IRL TEAM MEMBERS

Wayne Berger
Coordinator of Coaching Education

Matt Lehrer
Director of Coaching Education

CB Sands-Bohrer
Manager of Coaching Education
YEARLY TIMELINE

Fall Course Examples
- Leadership in Coaching
- Exercise Physiology
- Rowing Biomechanics

Winter Course Examples
- Communication for Coaches
- Sports Nutrition
- Event Management

Spring Course Examples
- Training Program Design
- Strength Training
- Team Management

Summer Course Examples
- Coaching Philosophy & Ethics
- Advanced Technique & Technology
- Rigging & Fleet Maintenance
<table>
<thead>
<tr>
<th>Time</th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thurs</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
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<tbody>
<tr>
<td>7 – 9:30 am</td>
<td>Practicum</td>
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<tr>
<td>10 am – Noon</td>
<td>Class</td>
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<tr>
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<tr>
<td>3:30 – 6 pm</td>
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COURSE OF STUDY

Coaching Methods  Sports Science  Rowing Administration  Coaching Practicum
EXPERIENTIAL LEARNING

- Coaching Practicum
- Event Management
- Physiological Testing
- Rigging & Boat Repair
COACHING OBSERVATION

- One-on-One Coaching Observation 3x per year
- Post-Practice Written Evaluation
  - Qualitative & Quantitative Feedback
WHAT DO FELLOWS DO AFTER THE IRL?

IRL Graduates 2011 – 2016

- College: 57%
- High School: 10%
- Club: 11%
- Other: 22%