



Coaching for Fun

Recruiting and Coaching Recreational Rowers

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Who are recreational rowers?

- Has beens
- Never wozzers
- Mums and Dads / WAGS
- Keep fit enthusiasts
- Telly addicts
- Innocent bystanders



Part of an international community



Recreational Rowing Roadshow April 2009



What do they have in common?

- Mostly mature adults (30s/40s/50s/older)
- Limited free time (1 - 2 sessions per week)
- Want to improve their social life
- May not know what is involved
- Not interested in competing (yet!)
- Have hidden talents



When are they available?

- Mums / retired people - weekdays
- Weekend afternoons

Times when your boats tend not to be used!

But – they also want to feel part of the Club



Boats

- If you give people bad equipment, they will become bad rowers
- Wide choice of recreational boats to suit all budgets
- Crew sculling, so you can mix all shapes and sizes
- Some singles and doubles, so you can cope with odd numbers



Why principally sculling?

- Suits all ages junior to veteran
- Good basis for rowing technique
- Permits mixed crews
 - abilities and strengths
 - male and female
- Crew sculling enables
 - easier coaching
 - boating more people



Where do you start?

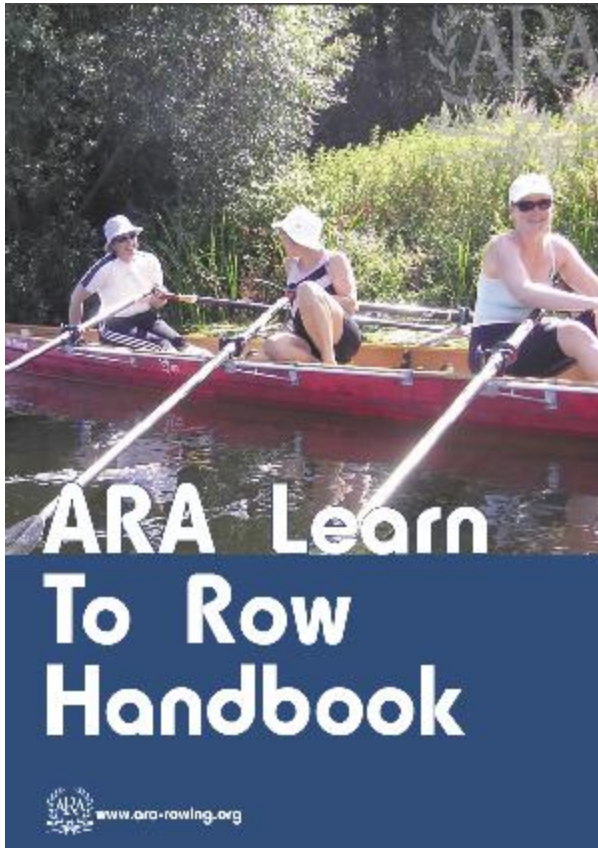
Learn2Row



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L2R Mark I



- Available online
- 10 modules, but these do not translate into 10 sessions
- Emphasis on single sculling
- No mention of fun



ARA Working Group 1

- Objective – to produce 12 week L2R course and 38 week row regularly programme
- Interim Report published this week – available on RowHow
- Final deliverables:
 - On-line support for participants
 - “Welcome to rowing” pack for participants
 - On-line administration paperwork for club



Principles

- Teach them to row well, and they will enjoy it more
 - Safety first
 - Dry skills
 - Crew Sculling
 - Coxing
 - Sweep-oar rowing
- Social aspects
- Fun, but challenging



The Weyfarers experience

- 12 sessions (1 or 2 per week)
- 12 people per course
- Coach/participant ratio 1:4
- Use touring boats to teach the basics
- Cost £100 - no price resistance!
- Advertising - website, local paper, leisure centre
- Personal recommendation



Week 1

- Session 1

- Introductions
- The club
- About rowing(& ARA)
- Boats and equipment
- Safety rules / video
- Ergo technique
- Core stability

“Will we get wet?”

- Session 2

- Boat handling
- Getting afloat
- Confidence drills
- Manoeuvring
- Getting out of the boat
- Stretching

“My brain hurts!”



Week 2

- Session 3

- Technique revision on ergo
- Slide progression (square blades)
- Stopping the boat

- Session 4

- Technique video (Go Faster with Foster)
- Feathering
- Rhythm and ratio

“Posture, posture, posture”

“It looks so easy when you see it on the telly!”



Week 3

- Session 5

- Coxing commands
- Navigation and rules of the river
- Sculling practice

- Session 6

- Coxing practical (all participants take a turn with the coach stroking the boat)

“It’s fun”

“It’s scary”



Week 4

- Session 7

- Swim test and capsizing drill

- Session 8

- Try racing boats (coxed or coxless quads or doubles)
- Coach coxes or steers

“Can we try single sculling now?”

“Gosh, aren’t we going fast?”

“It’s too wobbly”



Week 5

- Session 9

- Sweep oar rowing
- Experienced cox
- Mix with some experienced rowers

- Session 10

- Sweep oar rowing
- Experienced cox OR let them try coxing with experienced rowers in the crew

“Now we’re real rowers” “I still prefer sculling”



Week 6

- Session 11

- Intro to single sculling
- Getting afloat
- Confidence drills
- Manoeuvring
- Discussion with coaches on options for continuing rowing

- Session 12

- Mini regatta
- Certificates
- T shirts
- Party

“Now we can do it properly, it’s much more fun!”



Weyfarers course manual

1. Introduction

- Club, ARA, Regional Rowing Council

2. Safety

- Club procedures, navigation rules and map

3. Equipment

- Boat types, blades, naming of parts

4. Ergometer

- Technique, the monitor, basic maintenance, plans

5. Sculling

- Technique (pictures)



Course manual (cont)

6. Rowing

- Technique (pictures)

7. Coxing

- Commands, steering

8. Training

- Exercise programmes, core stability

9. Racing

- Competition structure, events calendar

10. Touring / recreational

- Club events, ARA and FISA tours, fun competitions



Where next?

- If you don't have a follow-on, you will lose them
- 38 week “Row regularly” programme
- Improvers' course?
- Integrate with previous course “graduates”
- Personal challenges
 - Distance awards
 - Fun competitions
 - Touring



Variety is the spice of life

- Day trips / picnics / to the pub and back
- Visit other clubs / waterways
- Different boats
- Spectating / helping at regattas
- Guest coaches
- Wet weather programme – ergos, circuits, talks
- Teach them to coach
- Not just “ambling about” in boats



Recreational Rowing

“There’s more to life than circuit training”



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