experienced coaches so as to “learn on the job”

## 9 COACH/PARTICIPANT RATIOS

### **Introduction**

Many sports have outlined specific coach / participant ratios, and requests have been made to British Rowing for the same information. British Rowing is keen to protect participants, coaches and helpers, and to provide advice on best practice.

### **Position statement**

The coach / participant ratio should be ascertained by the coach for each session, based on a risk assessment of the factors outlined below. British Rowing will not state a specific ratio, to avoid coaches being forced to accept a ratio they feel is unsafe on any particular day.

### **Factors to consider**

#### **Participants**

Number - individual, group

Ages - young, adolescent, adult, old

Ability level - Beginner, improver, advanced

Learning potential - learning difficulty, senior, young

Range of ability, age, learning - wide range, narrow range

#### **Coach**

Qualification - Instructor, level 2 or 3 or none

Experience - none, some, lots.

#### **Helpers**

Number - none, some, lots

Level - Inexperienced, experienced, apprenticed

Qualification s-

#### **Boats**

Size - 1x, 2x, 4x, 8x, 2-, 2+, 4-, 4+, 8+, other

Stability - stable, unstable

#### **Facilities**

Coach transport method - foot, coxing, rowing/sculling, bike, launch, car, other

#### **Environment**

Shape - Straight, bendy

Length - Pool, lake, canal, river, coast

Stream - Still, fast, tidal, coastal

Wind - strength, direction

Weather - warm, cold, dry, wet

Light - daylight, night, visibility

Other users

Time of year - winter, spring, summer, autumn, tourists

Time of day - High, low, mid tide

Appendix a  
RRC Boat List

Reg No	Year	Name	Type	Weight	Make
RUN 001					
RUN 002	1989	Sandy Frazer	8+	75kg	Janousek
RUN 003	2006	Matt Evans	8+	85-90kg	ERB
RUN 004	1994	Sir Roger Bannister	8+	70-85kg	Empacher
RUN 005	2011	Higgy	4x/4-	60-80kg	Wintech
RUN 006	2001	Simon Leach	4x+/4+	65kg	Sims Evolution
RUN 007	2002	Ed Burrows	4x+	70kg	Janousek
RUN 008	2002	Brian Lewis	4x+	60kg	Janousek
RUN 009	2000	Agnes Pockels	4x/4-	80kg	Aylings
RUN 010	1996	FS Potter	4x-	70kg	Aylings
RUN 011	2002	Marion	4+/4x+	80kg	Aylings
RUN 012	2000	Femme Fatale	4+	70kg	Janousek
RUN 013					
RUN 014	1990	Frank Mortimer Grant	4+	75kg	Sims
RUN 015	2007	Weaver Diva	4x-	75kg	Swift
RUN 016	1995	Derek Crompton	4+	75kg	Sturgess (wood)
RUN 017	2009	Rocksavage	4x-	80kg	Sims Evolution
RUN 018	1998	Sir Humphrey	4x-/4-	75-80kg	Sims
RUN 019	2010		4x-/4-	80-90kg	Fillippi
RUN 020	1977	Silver Jubilee	2x	70kg	Browns
RUN 021	2006	Rosneath	2x/2-	85kg	Burgashell
RUN 022	2000	Helen Mangan	2x/2-	75kg	Aylings
RUN 023	2002	Miss Jenny	2x	65kg	Janousek
RUN 024	2002	Margaret	2x	55kg	Janousek
RUN 025	2000	Naomi Ashcroft	2x	70kg	Burgashell
RUN 026	1995	£150	2x	70kg	Spartan (wood)
RUN 027	2001	No Name	2x	60kg	Glynn Locke (red)
RUN 028	1996	Weaver	2x/2-	80kg	Empacher
RUN 029					
RUN 030	1997	Martin Ebelis	2+	80kg	Rav Sims (wood)
RUN 031	2008	Frodsham College	2x	75kg	Wintech
RUN 032	2008	Tate Liverpool	2x/2-	85kg	Wintech
RUN 033	2007		2x	95kg	Stampfli
RUN 034					
RUN 036	1989	Woodcock	1x	75kg	Janousek
RUN 037					
RUN 038	2000	Dee	1x	75kg	Burgashell
RUN 039	1989	Bennett	1x	85kg	Janousek
RUN 040	2000	Lizzie	1x	65kg	Burgashell
RUN 041	2000	No Name	1x	65kg	Burgashell
RUN 042	2003	Mr Millington	1x	72kg	Stamfli
RUN 043	2002	Joan	1x	65kg	Janousek
RUN 044	2002	Annie	1x	55kg	Janousek
RUN 045	2002	Sally	1x	55kg	Janousek
RUN 046	1972	Johanna	1x	80kg	Colley
RUN 047	1970	Beta Blocker	1x	80kg	Browns
RUN 048	1998	Mo Cushla	1x	80kg	Glyn Locke
RUN 049	2000	No Name	1x	80kg	Sims
RUN 050	2011	Val	1x	60kg	Wintech Club racer
RUN 051					
RUN 052					
RUN 053	2004	Grey Launch			Pioner
RUN 054	2004	Red Launch			Pioner
RUN 055					



