



Join a winning coaching team at Thames

Thames Rowing Club is anticipating growing membership numbers in the 2008/9 season and would like to recruit additional volunteer coaches. Opportunities are available in a number of areas, with varying levels of time commitment.



Squad	Goals	Minimum weekly time commitment (will change during the season)
Novice Men and Women	<ul style="list-style-type: none"> Novice pennants at tideway heads Everyone in squad to win novice pot High retention rate into second year Talent ID 	<ul style="list-style-type: none"> Saturday or Sunday morning 8-10 (one session per morning); At least one weekday evening.
Intermediate Men and Women	<ul style="list-style-type: none"> S2 – S4 wins at local regattas Qualification for HRR/HWR Preparing for senior squad Talent ID 	<ul style="list-style-type: none"> Saturday and Sunday morning 7-12 (two sessions per morning); At least one weekday evening.
Senior Men and Women	<ul style="list-style-type: none"> Wins at HRR/HWR/Nat Champs etc Pennant wins at tideway heads Talent ID 	<ul style="list-style-type: none"> Saturday and Sunday morning 7-12 (two sessions per morning); At least three weekday evenings; At least one weekday morning.
Performance Development Group	<ul style="list-style-type: none"> Moving up to high performance rowing Preparing to participate in GB trials Wins at HRR/HWR/Nat Champs etc 	<ul style="list-style-type: none"> Saturday and Sunday morning 7-12 (two sessions per morning); At least three weekday evenings; At least two weekday early mornings.
Veteran Men and Women	<ul style="list-style-type: none"> Wins at Vets' Head, Vets' Henley and FISA Masters Increasing numbers of vet women 	<ul style="list-style-type: none"> Saturday or Sunday morning 8-10 (one session per morning); One weekday evening if possible.
Junior Boys and Girls	<ul style="list-style-type: none"> Wins at Ball Cup Competitive entries at Nat. Schools. Improving standards and intensity of training over next 3 years. 	<ul style="list-style-type: none"> Saturday afternoon 12-3 At least one weekday afternoon.
		<ul style="list-style-type: none"> Plus some admin. time in all cases!

TRC will pay 50% of the cost of any relevant qualification (UKCC Levels 2-5, RYA2, BAWLA etc) and will buy you a lifejacket, megaphone and kill cord. We will actively support your own development goals.

All coaches will work with a large and valued group of existing volunteers within a structure and training programme set by the Head Coach, Lubo Kisiov. Applicants must therefore be willing and able to work well with others!

New Season

The season will begin with an open meeting on Saturday 13th September at 10am followed by a barbecue.

If you would like to know more, contact:

Lubo Kisiov, headcoach@thamesrc.co.uk or Sarah Park, captain@thamesrc.co.uk