

### **Level 3 Practical (updated January 24, 2002)**

A certified Level 3 coach should be able to work effectively with developing competitive athletes. The Level 3 candidate shall be able to independently run, manage, select and coach provincial level, senior club, under 23 and junior national team athletes. This may include university programs or other similar programs where athletes are preparing for a high-level competition (Canada Cup, Canada Games, Royal Canadian Henley)

#### **STEP ONE:**

The coach must be fully certified at Level 2 and must have taken Level 3 technical and theory.

#### **STEP TWO:**

The assessment is coordinated through Rowing Canada Aviron where the candidate makes the initial contact with RCA's Coaching Development Director ([ctrono@mts.net](mailto:ctrono@mts.net)). **This process is explained and it is then up to the Level 3 candidate can direct the evaluation/learning process that is based on his/her needs and schedule. The cost is \$250 and is sent to RCA. These funds are to pay an honorarium to the assessors for their time and expertise.**

The candidate must work with three different assessors.

### **Participation in and Run a Selection Event**

The candidate is required to participate in a selection event where a team is being selected where a pair matrix system is being used as well as seat-racing and time trials. The candidate is expected to take an active role in assisting in this event to gain an idea of the complexities of team selection. The candidate will provide the assessor with their own selection process, explaining rationale and complexities of their own selection situation.

Designated assessor: Proposed by the candidate and approved by RCA or an alternate suggestion will be provided. In general, the assessor should be a Level 4 coach or a National Team coach.

Criteria:

- 1) Use available technologies to conduct and report on accurate selection;
- 2) Demonstrate an understanding of the organizational dimensions of selection;
- 3) Adapt selection models to the specific needs of specific selection process;
- 4) Evaluate results using criteria of objectivity, validity and reliability;
- 5) Understand the stages of a selection process.
- 6) Identify and assess variables in seat racing.
- 7) Communicate selection process results clearly and succinctly;

Task: Devise a model or hypothetical model of real selection process.

### **Safety Audit**

The Level 3 candidate is required to perform a safety audit of a rowing club (other than his/her home club), write a brief report, discuss this with the designated assessor and provide a copy of the report to that club's president.

Designated assessor: proposed by the candidate, approved by RCA or an alternative is suggested. In general, this person must be well versed in Coast Guard regulations and rowing safety

Criteria:

- 1) Identify strengths and weaknesses of club practices;
- 2) Demonstrate a knowledge of safety rules and regulations (I/II practical; coast guard small boat), National/Provincial manuals;
- 3) Applies general rules to the specific program and local situation.

Tasks:

- 1) Provide a clear & detailed written report for the assessor and the club;
- 2) Form recommendations for improved practice.

## Video Analysis and Technique

The Level 3 candidate will demonstrate his or her knowledge pertaining to rowing technique and some applications to biomechanics. He/she must do some on water coaching in the company of the designated assessor. The candidate will provide video footage of his/her crews and together with the assessor will discuss technique. The candidate will also run a video session with athletes as part of the evaluation process.

Designated assessor: proposed by the candidate and approved by RCA or an alternate suggestion will be provided. In general, the assessor should be a Level 4 coach or a national team coach.

Criteria:

- 1) Uses videotape equipment effectively onsite to create useful images; (v)
- 2) Communicates effectively skills in discussing technique to a group in a practical setting to a crew at an intermediate/advanced crew.
- 3) Identify errors, analyze causes and recommend corrections; (w)
- 4) Uses the playback equipment as an effective teaching/learning tool (v);
- 5) Runs a video session with athletes
- 6) Demonstrate the application of basic knowledge of biomechanics.

Tasks:

## Rigging

The candidate will be required to demonstrate his/her ability to rig a boat effectively as well as show his/her understanding of rigging as it relates to biomechanics. In particular, there will be a focus on rigging to the individual based on different body type i.e. Long legs, short body. It is expected that the candidate will provide their own full set of rigging tools.

Designated assessor: Proposed by the candidate and approved by RCA or an alternate suggestion will be provided. In general, the assessor should be a Level 4 coach or a national team coach.

Criteria:

- 1) Measures and adjusts all rigging elements accurately;
- 2) Integrate all rigging adjustment with technique objectives;
- 3) Demonstrate the application of basic knowledge of biomechanics to rigging decisions;
- 4) Rigs a boat correctly to the individual needs of the rowers;
- 5) Identifies operating limitations and variables in measuring and measurement tools;
- 6) Demonstrates an understanding of possible rigging adjustments to race strategy, weather, and daily performance.
- 7) Provides rationale for rigging adjustments.

## **Training and Program Design.**

The candidate should be prepared to demonstrate his/her ability to develop and monitor all aspects of an effective training program for experienced athletes. However, he/she will be asked to discuss three of the element identified below. Prior to meeting face-to-face with the assessor, the coach should provide records of training program, athlete improvement and monitoring methods. The coach will also be required to integrate the strength-training component into the training program including strength training exercises and other aspects of strength training. Some time will be spent discussing basic concepts or peaking and tapering and the practical applications.

Designated assessor: Proposed by the candidate and approved by RCA or an alternate suggestion will be provided. In general, the assessor should be a Level 4 coach or a national team coach. For the strength component, RCA's Strength Training Consultant could be the assessor

Criteria:

- 1) Design a complete plan effectively including yearly, weekly and session plans;
- 2) Demonstrates knowledge and understanding of the basis principles of program design.
- 3) Evaluates a full year program and makes appropriate recommendations.
- 4) Integrate race strategy into a training program design.

Task areas:

- monitoring intensity
- periodization
- plans – yearly, weekly, session
- strength
- athlete monitoring;
- cross training
- tapering
- warm up/cool down
- flexibility
- stabilization
- environmental influences.