Club Race Coach
(Effective Coaching)

Overview

The **Level 2 Technical Course** is designed to educate coaches on how to use an effective coaching practice that supports sailors in learning to race and develop their racing competency.

The course focuses on the coaching skills required to create motivational learning experiences that promote a lifelong passion for racing. Participating coaches will learn how to coach the racing competencies a sailor needs to succeed on a racecourse.

Participants

This course is suitable for coaches who:
- Want to establish themselves as a credible race coach.
- Develop an effective coaching practice to support sailors in developing their racing competency.
- Lead a safe and enjoyable racing training program.
- Establish and grow a sustainable club race training program.
- Create motivational learning experiences that promote a lifetime racing culture.
- Nurture young people to develop both as a person and a racing sailor.

Objectives

Upon completion of the **Level 2 Technical Course**, participating coaches will have a practical knowledge of:
- The coaching principles that underpin effective coaching:
  - **Competency** - The role and responsibility of a coach
  - **Sailors** – Understanding who are we coaching
  - **Learning** - How people learn and the learning process
  - **Coaching** - Functions and process
  - **Ethics** - Coaches Code of conduct.
- Club race training program design.
- Race training safety management systems.
- Improved coach boat competency.
- Strategies for coaching and teaching the core racing competencies, boat handling, speed, starting, strategy, tactics.
- Technical knowledge required to teach the fundamentals of the core racing competencies.
- Coaching behaviours that promote a sailor centred learning experience.
- How to support sailors at local and national regattas.
- Personal coaching competency profile.

Structure

The Level 2 Course is a **7-day course**, it includes a variety of on water and shore-based learning experiences:
- Coach Developer led practical on-water sessions.
- Coach Developer shore-based teaching sessions.
- Group shore-based discussions.
- Coach boat and safety management training.
- Practice coaching sessions led by the participating coaches.
- Coached Regatta.
- Personal coaching competency review.

Topics covered

	TOPIC	DESCRIPTION
THEORY SESSIONS	Coaching Principles	Looks at how people learn, how to coach effectively, how to motivate sailors, what a coach is responsible for and understanding the coaches' code of conduct.
	Race Training Program Design	Teaches how to build a training plan that will support sailors to progressively learn and develop the core racing competencies - speed, tactics, starting, strategy and boat handling
	Character Development	Nurture young people to develop both as a person and a racing sailor.
	Coaching Competency Profile	Helps coaches reflect on their work and understand what is required to improve their coaching.
	Sailor Welfare	Covers safeguarding, sustainability, and following anti-doping rules (in accordance with World Anti-Doping Agency - WADA guidelines).
	Race Support	Understanding the Notice of Race and Sailing Instructions and prepares coaches on how to be organised to support sailors at a regatta and handle protests at events.
PRACTICAL SESSIONS	Coach Boat Skills	Teaches coaches the key skills for safely and effectively driving and using a coach boat.
	Strategy	Activities and exercises that can be used to support sailors to develop their strategic decision making.
	Starting	Activities and exercises that can be used to support sailors to develop their starting performance.
	Speed	Activities and exercises that can be used to support sailors to develop their practical understanding of the techniques required to make a boat go fast.
	Boat Handling	Activities and exercises that can be used to support sailors to develop their boat handling competency.
	Tactics	Activities and exercises that can be used to support sailors to develop their tactical decision making. How to coach a practical understanding of the racing rules of sailing.
	Leading a practical session	Coaches plan and design activities that allow them to practically practice their coaching. Learning how to implement structured learning experiences that support sailors to systematically develop the competencies required to perform as racing sailors. The coaching group will benefit from a shared peer learning experience. With coaches learning from both their own and others' sessions to become better coaches.
	Coached Regatta	Understanding how a coached regatta format can be used to support the development of sailors. Practicing coaching conversations that will support sailors in between races. Educating coaches to understand the racing rules of sailing.