THE INSTITUTE FOR ROWING LEADERSHIP
AT COMMUNITY ROWING, INC.

Advanced Certificate in Rowing Leadership
The Institute for Rowing Leadership (IRL) at Community Rowing, Inc. was founded to inspire, instruct, and equip current and future coaches to achieve excellence in coaching and managing the sport of rowing. Designed to provide coaching fellows both a robust theoretical framework and a substantial volume of experiential learning guided by the reflective practice model, the IRL develops leaders to guide the sport forward.

THE IRL IS:
YOUR PATHWAY TO BECOMING A PROFESSIONAL COACH

Hugo Gulliver
Senior Coach, University of London
'15 IRL Graduate, '10 Oxford Brookes University

I left a full-time coaching position in London, motivated by a desire to improve at a faster rate than any other coaches out there. I'm now more equipped than I'd ever thought I would be and found myself with multiple job offers from prestigious rowing programs at the end of my year in the IRL.

www.IRLatCRI.org
Leaders are the cornerstone that embodies the passionate commitment to rowing in their respective programs. By investing in the only year long graduate-level sport-specific educational program in the country, IRL graduates are prepared as coaches to share the life changing aspects of sport with multiple generations of athletes, ensuring the future growth and success of rowing. During their time in the program, each fellow establishes a pattern of reflective coaching practice to guide them throughout the entirety of their coaching career. Woven throughout the course curriculum, this process of reflective learning encourages coaches to acquire new knowledge from scientific study, to be guided by current best practices of master coaches, and to encode and apply this knowledge. Reflective learners continue to develop a deeper understanding of the individual and creative expressions of their personal philosophy throughout their coaching careers.

The organizational, marketing, event management, fundraising, and club administration classes within the IRL curriculum gave me the administrative and managerial tools that made it possible for me to step into a position of Director of Rowing shortly after graduating. I use those skills nearly every day while building a new organization. My time in the IRL gave me confidence, exposure to a huge number of issues in the sport, wide ranging experiences as a coach, insight, and rock solid organizational knowledge.

BRENDA BALENGER
Executive Director, Manchester Rowing Alliance
‘12 IRL Graduate, ’83 New England College

“FOLLOW YOUR PASSION AND ALWAYS KEEP LEARNING”
GAIN THE KNOWLEDGE ON AND OFF THE WATER

At the core of the IRL fellowship program is the learning that takes place in the classroom with our top-notch instructors. With a diverse group of experiences and backgrounds in each class of fellows, the varied perspectives encountered in the classroom discussion are an invaluable element of the education at the IRL and serve to ensure each fellow gains a wide perspective on all aspects of the rowing community. The yearlong fellowship program is divided into four academic quarters with classes from each of the academic content streams interspersed throughout the year.

Coaching Methods
Leadership, communication, and the pedagogy of teaching, focused on the teaching/learning interface necessary to be an extraordinary coach.

Sports Science
A comprehensive review of the science and application of the physiological and neurological components of performance specifically focused on athletic development of rowers.

Rowing Administration
A detailed education about off-the-water non-rowing responsibilities critical to be a successful leader.

Coaching Practicum
A structured internship, which includes mentoring and on-water coaching experience, to implement classroom knowledge in real time.

The Coaching Methods and Sport Science domains each make up a third of the overall classroom hours in the program, with the Rowing Administration domain encompassing 14% of the total hours. Running through the entirety of the program is the Coaching Practicum component, which represents 20% of the overall course credits. The Coaching Practicum is the linchpin of the program, providing fellows a platform to reinforce, implement, and encode their newly acquired knowledge concurrently with their classroom learning on a daily basis.

"The IRL most significantly impacted my coaching career by creating an educational environment where I, alongside my classmates, developed my own vision of how to run a program, develop athletes, and teach technique. The comprehensive course work, coaching practicum, and coaching round tables with the wider Boston coaching network fostered the development of my vision through instruction, application, and discussion. Now that I have graduated from the program, the alumni network has been an invaluable asset in my efforts to continue to learn and develop as a coach."

JUDITH VOGEL
High Performance Group Head Coach, Riverside Boat Club
'12 IRL Graduate, ’09 Carnegie Mellon University

IRL Course Catalogue Matrix 2016-2017

<table>
<thead>
<tr>
<th></th>
<th>QUARTER 1: SUMMER</th>
<th>HRS</th>
<th>QUARTER 2: FALL</th>
<th>HRS</th>
<th>QUARTER 3: WINTER</th>
<th>HRS</th>
<th>QUARTER 4: SPRING</th>
<th>HRS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coaches</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Coaching Methods</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CM 505</td>
<td></td>
<td>2</td>
<td>CM 500</td>
<td>4</td>
<td>CM 520</td>
<td>2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Leadership in Coaching</td>
<td></td>
<td></td>
<td>Education and Instruction: Coach as Teacher</td>
<td></td>
<td>Coaching Program Design and Athlete Assessment</td>
<td></td>
<td>Coaching Philosophy and Ethics</td>
<td>3</td>
</tr>
<tr>
<td>CM 550</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Coaching Novice</td>
<td></td>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Athletics and Coaches</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CM 510</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Leadership in Coaching</td>
<td></td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CM 520</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Coaching Philosophy and</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ethics</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CM 540</td>
<td></td>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Coaching Advanced</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Athletics and Technology</td>
<td></td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CM 540</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rigging and Fleet</td>
<td></td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Maintenance</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SS 500</td>
<td></td>
<td>1.5</td>
<td>SS 500</td>
<td>4</td>
<td>SS 500</td>
<td>4</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Exercise Physiology</td>
<td></td>
<td></td>
<td>Critical Thinking I</td>
<td></td>
<td>Critical Thinking II</td>
<td>1.5</td>
<td>Critical Thinking III</td>
<td>1</td>
</tr>
<tr>
<td>SS 500</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Exercise Physiology II</td>
<td></td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SS 500</td>
<td></td>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Biomechanics</td>
<td></td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SS 500</td>
<td></td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sports Nutrition</td>
<td></td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SS 500</td>
<td></td>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Applied Sports Medicine</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>and Injury Prevention</td>
<td></td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SS 500</td>
<td></td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Skill Refinement and</td>
<td></td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Athletics Adaptation</td>
<td></td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>RA 500</td>
<td></td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sports Marketing and</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Branding</td>
<td></td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>RA 500</td>
<td></td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Event Management</td>
<td></td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>RA 500</td>
<td></td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Team Management</td>
<td></td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>RA 500</td>
<td></td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sport and Community</td>
<td></td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Development</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>RA 505</td>
<td></td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Recruiting</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CP 500</td>
<td></td>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Practicum I</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CP 500</td>
<td></td>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Practicum II</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CP 500</td>
<td></td>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Practicum III</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CP 500</td>
<td></td>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Practicum IV</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Summer total clock hours</td>
<td></td>
<td>15</td>
<td></td>
<td>16.5</td>
<td>16.5</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fall total clock hours</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Winter total clock hours</td>
<td></td>
<td></td>
<td></td>
<td>16.5</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spring total clock hours</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>16</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

www.IRLatCRI.org
LEARN BY DOING WITH A COMMUNITY OF PRACTICE TO ENSURE MASTERY

At the IRL, fellows work with and learn from the best thinkers and doers in a collaborative environment. Our instructors are drawn from the preeminent universities and the robust rowing community in Boston and work with fellows in a collaborative learning environment providing regular feedback on their work.

The innovative and creative educators teaching at the IRL are recognized as leaders in their field and are selected for their specific subject matter expertise. Coupled with coaches with proven track records in producing outstanding athletes and teams working with fellows in the classroom and on the water, each member of the IRL team is focused on delivering an education that is tailored to equip coaches with the most effective coaching methods, strategies, and interventions backed by a comprehensive base of knowledge of the sport.

The learning lessons for IRL fellows extend outside of the classroom with regular feedback an important component of the practicum experience. With a mix of practicum coaching mentors and IRL staff riding with fellows in the coaching launch periodically to provide assessment of and guidance on their coaching in action, fellows learn how to improve their process, communication, and planning to make their crews faster and their coaching more effective.

CLASSROOM INSTRUCTORS INCLUDE:
Charley Butt
Head Coach, Harvard University Heavyweight Men
Wayne Berger, Ed.M.
Coordinator of Coaching Education, Community Rowing Inc.
Steven Miller, M.P.A.
Executive Director, Healthy Weight Initiative, Harvard School of Public Health, Department of Nutrition
Adam Naylor, Ed.D., M.A., CC-AASP
Professor, Boston University and Mental Game Sports Performance Consultant, Northeastern University
Tyler Page, D.C., C.S.C.S.
Owner, Mystic Spine and Sport
Andrea Sobieraj, M.S., C.S.C.S.
Professor, Brown University
Mag Staffey Schner, M.S., R.D., L.D.N., & C.P.T.
Sports Dietitian, Harvard University
Maria Uraso, Ph.D., M.S.
Retired U.S. Army Major and Presidential Award-Winning Medical Researcher
Mary Whipple, M.Ed.
Three-Time Olympic Medalist USA Women’s 8+, Gold (2008 and 2012) and Silver (2004)
Seth Wilson, C.P.A., M.S.T.
Manager, Clifton Larson Allen LLP
Jon Wortmann, M.Div.
22 Time #1 Selling Best Author

Everyone deserves access to high level coaching. Since the IRL, I’ve coached groups of all ages and ability levels including military veterans, para rowers, inner city youth, and cancer survivors. The IRL provided the pathway that enabled me to give all rowers the best experience possible.

JOVIA MANZIE
Varsity Girls Coach, Row Boston
16 IRL Graduate, ’13 University of Puget Sound
JOIN THE NETWORK OF IRL ALUMNI AND CAREER COACHES IN THE FIELD

As a graduate of the IRL, you’ll emerge with more than just a certificate. You’ll enter the job market equipped with a distinct advantage over your competition as an alumnus of the only professional level coaching education program in rowing. In addition, you’ll benefit from a tight-knit network of IRL alumni along with personal connections made and relationships developed while at the largest rowing club in the world. These connections will provide you with a lifetime of inspiration, access, and assistance as you take your place as a leader in the sport.

Before the IRL, I had only experienced rowing at the DIII level. I decided to move from the west coast to Boston because I wanted to become a career coach and the IRL was the best step for me to take to reach my goal. In my coaching role with the Boston University Men as my IRL practicum and with the Princeton Lightweight Men in my first year out of the program, I was equipped with the knowledge, experience, and connections to lead crews from both programs to the podium at Eastern Sprints.

ALEX MANN
Men’s Assistant Coach, University of Washington
‘14 IRL Graduate, ‘11 University of Puget Sound

IRL alumni are currently working positions at all levels of the sport across the rowing world:

- Back On Track Physical Therapy – Rowing Physical Therapist
- Brunswick School – Boatman/Facility Manager/Assistant Coach
- Cambridge Rindge and Latin School – Head Coach
- Community Rowing, Inc. – Head Coach
- Fordham University – Women’s Assistant Coach/Recruiting Coordinator
- George Mason University – Women’s Assistant Coach
- Harvard University – Heavyweight Men’s Assistant Coach
- Head of the Charles – Director of Operations
- Michigan State University – Men’s Head Coach
- Oregon State University – Women’s Assistant Coach
- Riverside Boat Club – Program Manager and Head Coach of the High Performance Group
- Tufts University – Women’s Assistant Coach
- University of London (UK) – Senior Coach
- University of Washington – Men’s Assistant Coach
- Yale University – Men’s Assistant Coach

FROM

Atlanta Rowing Club
Boston College
Fordham Preparatory School
Harvard University
Lake Sunapee Rowing Club
Latymer Upper School (UK)
Oregon State University
Ridgewood High School Crew
Southern Methodist University
The Ohio State University
University of California - Santa Barbara
University of Notre Dame
University of Puget Sound
University of Virginia
Williams College
Yale University

TO
Coaching Methods

CM500 – Education and Instruction: Coach as Teacher
CM505 – Leadership in Coaching
CM509 – Coaching Philosophy and Ethics
CM510 – Coaching Novice Athletes and Coxswains
CM515 – Coaching Advanced Athletes and Technology
CM520 – Training Program Design and Athlete Assessment
CM540 – Rigging and Fleet Maintenance

CM500 – Education and Instruction: Coach as Teacher

Teaching and the pedagogical theory that informs it, has traditionally tended to lie outside of the traditional domain of coaching. This course challenges that premise and re-conceptualizes coaching based on the notion that at the heart of good coaching lies the teacher and learning interface, and the myriad of ways through which coaches influence athletes. The objective is to improve. This course will flush out this complex coach/athlete relationship through an exploration of educational theory and research as well as case study examinations of the coaching style of master teacher/coaches bringing theory into practice.

4 clock hours

CM505 – Leadership in Coaching

Development of leadership skills is foundational in becoming a successful coach. In this course, fellows will be introduced to both the current leadership literature and in practical coaching skills such as developing, defining, and facilitating philosophies and concepts, critical self-analysis, productive criticism of others, and collaboration. Fellow will be exposed to specific leadership challenges in every class and will be asked to apply the concepts provided in class to solving these practical problems. The most basic criterion of this class will seek to instill in the fellows the capability to write more clearly and critically about leadership.

CM509 – Coaching Philosophy and Ethics

Throughout this course, fellows will develop an understanding of the role sport plays in democratic culture and cultivate appreciation of values and ethics as it relates to their own personal coaching philosophy. Topics will be informed by a variety of primary sources, such as leading texts, case studies and personal experiences, as the course examines modern beliefs about competitive sport, its relationship to academics, and the role of the coach.

2 clock hours

CM510 – Coaching Novice Athletes and Coxswains

The instruction and development of novice rowers and coxswains forms the core of this course. Guiding questions include: What is the relationship between the novice rower and the expert performer? How does a novice athlete become an expert? What physical mechanisms occur within the human body to create movement? What influences the teaching/learning environment? Is there an ideal approach to teaching motor skills? During the course, fellows will examine motor learning principles and research-based approaches to the acquisition and refinement of basic skills in accordance with motor control and learning principles. An important component of the course is the reflection of fellows upon their own athletic learning experiences, their history as student-athletes, and possible methods of their previous coaches. This reflective process will help make a connection between these experiences and the introduced material. Additionally, fellows will examine the evaluation and implementation of technical and tactical components of rowing. During this course, fellows will work in small groups to create and present their initial experiment for rowers and coxswains demonstrating their likelihood of continuing to improve.

2 clock hours

CM515 – Coaching Advanced Athletes and Technology

Based on the instructional methods introduced in CM510, this course leads fellows through an in-depth analysis of a variety of specific techniques designed to maximize individual potential. The primary objectives of the course are to deconstruct the Coxswain squad selection, the improvement of sport specific fitness, acquisition and refinement of advanced/complex skills, acquisition of advanced tactics/strategies, and meeting performance standards — provide the framework for the course content. Using the examination of successful stroke models throughout the history of the sport, fellow will develop a frame to examine rowing technique. By the end of the course, fellows will be able to critically analyze stroke stroke analysis. During the course, there will be a blend of classroom based analysis and discussion as well as on the water real time analysis of rowers with guest speakers from all levels of rowing featured. Additionally, this course completes a comprehensive survey of technological resources giving fellows an overview of the most up-to-date analytical and instructional tools available in the marketplace.

3 clock hours

CM520 – Training Program Design and Athlete Assessment

Through this course, fellows will examine the importance of different factors in developing an annual training plan. As a final project, each fellow will develop their own scientifically informed training plan appropriately adapted to athlete age and skill level. Starting with the athlete’s coaching philosophy in designing an effective plan and discussing a wide array of training principles that apply to all levels of the sport, to youth, to international elites, fellows will specifically address topics including anaerobic and aerobic energy systems, aging and strength training as well as periodization and overtraining. This course also provides an opportunity to work collaboratively and present their findings to rowing coaches and athletes, and the art of assembling a successful crew.

2 clock hours

CM540 – Rigging and Fleet Maintenance

Effective preparation for on the water success depends on keeping your equipment in the best possible condition and knowing how to make repairs when necessary. This course will focus on four critical elements: appropriate rigging for crews, boat and oar repair, equipment, traileraging, and small motor maintenance and replacement. Consistent classroom and hands-on, in-water application workshops in rigging and repairing boats/oars as well as sail trailer prepare coaching fellows for delivery of instruction and equipment for maintaining training equipment. In addition, fellows will work in a hands-on setting, fellows gain the essential skills that will help for keeping their crews and equipment in top form.

2 clock hours

Critical Thinking & Research

The Critical Thinking & Research component of the IRL prepares fellows for a professional career in coaching, psychology, sports medicine, and performance science. This course is structured to prepare fellows to gain the knowledge to obtain the National Strength and Conditioning Association Certification, Sport and Exercise Science Certification, and Strength and Conditioning Specialist (CSCS) certification.

Critical Thinking & Research I

The first quarter of Critical Thinking and Research introduces the process of reflective process and action research in the course of the fall season. Through the use of a coaching log, fellows will reflect on their daily coaching. Additionally, fellows will examine staff communication from a leadership perspective with regard to developing job descriptions for the fellows, evaluating and communicating appropriately with personal concerns, and developing principles of effective time management.

1.5 clock hour

Critical Thinking & Research II

The second quarter of Critical Thinking and Research introduces fellows to the process of reflective process and action research in the course of the spring season. By learning to build the stroke from the ground up, each fellow learns the necessary skills in methodology and communication to effectively articulate their vision of the rowing stroke to the athletes they are coaching.

3 clock hours

Critical Thinking & Research III

The third quarter of Critical Thinking and Research introduces fellows to the process of reflective process and action research in the course of the summer and fall seasons. During the first quarter, fellows complete a comprehensive survey of content introduced in CM510, this course leads fellows through an in-depth analysis of a variety of specific techniques designed to maximize individual potential. The primary objectives of the course are to deconstruct the Coxswain squad selection, the improvement of sport specific fitness, acquisition and refinement of advanced/complex skills, acquisition of advanced tactics/strategies, and meeting performance standards — provide the framework for the course content. Using the examination of successful stroke models throughout the history of the sport, fellow will develop a frame to examine rowing technique. By the end of the course, fellows will be able to critically analyze stroke analysis. During the course, there will be a blend of classroom based analysis and discussion as well as on the water real time analysis of rowers with guest speakers from all levels of rowing featured. Additionally, this course completes a comprehensive survey of technological resources giving fellows an overview of the most up-to-date analytical and instructional tools available in the marketplace.

3 clock hours

Critical Thinking & Research IV

The fourth quarter of Critical Thinking and Research is designed to prepare fellows to gain the knowledge to begin work in the professional field. This course will seek to instill in the fellows the concepts of critical thinking and scientific methodology as well as critical self-analysis, productive criticism of others, and collaboration. Fellow will be exposed to specific leadership challenges in every class and will be asked to apply the concepts provided in class to solving these practical problems. The most basic criterion of this class will seek to instill in the fellows the capability to write more clearly and critically about leadership.

3 clock hours

Practicum I

The first quarter practicum is a complete immersion in the coaching of novice rowers participating in summer training at CRI. By learning to build the stroke from the ground up, each fellow learns the necessary skills in methodology and communication to effectively articulate their vision of the rowing stroke to the athletes they are coaching.

3 clock hours

Practicum II

The second quarter practicum places fellows in a coaching position that matches their eventual coaching position. Fellows will gain practical coaching experience working in their coaching assignment to gain the knowledge to obtain the National Strength and Conditioning Association Certification, Sport and Exercise Science Certification, and Strength and Conditioning Specialist (CSCS) certification.

3 clock hours

Practicum III

During the third quarter practicum, fellows work with their practicum in off-season training activities. Additionally, the fellows will gain environments experience in this term through their work with the C.R.A.S.H. B.S. Sprites Indoor World Championships.

1 clock hour

Practicum IV

The fourth quarter practicum is the final installment in the experiential learning component of the IRL. During their practicum, fellows will gain practical coaching experience working in their coaching assignment to gain the knowledge to obtain the National Strength and Conditioning Association Certification, Sport and Exercise Science Certification, and Strength and Conditioning Specialist (CSCS) certification.

8 clock hours

Sports Science

SS550/510 – Exercise Physiology I & II

Through the use of a coaching log, fellows will reflect on their daily coaching. Additionally, fellows will examine staff communication from a leadership perspective with regard to developing job descriptions for the fellows, evaluating and communicating appropriately with personal concerns, and developing principles of effective time management.

1.5 clock hour

SS554 – Critical Thinking & Research II

The first quarter of Critical Thinking and Research introduces fellows to the process of reflective process and action research in the course of the fall season. Through the use of a coaching log, fellows will reflect on their daily coaching. Additionally, fellows will examine staff communication from a leadership perspective with regard to developing job descriptions for the fellows, evaluating and communicating appropriately with personal concerns, and developing principles of effective time management.

1.5 clock hour

SS552 – Critical Thinking & Research III

The second quarter of Critical Thinking and Research introduces fellows to the process of reflective process and action research in the course of the spring season. By learning to build the stroke from the ground up, each fellow learns the necessary skills in methodology and communication to effectively articulate their vision of the rowing stroke to the athletes they are coaching.

3 clock hours

SS551 – Biomechanics

The first quarter practicum is a complete immersion in the coaching of novice rowers participating in summer training at CRI. By learning to build the stroke from the ground up, each fellow learns the necessary skills in methodology and communication to effectively articulate their vision of the rowing stroke to the athletes they are coaching.

3 clock hours

SS540 – Skill Refinement and Athlete Adaptation

CP500 – Practicum I

The first quarter practicum is a complete immersion in the coaching of novice rowers participating in summer training at CRI. By learning to build the stroke from the ground up, each fellow learns the necessary skills in methodology and communication to effectively articulate their vision of the rowing stroke to the athletes they are coaching.

3 clock hours

CP502 – Practicum II

The second quarter practicum places fellows in a coaching position that matches their eventual coaching position. Fellows will gain practical coaching experience working in their coaching assignment to gain the knowledge to obtain the National Strength and Conditioning Association Certification, Sport and Exercise Science Certification, and Strength and Conditioning Specialist (CSCS) certification.

3 clock hours

CP504 – Practicum III

During the third quarter practicum, fellows work with their practicum in off-season training activities. Additionally, the fellows will gain environments experience in this term through their work with the C.R.A.S.H. B.S. Sprites Indoor World Championships.

1 clock hour

CP506 – Practicum IV

The fourth quarter practicum is the final installment in the experiential learning component of the IRL. During their practicum, fellows will gain practical coaching experience working in their coaching assignment to gain the knowledge to obtain the National Strength and Conditioning Association Certification, Sport and Exercise Science Certification, and Strength and Conditioning Specialist (CSCS) certification.
SS525 – Strength Training
In this course, fellows will learn how to design and implement strength and conditioning programs appropriate for pre-season, in-season and off-season strength and conditioning programs. Starting with the theory behind proper movement techniques and programming in the classroom, fellows will then put the theory into practice by participating in a in-season strength and conditioning program designed to improve their own performance. As active participants in the strength and conditioning program, fellows will be required to develop and coach portions of the program amongst their peers putting into action their strength and conditioning knowledge.

2 clock hours

SS529 – Applied Sports Medicine and Injury Prevention
In this course, the role coaches play in appropriate application of sports medicine as well as safety and injury prevention is addressed. Common injuries to rowing, acute injuries, overuse and overtraining, the psychology of injury, NCAA and scholastic rules, and emergency procedures are key topics discussed. Additionally as part of this course, fellows will receive CPR/First Aid certification.

2 clock hours

SS535 – Sports Psychology
Understanding the psychological processes involved in athletic performance forms the core of this course. Through the critical examination of research, theory and experience, fellows will gain knowledge for incorporating sport psychology into coaching practices and designing optimally performing athletic environments.

4 clock hours

SS540 – Skill Refinement and Athlete Adaptation
This course addresses the principles related to how various aspects of physiology contribute to the learning and control of motor skills. By covering the fundamental physical education theories and the current research into instructional procedures, fellows learn how to create a practice environment designed to provide athletes the best opportunity to improve their skills. During the course, particular attention is paid to genetics, gender, age, training status, injury and nutrition influence and how these factors impact skill development and adaptation to training stimuli.

2 clock hours

Rowing Administration
RA500 – Event Management
The successful administration of competitions, whether it is the relative simplicity of a dual race or a multi-faceted championship regatta, is critical to providing an effective arena for athletic performance. Additionally special events, such as fundraisers and community outreach events, are essential tools in the growth and development of the sport of rowing. The focus of the course will be understanding and developing the narrative aspects that go along with the execution of a successful event. Three critical components of this course will be the involvement of fellows in the Head of the Charles Regatta, the C.P.R.A. S.H. B. Stipes World Indoor Rowing Championship as well as applying their learning by running all aspects of an indoor ergomter race for members of Community Rowing, Inc.

2 clock hours

RA505 – Sports Marketing and Branding
Marketing and branding permeates two important contexts for all fellows to understand: the development of a successful rowing club/team and cultivation of each fellow’s individual brand. By examining diverse communication strategies, establishing a target market, understanding brand positioning, and how to utilize media and word-of-mouth, fellows will integrate theory and practice to develop a marketing plan to address a practical challenge in rowing. On the individual level, fellows will consider how the concepts of marketing and branding apply in their future career path and how they communicate their individual brand.

2 clock hours

RA510 – Team Management
This seminar-based course explores the role leaders play in the construction of a strong team and organizational culture and focuses on intra- and interpersonal aspects involved in the successful operation of a rowing club/team. Coaching inherently involves administrative responsibilities and fellows will discuss how to effectively maximize their time to develop their on and off water responsibilities. Through the exploration of differences between various real-life examples of successful team leadership styles alongside the introduction of the principles of mindfulness and flow in coaching, fellows will be empowered to use these tools to tailor coaching styles to meet the needs of an athlete-centered team culture. Course topics will include effective task management strategies, fostering coach-athlete mentoring relationships, team oversight and management, and formulating long range and intermediate team and individual goals to enhance team dynamics.

2 clock hours

RA515 – Financial Management
Understanding the principles behind sound financial management and planning is a key skill for all sport leaders. Through this course, fellows will develop an understanding of the numerous elements that play a role in the financial administration of a rowing organization. Specific attention will be given to understanding best practices in budgeting and finance to ensure both short and long term organizational health and stability. Through real world case studies, fellows will examine the typical business functions of different rowing organizations (e.g., school, club, colleges/universities) associated with athletic programming (e.g., purchasing, accounting, travel reimbursement) to develop familiarity with the components of successful financial planning. Additionally during the course, the key factors influencing fundraising through charitable giving and grants will be addressed.

1 clock hour

RA520 – Sport and Community Development
Fellows will get a broad understanding of key concepts of community development theory and practice, as well as the emerging field of sport for development. This theoretical content melded with practical instruction in effective community organization strategies will give fellows a nuanced understanding of both why and how rowing can be used to develop community development. By way of readings, class discussion, review of best practices and examining successful model programs from the field, fellows will be able to articulate through their own logic model the merits of sport as a viable mode for community development.

1 clock hour

RA525 – Recruiting
Efficacy in recruiting is an essential skill that all coaches must possess whether it be talking with prospective fellow-athletes for a collegiate program or building a community program and drawing in new members. Developing an understanding of the blend of art and science behind the recruiting process, fellows will learn both the philosophical and practical skills behind effective recruiting. Fellows will then apply these skills in a scenario-based approach formulating individualized recruiting plans in evaluating candidates and their fit within the parameters of their program. In addition to learning the skills necessary to become a successful recruiter, fellows will also study NCAA compliance rules and become familiarized with the NCAA for recruiting of student-athletes as part of this course.

1 clock hour

How to Apply
Download the application for the Advanced Certificate in Rowing Leadership online at www.IRLatCRI.org. Applications can be submitted via postal mail or via e-mail to IRL@communityrowing.org.

The full cost of tuition for the Advanced Certificate in Rowing Leadership Program is $38,500. A non-refundable deposit of $1,000 is required upon admission to the reserve the applicant’s spot in the program. The deposit payment will be credited towards the first quarter tuition payment.

Tuition
$28,500
Financial aid is given to 78% of students

In line with Community Rowing, Inc.’s mission statement of “Rowing for All”, the IRL provides merit and/or need based financial aid. If you have questions regarding the tuition component of the IRL fellowship, please contact IRL@communityrowing.org.

Application Submission and Acceptance Information
Priority Submission Deadline – January 3, 2017
Applications received by the priority deadline will receive an admission decision by January 17, 2017.
International applicants are strongly encouraged to apply by the Priority Deadline.
Final Submission Deadline – March 13, 2017
Applications received by the final deadline will receive an admission decision by March 27, 2017.

www.IRLatCRI.org
FOLLOW YOUR PASSION

MAKE COACHING YOUR PROFESSION