

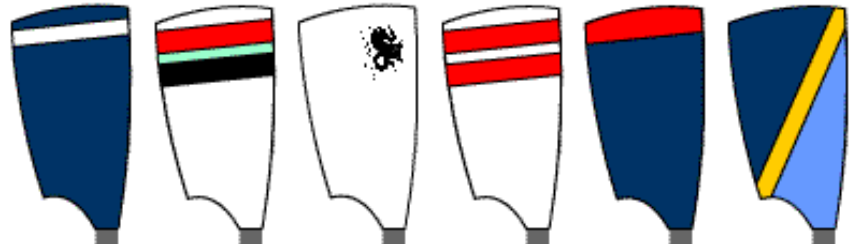


Club and Coach Rowing Coach



Hi I'm Stuart Jolly and I'll be around at the club as I'm a full time coach on the Sport England funded club and coach programme.

I'll be dividing my time across these six east midlands clubs



Boston Derby Leicester Lincoln Newark Nottingham

I'll be helping clubs' coaches and members by

- Helping to deliver introduction to rowing days and learn to row courses to increase club and ARA membership
- Helping clubs to retain members
- Helping to coach all levels of rowers
- Encouraging people to begin coaching
- Encouraging coaches to gain a Level 2 coaching qualification, or progress to a Level 3 course
- Coach mentoring at least 2 club coaches who have either gained or will be working towards a level 2 award
- Creating opportunities for rowing at the club at less traditional hours, i.e. weekdays and weekend afternoons
- Promoting opportunities for recreational and indoor rowing
- Helping clubs coach adaptive rowers

COACHES

- Do you want some help and advice with coaching technique, video analysis, rigging, writing a training programme?
- Do you need some help finishing your Level 2 or 3 coaching qualification?
- Would you like some mentoring to help you be more effective?
- Would you like to get a coaching qualification? (funding may be available to help with the cost)

ROWERS

- Are you available to row during weekdays? Would you like some coaching?
- Are you a beginner who would like some more coaching?
- Would you like to learn to scull?
- Would you like a structured annual training programme and some coaching to help you progress up the competitive rankings?
- Do you want to row, but can't row regularly, because of work/family commitments. Do you want some help sorting out some crewmates or sculling partners?
- Would you like to come on rowing touring trips to Chester or Windermere?
- Would you like to learn to cox? and to do the ARA Level 1 Coxing and Steering Certificate?
- Would you like to help out with coaching at your club, even just two or three times a year?



I CAN HELP!

Feel free to ask me any questions about the role when you see me or contact me on 07980 617757, or email stuart.jolly@gbrowing.org.uk