



National  
Coaching  
Certification  
Program



ROWING  
CANADA  
AVIRON

Coaching  
Association  
of Canada



Association  
canadienne  
des entraîneurs

# An Overview of the Practical Assessment

## Who can conduct an assessment?

- Level I** Any coach fully certified at Level II and approved by the provincial rowing association.
- Level II** Any coach fully certified at Level III and approved by the provincial rowing association.
- Level III** Coaches in RCA's Level IV/V program who are actively coaching and approved by the RCA Level IV/V committee.

## When should the assessment be done?

After candidate has completed both technical and theory at that level.  
When the candidate has reviewed the practical assessment form and feels ready to complete the tasks successfully, he or she should contact an assessor or the provincial association. It is expected that the assessment will be done during an active coaching season.

## Where should the assessment be done?

The Level I and II assessments should happen at the candidate's home club. A selection or training camp situation would also be appropriate for Level II. The candidate's athletes must be present at the camp or selection situation. The location requirements for Level III assessments are to be worked out between the candidate and the assessor(s).

## What is the cost of an assessment?

Levels I and II - Candidates should be prepared to cover minimal travel costs, if applicable. Provinces may charge an assessment fee.

Level III - A standard fee will be charged, to be reviewed regularly by the RCA Level IV/V committee.

## What feedback will candidates receive?

Candidates will receive the completed Rowing Coaching Evaluation Form, which is included in the technical manual. The final page will be detached by the assessor and sent to the provincial association.

## Other questions?

Please contact your provincial association.





National  
Coaching  
Certification  
Program



ROWING  
CANADA  
AVIRON

Coaching  
Association  
of Canada



Association  
canadienne  
des entraîneurs

## 3M NCCP Rowing Level One Practical Evaluation National Coaching Certification Program Rowing Coaching Evaluation Form – Level One Practical

Candidate: \_\_\_\_\_ Assessor: \_\_\_\_\_

Club: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Please print

### GENERAL COACHING BEHAVIOURS

<b>Pass 36/54</b>
-------------------

**PART 1:** This assessment focuses on the skills and abilities appropriate to an effective beginner coach. It is expected that the assessor will do the assessments at the candidate's home club.

#### ORGANIZATION

**A. Site/grouping**

Inappropriate 1	2	Appropriate 3
--------------------	---	------------------

#### EVALUATION STANDARDS

The coach organized the training site equipment and grouping of rowers appropriately for practice.

**B. Activity Level**

Passive 1	2	Active 3
--------------	---	-------------

The coach maintained a high activity level throughout the practice. The drills presented were challenging.

**C. Practice Session**

Unrealistic 1	2	Realistic 3
------------------	---	----------------

The coach set realistic practice goals for the rowers. The tasks matched the rowers abilities.

**D. Presentation**

Unclear 1	2	Clear 3
--------------	---	------------

The coach's introduction was clear and the rowers knew what to expect.

**E. Planning**

Inadequate 1	2	Adequate 3
-----------------	---	---------------

The coach had a written plan. The goals were addressed during the practice.

#### OBSERVATION:

**F. Collective/Individual Faults**

Missed/Ignored 1	2	Identified/Addressed 3
---------------------	---	---------------------------

The coach observed collective problems and spent time correcting them.

**G. Collective/Individual Correct Movements**

Missed/Ignored 1	2	Identified/Addressed 3
---------------------	---	---------------------------

The coach reinforced the correct movements.

**TEACHING:**

H. Communication/Voice

Ineffective	Effective
1	2
	3

The coach verbalized techniques well. The coach spoke with appropriate volume and clarity and varied the pitch and rhythm of his/her voice.

I. Feedback

Ineffective	Effective
1	2
	3

The coach provided positive, immediate, constructive and realistic feedback.

J. Key Factors

Ineffective	Effective
1	2
	3

The coach emphasized the key factors leading to improvement in performance by correct explanations and communications.

K. Demonstration

Ineffective	Effective
1	2
	3

The coach's demonstrations were precise and timely.

L. Teaching Progression

Ineffective	Effective
1	2
	3

The coach presented the skills/drills in a logical sequence. The task difficulty was controlled.

M. Maximum Participation

Ineffective	Effective
1	2
	3

The rower's participation was ideal considering the practice goals/drills.

N. Attitude

Ineffective	Effective
1	2
	3

The coach was positive and enthusiastic.

O. Control

Ineffective	Effective
1	2
	3

The coach was in control and kept the rowers focussed on the task.

P. Equipment/Attire

Inappropriate	Appropriate
1	2
	3

The coach was appropriately attired and equipped for the session and assessed the attire of the rowers.

Q. Program Presented

Negative	Positive
1	2
	3

The coach created a challenging and productive practice.

R. Correction

Negative	Positive
1	2
	3

The coach selected a segment of the stroke for correction and used an appropriate drill effectively.

**PASS**

**NEEDS WORK**

# SPECIFIC TECHNIQUE POINTS

**PART 2:** Through observation of crew and coach, assess the coach's ability to understand and teach the following technique points. Indicate the coach's skill on the scales below.

<b>Pass 52/78</b>
-------------------

<b>EVALUATION</b>	<b>ATTRIBUTE</b>	<b>COMMENT</b>				
<b>A. Body Position at Entry</b>						
Absent <span style="float: right;">Competent</span> <table border="1" style="width: 100%; height: 20px; border-collapse: collapse;"> <tr> <td style="width: 33%; text-align: center;">1</td> <td style="width: 33%; text-align: center;">2</td> <td style="width: 33%; text-align: center;">3</td> </tr> </table>	1	2	3	Comfortable	<hr/> <hr/> <hr/>	
1	2	3				
Absent <span style="float: right;">Competent</span> <table border="1" style="width: 100%; height: 20px; border-collapse: collapse;"> <tr> <td style="width: 33%; text-align: center;">1</td> <td style="width: 33%; text-align: center;">2</td> <td style="width: 33%; text-align: center;">3</td> </tr> </table>	1	2	3	Strong position	<hr/> <hr/> <hr/>	
1	2	3				
Absent <span style="float: right;">Competent</span> <table border="1" style="width: 100%; height: 20px; border-collapse: collapse;"> <tr> <td style="width: 33%; text-align: center;">1</td> <td style="width: 33%; text-align: center;">2</td> <td style="width: 33%; text-align: center;">3</td> </tr> </table>	1	2	3	Straight arms	<hr/> <hr/> <hr/>	
1	2	3				
Absent <span style="float: right;">Competent</span> <table border="1" style="width: 100%; height: 20px; border-collapse: collapse;"> <tr> <td style="width: 33%; text-align: center;">1</td> <td style="width: 33%; text-align: center;">2</td> <td style="width: 33%; text-align: center;">3</td> </tr> </table>	1	2	3	Head up/eyes on horizon	<hr/> <hr/> <hr/>	
1	2	3				
Absent <span style="float: right;">Competent</span> <table border="1" style="width: 100%; height: 20px; border-collapse: collapse;"> <tr> <td style="width: 33%; text-align: center;">1</td> <td style="width: 33%; text-align: center;">2</td> <td style="width: 33%; text-align: center;">3</td> </tr> </table>	1	2	3	Shins near vertical	<hr/> <hr/> <hr/>	
1	2	3				
<b>B. Sequencing of Legs, Trunk and Arms on the Drive</b>						
Absent <span style="float: right;">Competent</span> <table border="1" style="width: 100%; height: 20px; border-collapse: collapse;"> <tr> <td style="width: 33%; text-align: center;">1</td> <td style="width: 33%; text-align: center;">2</td> <td style="width: 33%; text-align: center;">3</td> </tr> </table>	1	2	3	Initiating drive with legs	<hr/> <hr/> <hr/>	
1	2	3				
Absent <span style="float: right;">Competent</span> <table border="1" style="width: 100%; height: 20px; border-collapse: collapse;"> <tr> <td style="width: 33%; text-align: center;">1</td> <td style="width: 33%; text-align: center;">2</td> <td style="width: 33%; text-align: center;">3</td> </tr> </table>	1	2	3	Body swing well connected to leg drive	<hr/> <hr/> <hr/>	
1	2	3				
Absent <span style="float: right;">Competent</span> <table border="1" style="width: 100%; height: 20px; border-collapse: collapse;"> <tr> <td style="width: 33%; text-align: center;">1</td> <td style="width: 33%; text-align: center;">2</td> <td style="width: 33%; text-align: center;">3</td> </tr> </table>	1	2	3	Strong arm pull with no jerk	<hr/> <hr/> <hr/>	
1	2	3				
<b>C. Body Position at the Release</b>						
Absent <span style="float: right;">Competent</span> <table border="1" style="width: 100%; height: 20px; border-collapse: collapse;"> <tr> <td style="width: 33%; text-align: center;">1</td> <td style="width: 33%; text-align: center;">2</td> <td style="width: 33%; text-align: center;">3</td> </tr> </table>	1	2	3	Chin and chest bowward of handle	<hr/> <hr/> <hr/>	
1	2	3				
Absent <span style="float: right;">Competent</span> <table border="1" style="width: 100%; height: 20px; border-collapse: collapse;"> <tr> <td style="width: 33%; text-align: center;">1</td> <td style="width: 33%; text-align: center;">2</td> <td style="width: 33%; text-align: center;">3</td> </tr> </table>	1	2	3	Firm lower back and straight legs	<hr/> <hr/> <hr/>	
1	2	3				
Absent <span style="float: right;">Competent</span> <table border="1" style="width: 100%; height: 20px; border-collapse: collapse;"> <tr> <td style="width: 33%; text-align: center;">1</td> <td style="width: 33%; text-align: center;">2</td> <td style="width: 33%; text-align: center;">3</td> </tr> </table>	1	2	3	Handle not hitting body	<hr/> <hr/> <hr/>	
1	2	3				
<b>D. Sequencing of Arms, Trunk and Legs on the Recovery</b>						
Absent <span style="float: right;">Competent</span> <table border="1" style="width: 100%; height: 20px; border-collapse: collapse;"> <tr> <td style="width: 33%; text-align: center;">1</td> <td style="width: 33%; text-align: center;">2</td> <td style="width: 33%; text-align: center;">3</td> </tr> </table>	1	2	3	Handle moving away from the body initiates recovery	<hr/> <hr/> <hr/>	
1	2	3				
Absent <span style="float: right;">Competent</span> <table border="1" style="width: 100%; height: 20px; border-collapse: collapse;"> <tr> <td style="width: 33%; text-align: center;">1</td> <td style="width: 33%; text-align: center;">2</td> <td style="width: 33%; text-align: center;">3</td> </tr> </table>	1	2	3	Early establishment of catch angle with the trunk	<hr/> <hr/> <hr/>	
1	2	3				

**EVALUATION**

**ATTRIBUTE**

**COMMENT**

E. Blade Work

Absent		Competent
1	2	3

Relaxed grip

---

---

---

Absent		Competent
1	2	3

Clean entry

---

---

---

Absent		Competent
1	2	3

Clean extraction

---

---

---

Absent		Competent
1	2	3

Adequate and uniform blade depth

---

---

---

Absent		Competent
1	2	3

Blade well off the water on the recovery

---

---

---

Absent		Competent
1	2	3

Blade at a constant height off the water

---

---

---

Absent		Competent
1	2	3

Blade rolled to square

---

---

---

Absent		Competent
1	2	3

No skying at the entry

---

---

---

Absent		Competent
1	2	3

No hanging at the entry

---

---

---

F. General Sense of Rhythm and Continuity

Absent		Competent
1	2	3

Horizontal movement on the drive

---

---

---

Absent		Competent
1	2	3

Horizontal movement on the recovery

---

---

---

Absent		Competent
1	2	3

Relaxed appearance

---

---

---

Absent		Competent
1	2	3

Good choreography of the crew

---

---

---

**PASS**

**NEEDS WORK**

**PART 3:** Safety: Through observation of the coach, assess the coach's safety practices. In some club settings, some of these safety practices may not be applicable. 100 % is needed to pass this section.

- Lifejackets or PFDs in sufficient quantities. . . . . **YES**  **NO**
- Quick access to a telephone. . . . . **YES**  **NO**
- The coach showed/posted emergency telephone numbers. . . . . **YES**  **NO**
- The coach showed/posted safety rules and followed them. . . . . **YES**  **NO**
- The size of the coach boat was appropriate for the number  
of rowers on the water under his/her supervision. . . . . **YES**  **NO**
- Heel ties were in place with those boats having shoes rather than clogs. . . . . **YES**  **NO**
- Ready access to first aid supplies. . . . . **YES**  **NO**
- A paddle was in the motorboat in case of engine breakdown. . . . . **YES**  **NO**
- The coach carried a whistle. . . . . **YES**  **NO**
- A bailer was included in the launch. . . . . **YES**  **NO**
- Bow line was properly attached to the launch. . . . . **YES**  **NO**
- The motor was in good repair and running before crew left the dock. . . . . **YES**  **NO**
- The clamping mechanism on the motor was in good repair. . . . . **YES**  **NO**
- A safety strap was properly attached to the motor and launch. . . . . **YES**  **NO**
- The coach was able to start/stop the motor. . . . . **YES**  **NO**
- The coach demonstrated the ability to drive in a directional manner. . . . . **YES**  **NO**
- The coach displayed the ability to perform a stop and successful pick up from the water. . . **YES**  **NO**
- The coach provides a valid Boat Operators License  
as per Canadian Coast Guard Regulations. . . . . **YES**  **NO**
- The crews followed the course rules at all times. . . . . **YES**  **NO**

**PASS**  **NEEDS WORK**

**PART 4:** Rigging: Through observation of the candidate, indicate the coach's ability to measure the following accurately. All components must be demonstrated to correctly pass this section.

- Span . . . . . **YES**  **NO**
- Inboard/Outboard . . . . . **YES**  **NO**
- Pitch . . . . . **YES**  **NO**
- Lateral pin angle . . . . . **YES**  **NO**
- Height . . . . . **YES**  **NO**
- Proper placement of footstretches . . . . . **YES**  **NO**

**PASS**  **NEEDS WORK**

**PART 5:** Training Program and Design. Through dialogue the candidate demonstrates a basic understanding of the RCA categories as they relate to the session observed.

Absent	Competent	Comments	
1	2	3	
			<b>PASS</b> <input type="checkbox"/> <b>NEEDS WORK</b> <input type="checkbox"/>

**PART 6:** Strength Training: Through observation and dialogue, the candidate demonstrated an understanding and ability to teach the following exercises.

**Pass 18/27**

EVALUATION	ATTRIBUTE	COMMENT			
Absent <span style="float: right;">Competent</span> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%; text-align: center;">1</td> <td style="width: 33%; text-align: center;">2</td> <td style="width: 33%; text-align: center;">3</td> </tr> </table>	1	2	3	Squats	<hr/> <hr/> <hr/>
1	2	3			
Absent <span style="float: right;">Competent</span> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%; text-align: center;">1</td> <td style="width: 33%; text-align: center;">2</td> <td style="width: 33%; text-align: center;">3</td> </tr> </table>	1	2	3	Split squats	<hr/> <hr/> <hr/>
1	2	3			
Absent <span style="float: right;">Competent</span> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%; text-align: center;">1</td> <td style="width: 33%; text-align: center;">2</td> <td style="width: 33%; text-align: center;">3</td> </tr> </table>	1	2	3	Bench pulls	<hr/> <hr/> <hr/>
1	2	3			
Absent <span style="float: right;">Competent</span> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%; text-align: center;">1</td> <td style="width: 33%; text-align: center;">2</td> <td style="width: 33%; text-align: center;">3</td> </tr> </table>	1	2	3	Pull ups/Pull downs	<hr/> <hr/> <hr/>
1	2	3			
Absent <span style="float: right;">Competent</span> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%; text-align: center;">1</td> <td style="width: 33%; text-align: center;">2</td> <td style="width: 33%; text-align: center;">3</td> </tr> </table>	1	2	3	Seated row	<hr/> <hr/> <hr/>
1	2	3			
Absent <span style="float: right;">Competent</span> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%; text-align: center;">1</td> <td style="width: 33%; text-align: center;">2</td> <td style="width: 33%; text-align: center;">3</td> </tr> </table>	1	2	3	Leg raises	<hr/> <hr/> <hr/>
1	2	3			
Absent <span style="float: right;">Competent</span> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%; text-align: center;">1</td> <td style="width: 33%; text-align: center;">2</td> <td style="width: 33%; text-align: center;">3</td> </tr> </table>	1	2	3	Curl ups	<hr/> <hr/> <hr/>
1	2	3			
Absent <span style="float: right;">Competent</span> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%; text-align: center;">1</td> <td style="width: 33%; text-align: center;">2</td> <td style="width: 33%; text-align: center;">3</td> </tr> </table>	1	2	3	Trunk rotation	<hr/> <hr/> <hr/>
1	2	3			
Absent <span style="float: right;">Competent</span> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%; text-align: center;">1</td> <td style="width: 33%; text-align: center;">2</td> <td style="width: 33%; text-align: center;">3</td> </tr> </table>	1	2	3	Rotary cuff exercises	<hr/> <hr/> <hr/>
1	2	3			
Absent <span style="float: right;">Competent</span> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%; text-align: center;">1</td> <td style="width: 33%; text-align: center;">2</td> <td style="width: 33%; text-align: center;">3</td> </tr> </table>	1	2	3	Bench press	<hr/> <hr/> <hr/>
1	2	3			
Absent <span style="float: right;">Competent</span> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%; text-align: center;">1</td> <td style="width: 33%; text-align: center;">2</td> <td style="width: 33%; text-align: center;">3</td> </tr> </table>	1	2	3	Hip extension	<hr/> <hr/> <hr/>
1	2	3			

Comments: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**PASS**

**NEEDS WORK**

Assessor: \_\_\_\_\_

Date: \_\_\_\_\_

# Practical Level One Report

The assessor should fax this completed form to the provincial association and retain the original.

Candidate: \_\_\_\_\_

Club: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_

Assessor: \_\_\_\_\_

Date: \_\_\_\_\_

Phone: \_\_\_\_\_

Signature: \_\_\_\_\_

Please print

**PASS**

**DEVELOPING**

**COMMENTS**

	<b>PASS</b>	<b>DEVELOPING</b>	<b>COMMENTS</b>
<b>1. GENERAL COACHING BEHAVIOUR</b>			
<b>2. TECHNIQUE</b>			
<b>3. SAFETY</b>			
<b>4. RIGGING</b>			
<b>5. TRAINING PROGRAM</b>			
<b>6. STRENGTH</b>			

**OVERALL**

**PASS**

**NOT RECOMMENDED**

**COMMENTS** must be completed if candidate does not pass.



National  
Coaching  
Certification  
Program



**ROWING**  
**CANADA**  
**AVIRON**

Coaching  
Association  
of Canada



Association  
canadienne  
des entraîneurs