

## Coaching Community Dragon Boat

### Course Overview

This course is designed to provide the new and existing Coaches the tools to effectively train a community crew that has between 8 and 10 weeks to prepare for an event.

Coaches will leave the course with the skills to provide a well rounded program to their participants.

Topics included in this course (but not limited to):

### Why coach?

Identify why candidates are interested in coaching

### Overview of philosophies of coaching and best practices

- Values and ethics
- Developing effective coaching habits

### Examine athlete motivation for participation

- Athlete sport needs
- Self esteem
- Learning styles
- Sample assessment tools

### Identify the tasks and roles of the Dragon Boat Coach

- Safety
- Communication
- Teacher
- Confident
- Social convenor

### Planning a practice

- 5 components of the practice
- Practice planning
- Race day planning

### Technique

- Steps of coaching an activity
- The Dragon Boat and crew
- Positions in the boat
- Basic commands
- Technique
- Creative activities



## Practical Experience

- Teaching scenarios

## Safety

- Scope of training
- Potential safety hazards at your club/practice site
  - Sample incident report form
  - Sample first aid checklist
- Risk assessment check list
- Coach liability
- Emergency action plan
- Emergency kits and equipment
- Athletes profile list
  - Par q and preseason questionnaire
  - Life jackets, cold water, time of day, lights, cell phones, hydration

## Ethics

- Respect
- Making ethical decisions
- Sample code of conduct for athlete/parent
- Code of conduct for coach
- 3m NCCP Code of Ethics
- Fair play
- Coaching situations and ethical situations

## Communication

- Rules
- Managing group discussions
- Giving effective feedback



## Creating a positive team and club environment

- Equipment care – communicating and establishing norms values and expectations
- Beyond the boat – uniform, communication, club commitment (I,e volunteerism)
- Chains of command and communication
- Dispute resolution and problem solving

## Mental Training

- Goal setting
- Imagery and visualization
- Activation levels

## Practical Assessment

- Practice Plan (10 practices)
- EAP (Emergency Action Plan) and Site assessment