THE INSTITUTE FOR ROWING LEADERSHIP

AT COMMUNITY ROWING, INC.

Advanced Certificate in Rowing Leadership
The Institute for Rowing Leadership at Community Rowing, Inc. was founded to inspire, instruct, and equip coaches for excellence in coaching and managing the sport of rowing. Coaching fellows at the IRL gain a theoretical framework coupled with a substantial volume of experiential learning guided by reflective practice.

“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.”

HUGO GULLIVER
Senior Coach, University of London
‘15 IRL Graduate, ‘10 Oxford Brookes University

THE IRL IS:
YOUR PATHWAY TO BECOMING A SUCCESSFUL COACH

The Advanced Certificate in Rowing Leadership is a yearlong, graduate-level fellowship program where fellows dive into learning and developing the wide array of skills needed to become a successful leader and coach.

Hallmarks of the program are:
- Rowing has changed each fellow’s life and they want to share that with others to make their impact on the world.
- Hands on learning is how fellows learn by working with subject matter expert instructors from preeminent universities and professions.
- Connection between the classroom and on the water application through a guided coaching practicum and regular on water observations.
- First and ONLY accredited coaching education program for rowing, the IRL is accredited at the highest level (Level 5) through 2024 by the National Committee for Accreditation of Coaching Education.
- One of only five programs nationwide with Level 5 status.

100% of graduates accepted jobs within 6 months of graduation
50% Male Students
50% Female Students
90% Students Receiving Financial Aid

The IRL at CRI.org

Photos by Damian Strohmeyer

COURSE CATALOGUE 2018

FIRST SPORTS SPECIFIC POST-GRADUATE PROGRAM IN THE US
Coaches are the cornerstones of their program. By committing to a year of learning alongside their classmates in the only post-graduate rowing specific educational program in the world, IRL fellows learn how to share the life changing aspects of rowing with athletes of all ages and ability levels. During their time at the IRL, each fellow acquires new knowledge from scientific study, puts this into practice under the guidance of master coaches, and then returns to the classroom to share what they’ve learned. The integration of theoretical content into implementable coaching practice is at the heart of instruction at the IRL. Formal and informal mentoring is woven throughout the year in the program with each fellow having specific qualitative and quantitative feedback on their on the water coaching sessions at least three times. This process of reflective coaching practice develops a deeper understanding of the individual and creative expressions of their personal leadership philosophy they will display throughout their coaching career.

"A major takeaway from my time at the IRL is that great coaches know themselves well and know how to negotiate the self within the coaching context. They developed this skill not by accident, but by regular coaching-oriented reflection. This self-knowledge, in addition to practical and theoretical knowledge, provides the framework for successful integration into an effective coaching practice. My classmates and instructors were especially integral in facilitating this kind of learning for me as a fellow."

LOGAN JESTER
Coach/Teacher, Phillips Andover Academy ’17 IRL Graduate, ’16 Williams College
CONNECT YOUR 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 connected with daily on the water coaching. 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 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 33% 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 connects the knowledge acquired in the classroom directly with coaching on the water. Mentor coaches and IRL staff provide fellows with feedback on their coaching through guided coaching observations on the water, which directly connects and reinforces the classroom content as it is implemented in real time. This guided structure, with multiple checkpoints over the course of the program, ensures fellows develop both their coaching knowledge and coaching practice concurrently.

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
LEARN BY DOING WITHIN A PASSIONATE COMMUNITY

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.

The educators teaching at the IRL are recognized as leaders in their field and are selected specifically for their subject matter expertise. Fellows also work with coaches with proven track records in producing outstanding athletes and teams. Each member of the IRL team is focused on delivering an education that is equips coaches with the most effective coaching methods, strategies, and interventions backed by a comprehensive base of knowledge of the sport.

The learning for IRL fellows extend outside of the classroom and regular feedback is 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.

SELECTED CLASSROOM INSTRUCTORS INCLUDE:

Dan Bechard, Ph.D.
Head Coach and Biomechanist, Western University/Hudson Boatworks

Wayne Berger, Ed.M.
Coordinator of Coaching Education, Community Rowing, Inc.

Erin McConnell, D.P.T.
Physical Therapist, Back on Track Physical Therapy

Steven Miller, M.P.A.
Executive Director, Healthy Weight Initiative, Harvard School of Public Health, Department of Nutrition

Laura Moretti, M.S., R.D., L.D.N.
Boston Children’s Hospital

Adam Naylor, Ed.D., M.A., CC-AASP
Professor, Boston University and Mental Game Sports Performance Consultant, Northeastern University

Whitney Otto, M.A.
Coach and Leadership Development Consultant

Andrea Sobieraj, M.S., C.S.C.S.
Professor, Brown University

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.”

JOHNA MANZIE
Varsity Girls Coach, Row Boston
'16 IRL Graduate, '16 University of Puget Sound
JOIN THE NETWORK OF IRL ALUMNI ALL ACROSS THE ROWING WORLD

A graduate of the IRL, you’ll emerge with more than just an accredited certification. 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 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.

IRL alumni are currently working in full-time positions at all levels of the sport across the rowing landscape:
- Brunswick School – Boatman/Facility Manager/Assistant Coach
- Community Rowing, Inc. – Assistant Director of Outreach
- Harvard University – Heavyweight Men’s Assistant Coach
- Head of the Charles – Director of Operations
- Indiana University – Women’s Assistant Coach
- Kai Tak Youth Rowing Club (Hong Kong) – Head Coach
- Manchester Rowing Alliance – Executive Director
- Michigan State University – Men’s Head Coach
- Phillips Andover Academy – Coach/Teacher
- Riverside Boat Club – High Performance Group Head Coach
- Saratoga Rowing Association – Women’s Assistant Coach
- Tufts University – Men’s Assistant Coach
- University of London (United Kingdom) – Senior Coach
- University of Michigan – Women’s Graduate Assistant Coach
- University of Pennsylvania – Women’s Assistant Coach
- University of Washington – Men’s Assistant Coach
- Washington University, St. Louis – Doctoral Fellow

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 and in the years since then multiple IRA Championships coaching at Washington.

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

www.IRLatCRI.org
In this course, fellows are introduced to the practical, and philosophical challenges that premise and re-conceptualizes coaching in the real world scenarios. This course examines the basic physiology of the main organs systems. Dinca the main physiology is understood for a specific system, then the sport science, exercise, nutritional science research to training and competition for rowers with a focus on what coaches can do to influence and train the organ systems (and their integration) so that as a coach they can make effective instructional and scientific training applications.

Topics include energy metabolism, cardiovascular and respiratory effects, muscle and neural control, endocrinology, renal physiology, principles of training, and injury prevention. Pathology and treatment of acute and overuse injuries, overtraining, recovery, injury prevention and the psychology of injury are key topics discussed.

CM550/552 – Coaching Methodology and Critical Thinking I & II

The first quarter of Coaching Methodology and Critical Thinking introduces fellows to the process of documenting their coaching methodology to gain expertise. Fellows complete an in-depth study of sophisticated techniques related to developmentally appropriate rigging for coaches, boat and oar repair, equipment trailering, crews, boat and oar repair, equipment trailering, and on four critical elements: appropriate rigging for athletes, kinematics, kinetics, and fluid mechanics. A detailed study of these biomechanical concepts and structural kinesiology is designed to give fellows the ability to apply biomechanical information to rowing specific movement patterns.

SS550/551 – Exercise Physiology I & II

Effective preparation for the water success depends on keeping your equipment in the background for the possibility of breaking repairs when necessary. This course focuses on the physical and mental preparation for rowing and coxing skills. With a mix of classroom sessions and practical application workshops in rigging and repairing boats/motors as well as sail training preparation, operation, and maintenance in setting, fellows gain the practical skills essential for keeping their crews and equipment in top form.

CM650 – Rigging and Fleet Maintenance

The most important element of the course is your development of a coaching methodology in the real world scenarios. This course examines the basic physiology of the main organs systems. Dinca the main physiology is understood for a specific system, then the sport science, exercise, nutritional science research to training and competition for rowers with a focus on what coaches can do to influence and train the organ systems (and their integration) so that as a coach they can make effective instructional and scientific training applications.

Topics include energy metabolism, cardiovascular and respiratory effects, muscle and neural control, endocrinology, renal physiology, principles of training, and injury prevention. Pathology and treatment of acute and overuse injuries, overtraining, recovery, injury prevention and the psychology of injury are key topics discussed.

CM550 – Leadership in Coaching

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RA50 – Event Management
The successful administration of competitions, whether it is the relative simplicity of a dual race or a multi-laced 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. This course is focused on understanding and developing the narrative aspects that go along with the execution of a successful event. Two critical components of this course are to bridge the skills and approachesdivide the involvement of volunteers in the operations and planning process for the Head of the Charles Regatta as well as a cursory application of knowledge by running all aspects of an indoor ergometer race for members of Community Rowing, Inc. 2 credit hours

RA505 – Sports Marketing and Branding
Marketing and branding permeates two important contexts for all fellow to understand: the development of a successful rowing club/team and cultivation of each fellow’s individual brand. By examining diverse communication strategies, learning how to identify a target market, understanding brand positioning, and how to utilize media and word-of-mouth marketing, fellows integrate theory and practice to develop a marketing plan to address a practical challenge in rowing. On the individual level, fellows consider how the concepts of marketing and branding apply in their future career path and how they can best communicate their individual brand. 2 credit hours

RA510 – Team Management
In this seminar-based course, the intra- and inter-personal aspects involved in the successful operation of a rowing club/team are explored. The course identifies differences between various real life examples of successful team management styles. Through this process, fellows learn principles that successful coaches have used to effectively set program, individual and their own goals, systematically develop resilience, use stressors to benefit, rather than inhibit athlete development, manage assistant staff, and identify their own strengths and weaknesses as managers of people and groups. Evaluation is based on fellows’ ability to identify intersections between this course’s material and other coursework and their coaching practicum. 2 credit 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 develop an understanding of the numerous elements that play a role in the financial administration of a rowing organization. Specific attention is given to understanding best practices in budgeting and finance to ensure both short and long term organizational health and stability. Through real world cases, fellows examine the typical business functions of different rowing organizations (e.g., school, club, college/university) 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 are addressed. 1 credit hour

COACHING PRACTICUM
Coaching Practicum
The Practicum component of the IRL (CP500, 503, 504, and 506) is critical in taking the knowledge and experience gained in the classroom and translating it to effect coaching interactions with athletes to enhance performance. In addition to in the water athlete instruction, the Practicum includes experiential learning opportunities in the management of the team, overall organization of the program, study and implementation of technique and strategy, event management, fundraising, and more.

Each fellow will have the opportunity to experience the many necessary roles of the rowing coach - teacher, physician, personal trainer, psychologist, fundraiser, and administrator - that compose the aggregate leader the IRL seeks to develop. Through the connection with the IRL program, fellows are matched with local teams that match their eventual desired career path, whether that is to work with collegiate, elite, junior or masters athletes.

As part of the Coaching Practicum, each fellow is evaluated regularly during their first year. IRL staff are given feedback on the implementation of their coaching knowledge on the water. Fellows are given a qualitative analysis of their observable coaching behaviors regarding time analysis, practice design, and coaching interventions as well as a qualitative analysis of their coaching performance. With multiple observation opportunities over the course of the year, this systematic feedback loop provides continued IRL feedback and tracking of progress and direct assistance in improving the application of their coaching skills in real time.

CP500 – Practicum I
The first quarter practicum is a complete immersion in the coaching of novice rowers at Community Rowing, Inc. By learning to build the stroke from the ground up, fellows learn the necessary skills in methodology and communication to effectively articulate their vision of the rowing stroke to the athletes they coach. 2 credit hours

CP502 – Practicum II
The second quarter practicum places each in a coaching position that matches their eventual coaching career goals. Fellows employ both coaching and athlete recruitment skills working within their coaching assignment to enhance the goals of their program during the fall season. 4 credit hours

CP504 – Practicum III
The third quarter practicum is focused on practicing in winter season training activities indoors including for many the opportunity to attend a training camp on the water. 2 credit hours

CP506 – Practicum IV
The fourth quarter practicum is the final installment in the experiential learning component of the IRL with a focus on instruction and performance of competitive athletes in the spring racing season. 4 credit hours

HOW TO APPLY

Please note, your application will not be considered for admission until all seven components have been received. All electronic application materials or any application related questions should be directed to:
IRL@communityrowing.org.

Official Academic Transcripts and Application Fee should be mailed directly to:
Institute for Rowing Leadership
Campus Center, Inc.
20 Nonantum Road
Brighton, MA 02135

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 e-mail to IRL@communityrowing.org.

Tuition
The full cost of tuition for the Advanced Certificate in Rowing Leadership Program is $28,500. 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.

Financial Aid
In line with Community Rowing, Inc’s mission statement of “Rowing for All”, the IRL provides financial assistance. Please indicate on your application if you wish to be considered for merit and/or need based financial aid. If you have any questions regarding the tuition component of the IRL fellowship, please contact IRL@communityrowing.org.

Application Submission and Acceptance Information
Priority Submission Deadline – January 5, 2018
Applications received by the priority deadline will receive an admission decision by January 19, 2018.
International applicants are strongly encouraged to apply by the Priority Deadline.
Final Submission Deadline – March 26, 2018
Applications received by the final deadline will receive an admission decision by April 9, 2018.

www.IRLatCRI.org
FOLLOW YOUR PASSION

MAKE COACHING YOUR PROFESSION