



Pymble Ladies' College

POSITION DESCRIPTION

Title: 1st 8+ Co-Coach (Rowing)

Reports to: Rowing Co-ordinator

POSITION SUMMARY

The 1st 8+ Co-Coach will work alongside the Rowing Head Coach to coach the Senior 1st 8+.

ROLE RESPONSIBILITIES

1. Senior Coach Responsibilities

- 1.1 In consultation with the Rowing Head Coach and Rowing Co-ordinator, promote and develop a positive rowing culture that reflects the School's values.
- 1.2 Assist in the running of and provide input into the selection trials for the Senior Squad, in consultation with the Rowing Head Coach.
- 1.3 Manage Senior Squad water sessions when the Rowing Head Coach is not present, including; set-up and pack-down of equipment and briefing crew coaches on session plan.
- 1.4 Assist all Senior coaches with managing senior squad equipment; Rigging, boat set up, tinnies etc.

2. Coaching the Senior 1st 8+

- 2.1 Attend all on-water sessions and work with Rowing Head Coach in coaching the Senior 1st 8+.
- 2.2 Attend all regattas of the season that the 1st 8+ is entered.
- 2.3 Have a presence throughout the season at the land training sessions of the 1st 8+.
- 2.4 Attend all training camps and tours of the 1st 8+.
- 2.5 Implement the training program which is administered by the Rowing Head Coach.
- 2.6 Monitor and coach each individual rower to improve their technical skill, physical conditioning and mental skills to improve their rowing performance.

- 2.7 Coach crews according to the Rowing Australia technique guidelines and focusing on the *Pymble* technical philosophy.
- 2.8 Work collaboratively with the Rowing Head Coach, to contribute to the design and implementation of the Senior Squad training plan, selection protocol and race plans.
- 2.9 Work collaboratively with the 2nd 8+ coach to provide a cohesive training and selection environment both in competition and movement between the two crews.
- 2.10 Use technical exercises and drills consistent with achieving high levels of technical skill and understand the rationale behind the exercises.
- 2.11 Regularly assess, monitor and provide feedback to each rower that improves their quality of rowing in each training session.
- 2.12 Ensure the coxswain is provided regular instruction and feedback on their performances in training and racing.
- 2.13 Provide clear, concise and motivating information to crews prior to races.
- 2.14 Provide effective feedback to crews after regattas to improve future race performances.
- 2.15 Actively contribute to a positive, enthusiastic and professional coaching culture.
- 2.16 Work collaboratively with the other coaches in the Rowing Program to help create coaching team cohesion.
- 2.17 Attend and contribute to coaches meetings, as required. Coaches meetings will mainly be held either prior to or after training sessions.
- 2.18 Use technology such as video, Speed Coach GPS units and Cox Boxes to assist crews to perform better in training and races.
- 2.19 Read and respond in a timely manner to emails from the Head Coach and Rowing Coordinator.

3. Communication

- 3.1 Ensure all written and verbal communication is courteous, professional, accurate and reflective of College values.

4. Risk and Compliance

- 4.1 Report directly to the Principal on any matters relating to child protection.
- 4.2 Consistently adhere to College policies and procedures, importantly the Risk Management, WHS, Child Protection and our emergency response practices.

5. Professional Learning

- 4.1 In partnership with your Manager, continuously align your skills and professional development requirements to ensure that you are meeting the obligations of your role.

6. Other duties may be required from time to time

PERSONAL CAPABILITIES

- Strong skills in use of rowing-specific technologies and data management and analysis.
- Experience in developing and coaching of school-level rowers, with proven success.
- An inclusive, positive and enthusiastic approach to coaching.
- Knowledge and eagerness to continue to apply best practice in coaching.
- Strong verbal and written communication skills.
- A proven ability to maintain positive relationships and displays a good level of self-awareness.
- Proven conflict resolution experience and skills, with the ability to take a balanced perspective when making decisions.
- Willingness to support the ethos and values of the College.
- Demonstrated ability to communicate effectively with and encourage young people.
- Demonstrated ability to competently drive a speedboat.