

## Northern Region

### Coach Education Report – Sept 2022

#### Courses

Level 2 Strength and Conditioning course started in the region. After several requests for the S&C Course and complaints that courses were not taking place in the region it was a pretty poor turn out.

Level 2 Club Coach – The aim is to run a course in the new year and a 2<sup>nd</sup> course starting at Easter.

High Performance Land Training workshop – British Rowing is aiming to host a course in the region. Dates to be confirmed.

#### Diploma in Sporting Excellence

Four athletes in the region have joined the two year program. The current cohort will look to complete in the coming months.

#### Women's Development Program

**For rowers**, this is a chance to come together with other like-minded people and create a network of support to drive your development, whilst learning what to focus on for you to develop more effectively and take back to your club. We welcome rowers attending with or without a coach.

We encourage women and girls of any ability to attend who are:

- - Part of the J15 to U23 age groups
  - Taller than 174cm
  - Able to achieve a time of 0:52 (1:44 split) or below for a 250m ergo at a maximum rate of 44spm
  - Keen to learn, develop and share experience

**For coaches**, this will be an opportunity to develop technical knowledge, coaching skills, expand your coaching network and share experience on developing women of all ages in your club. Coaches are welcome to attend with or without a rower but must hold a British Rowing Membership.

Applications via

[https://docs.google.com/forms/d/e/1FAIpQLScE9Hco5dVnLR6GOcni2mxw1Adn6134s9bb1GfA1gxlDP-lig/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLScE9Hco5dVnLR6GOcni2mxw1Adn6134s9bb1GfA1gxlDP-lig/viewform?usp=sf_link)

### **American University Application**

With two athletes from the region joining American Universities on Scholarships (Alice Bradley / Durham School – Michigan State and Erin Temple/ Tyne – Duke ) there have been a lot of questions posed regarding the process, scholarships, NCAA eligibility etc. We will be looking to host a webinar with some Head Coaches from the US to explain all and answer any questions.

### **Coaching Qualifications Reminder**

Please remember your coaching qualification may only be valid with the appropriate valid up to date safeguarding and first aid certificates in place.