

Coaching at HRC

There are several avenues for coaching at HRC, with differing expectations of levels of organisation, fees required or not, and whether HRC will pay for professional coaching.

School Age Rowers

The **Junior Rowing Program** is designed to introduce and develop 25 school age children in a rowing program which runs over three or four school terms.

The Head Coach arranges the coaching for members of the Junior Program, with an expectation that 2 x 2 hour sessions will be provided for three or four 10 week terms. There is an expectation that the costs of this program will be met by the participants.

The **Advanced Junior Group** is designed to further develop 10 school age children who already participate in the Junior Rowing Program, with an aim to competitive rowing and higher skill development.

The Head coach is expected to personally coach the Advanced Junior Group for 40 weeks per year, with an expectation of 3 x 2 hour sessions per week.

There is an expectation that the costs of this program will be met by the participants.

Adult Rowers

Representative Rowers who will row for Hawthorn in competitions have several avenues for coaching:

Firstly, HRC, via the Rowing Development Committee, may decide to provide paid coaching for selected crews. The Head Coach would arrange the coaching of any representative rowers and crews as directed by the Captain.

Secondly, HRC may support and provide or facilitate volunteer coaches for crews.

Thirdly, crews may pay directly for professional coaching. If the coach is not an HRC member, it is expecting that any such arrangement be recorded with the Captain.

Recreational adult rowers

Firstly, HRC runs, from time to time, an adult learn to row program to introduce new rowers to HRC and rowing. There is an expectation that the costs of this program will be met by the participants.

Secondly, HRC may support and provide or facilitate volunteer coaches for crews.

Thirdly, crews may pay directly for professional coaching. If the coach is not an HRC member, it is expecting that any such arrangement be recorded with the Captain.

Peter Wilson,
President HRC

(Approved by the HRC Committee, 20 April 2016)