



Row Nova Scotia Coach Mentorship Program Spring 2018

Introduction:

This will mark the inaugural year of Row Nova Scotia's (Row NS) Coach Mentorship Program. The program is intended to provide a platform for coaches to build their coaching skills with the guidance and support of an experienced coach. In 2018, up to three coaches will be selected. The program will be individualized to meet the specific needs of the selected coaches.

Objective:

The goal of the 2018 Row NS Coach Mentorship program is to support the development of competitive rowing coaches in Nova Scotia leading to NCCP Certification at the RCA Coach and RCA Performance Coach levels.

Target Audience:

This program is intended to support active competitive coaches who are registered as coaches in the RCA registration system and have achieved NCCP "In Training" or "Trained" status at either the RCA Coach or the RCA Performance Coach context. Coaches must be working toward *Evaluation* and *Certification* in their context. Special consideration will be given to coaches who have achieved "certified" status and would like to continue their development.

Selected coaches will demonstrate progress toward developing their coach evaluation portfolio and a commitment to becoming a *Certified* rowing coach. The selected coaches will also have clearly defined goals for their future in coaching.

Scope:

The program will be a no fee one-year formal mentorship program that will include an initial planning and assessment meeting, monthly direct observations, and regular reflective conversations.

Row NS is working to reduce the barriers to certification by covering evaluation fees. The mentor will help the "mentee coaches" develop their portfolio assignments for evaluation and provide feedback and support to coaches as they develop their coaching skills leading to their evaluation(s).

The mentor and mentee may also wish to discuss coaching stresses, anxieties, successful coaching habits and strategies, and career planning options. The mentor may help connect the mentee with other coaches or experts who could create a coaching support network and community.

Selected coaches may be invited to participate as coaches in Provincial Team events, such as training sessions, training camps and trials as a growth opportunity; but will not be obliged to take part. It is also important to note that selection into the mentorship program will not necessarily lead to a coaching position with the Provincial Team.

Delivery Options:

The delivery of the program will be flexible and designed around the needs and circumstance of the selected coaches. Meeting and observation times and intervals will be based on availability, needs, as will meeting locations



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and mediums. The focus will be on building the coaches evaluation portfolio and working through any coaching related problems or questions that arise through their professional practice.

For the 2018 iteration of the program the Mentor Coach will be Row NS Provincial Coach, Patrick Cody.

Timeline:

The Spring intake will begin in late June and officially run until May 2019, however a less formal peer coaching relationship is encouraged and can continue indefinitely beyond the one year timeline.

Application Process:

Interested coaches should submit an expression of interest to the Coach Education Committee via coach@rowns.ca by June 11, 2018. This expression of interest should include:

- NCCP coaching status;
- Name of club and program you are currently coaching;
- The number of years you have been coaching (rowing and non-rowing); and
- Your coaching objective(s) – both short and long term, and how you hope this program will help you achieve these goals.