

Overview of USRowing Certification Program

Level	Aim	Requirements
<p>Level 1: Learn to Row/Rowing Instructor</p>	<ul style="list-style-type: none"> This program is aimed at the beginner coach. It is for candidates with no, or minimal, rowing background (teachers, parents, graduates) who will coach beginners of all ages. The coaches will learn what is expected from them in terms of duties, responsibilities, and ethics as coaches. The course will teach coaches how to run safe practices and how to avoid accidents. This course will provide coaches with the basic knowledge of the sport of rowing, teaching methods, and the basics of rowing technique. 	<ul style="list-style-type: none"> Familiarity with the USRowing Safety video. Familiarity with the Level 1 Manual. Familiarity with the suggested reading and videos for this level. One-day coaching clinic, followed by an exam. 10 hours of post-courses time on the water with the mentor coach (it could be in your club).
<p>Level II: Foundation Coach</p>	<ul style="list-style-type: none"> This program will train assistant coaches and head coaches on the college and high school levels. This foundation course contains knowledge that coaches of all levels should know. It reflects exactly what our top coaches have been doing in terms of racing, rowing technique, selection, and club organization. It is intended for people that hold Level I certification and have one year as an assistant coach or for candidates with a minimum of four years of college rowing experience. They will have a very good knowledge of rowing technique and how to teach it. They will know how to rig boats, develop annual training programs and weekly programs for different periods of the season. Level II candidates will know how to run a safe and well organized program. They will have solid knowledge of physiology, training methods, and testing. 	<ul style="list-style-type: none"> Knowledge of Level I or 4 years of rowing in college. Two-day coaching clinic, followed by an exam after 3 weeks of studying. Answer the questions in the Class Activities in the Manual. Familiarity with the Level II Manual. 20 hours of post-course water time with an experienced mentor coach.
<p>Level III: Advance Performance Coach + Program Directors</p>	<ul style="list-style-type: none"> This program will train head coaches on the high school and college level, as well as future national team coaches. The coaches will be prepared to be leaders and directors of their crew, learn how to instill a winning culture, and acquire team management skills (finances, equipment, different programs, administrative). The coaches will get a wide range of technical knowledge of different rowing styles, different problems in the rowing stroke, and how to resolve them. They will get extended knowledge of different training methods. This program will give coaches the latest knowledge of physiology and biomechanics and their practical applications (testing). 	<ul style="list-style-type: none"> Must be Level II certified with a minimum of two years of coaching after certification. Familiarity with books <i>Rowing Faster</i> by Volker Nolte and <i>Successful Coaching</i> by Rainer Martens and FISA Handbook III. Complete requested assignment on the base of the books mentioned above. Three-day coaching clinic.