



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 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 location requirements for Level III assessments are to be worked out between the candidate and the assessor.

What is the cost of an assessment?

Levels I and II - Candidates should be prepared to cover minimal travel costs, if applicable.

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.





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Effective May1/'99

3M NCCP

Rowing Level Two Practical Evaluation

NATIONAL COACHING CERTIFICATION PROGRAM

Rowing Coaching Evaluation Form – Level Two Practical

Candidate: _____ Assessor: _____

Club: _____ Date: _____

Address: _____ Phone: _____

Please print

Pass 54/72

GENERAL COACHING BEHAVIOURS

PART 1:

This assessment focuses on the skills and abilities appropriate to a Level 2 coach. It is expected that the assessor will do the assessments at the candidate's home club.

ORGANIZATION

A. Site/grouping

Inappropriate	Appropriate		
1	2	3	4

B. Activity Level

Passive	Active		
1	2	3	4

C. Practice Session

Unrealistic	Realistic		
1	2	3	4

D. Presentation

Unclear	Clear		
1	2	3	4

E. Planning

Inadequate	Adequate		
1	2	3	4

OBSERVATION:

F. Collective/Individual Faults

Missed/Ignored	Identified/Addressed		
1	2	3	4

G. Collective/Individual Correct Movements

Missed/Ignored	Identified/Addressed		
1	2	3	4

EVALUATION STANDARDS

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

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

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

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

The coach's written plan was posted and addressed during the practice.

The coach observed collective problems and spent time correcting them.

The coach observed and reinforced the correct movement.

TEACHING:

H. Communication/Voice

Ineffective				Effective
1	2	3	4	

The coach verbalized technique 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	4	

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

J. Key Factors

Ineffective				Effective
1	2	3	4	

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

K. Demonstration

Ineffective				Effective
1	2	3	4	

The coach's demonstrations were precise and timely.

L. Teaching Progression

Ineffective				Effective
1	2	3	4	

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

M. Maximum Participation

Ineffective				Effective
1	2	3	4	

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

N. Attitude

Ineffective				Effective
1	2	3	4	

The coach was positive and enthusiastic.

O. Control

Ineffective				Effective
1	2	3	4	

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

P. Equipment/Attire

Inappropriate				Appropriate
1	2	3	4	

The coach was appropriately attired and equipped for the session.

Q. Program Presented

Negative				Positive
1	2	3	4	

The coach created a challenging and productive practice.

R. Correction

Negative				Positive
1	2	3	4	

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

PASS

NEEDS WORK

SPECIFIC TECHNIQUE POINTS

Pass 75/100

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.

EVALUATION	ATTRIBUTE	COMMENT
A. Body Position at Entry		
Absent Acceptable 1 2 3 4	Comfortable	_____
Absent Acceptable 1 2 3 4	Strong position	_____
Absent Acceptable 1 2 3 4	Straight arms	_____
Absent Acceptable 1 2 3 4	Head up	_____
Absent Acceptable 1 2 3 4	Shins near vertical	_____
B. Sequencing of Legs, Trunk and Arms on the Drive		
Absent Competent 1 2 3 4	Initiating drive with legs	_____
Absent Competent 1 2 3 4	Body swing well connected to leg drive	_____
Absent Competent 1 2 3 4	Strong arm pull with no jerk	_____
C. Body Position at the Release		
Absent Competent 1 2 3 4	Chin and chest bowward of handle	_____
Absent Competent 1 2 3 4	Firm lower back and legs straight	_____
Absent Competent 1 2 3 4	Handle not hitting body	_____
D. Sequencing of Arms, Trunk and Legs on the Recovery		
Absent Competent 1 2 3 4	Handle moving away from the body initiates recovery	_____
Absent Competent 1 2 3 4	Early establishment of catch angle with the trunk	_____

EVALUATION

ATTRIBUTE

COMMENT

E. Blade Work

Absent			Acceptable	4
1	2	3		

Relaxed grip

Absent			Acceptable	4
1	2	3		

Clean entry

Absent			Acceptable	4
1	2	3		

Clean extraction

Absent			Acceptable	4
1	2	3		

Adequate and uniform blade depth

Absent			Acceptable	4
1	2	3		

Blade well off the water on the recovery

Absent			Acceptable	4
1	2	3		

Blade at a constant height off the water

Absent			Acceptable	4
1	2	3		

Blade rolled to square

Absent			Acceptable	4
1	2	3		

Quiet, effective entry

F. General Sense of Rhythm and Continuity

Absent			Competent	4
1	2	3		

Horizontal movement on the drive

Absent			Competent	4
1	2	3		

Horizontal movement on the recovery

Absent			Competent	4
1	2	3		

Relaxed appearance Fluid

Absent			Competent	4
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.

- 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**
- 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**
- An appropriate understanding of trailer loading. **YES** **NO**
- Displayed confidence in strapping down shells. **YES** **NO**
- The coach carried a whistle. **YES** **NO**

PASS **NEEDS WORK** **100%**

PART4:

Rigging: Through observation of the candidate, indicate the coach's ability to measure, adjust and understand the following.

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

PASS **NEEDS WORK** **100%**

PART5:

Training Program and Design. Through dialogue the candidate demonstrates an understanding of the RCA categories of intensity as they relate to the session observed.

Pass 9/12

Absent		Acceptable
1	2	3
4		

The coach demonstrated a working knowledge of the RCA categories of training

Absent		Acceptable
1	2	3
4		

The coach demonstrated an understanding of work/rest ratio

Absent		Acceptable
1	2	3
4		

The coach understood the role of the ergometer as a training and testing device

PART 6:

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

Pass 39/52

EVALUATION

ATTRIBUTE

COMMENT

Absent		Competent	
1	2	3	4

Front squats

Absent		Competent	
1	2	3	4

Bench pulls

Absent		Competent	
1	2	3	4

Bench press

Absent		Competent	
1	2	3	4

Pull ups/Pull downs

Absent		Competent	
1	2	3	4

Cleans

Absent		Competent	
1	2	3	4

Seated row

Absent		Competent	
1	2	3	4

Leg raises

Absent		Competent	
1	2	3	4

Curl ups

Absent		Competent	
1	2	3	4

Trunk rotation

Absent		Competent	
1	2	3	4

Rotary cuff exercises

Absent		Competent	
1	2	3	4

Power Clean

Absent		Competent	
1	2	3	4

Clean Pull

Absent		Competent	
1	2	3	4

Romanian Dead Lift

Comments: _____

PASS

NEEDS WORK

Practical Level Two 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
GENERAL COACHING			_____ _____
BEHAVIOUR			_____ _____
TECHNIQUE			_____ _____
SAFETY			_____ _____
RIGGING			_____ _____
TRAINING PROGRAM			_____ _____
STRENGTH			_____ _____

OVERALL

PASS

NOT RECOMMENDED

COMMENTS must be completed if candidate does not pass.



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