



### **03 Roles of Coaches and Boat Captains**

The Coaching Group consists of the coaches and boat captains. They will conduct their roles in the best interest of South Australian Dragons Abreast (SADA) to support members to perform to the best of their abilities and promote club harmony.

The group consists of experienced and/ or qualified members. The member designated as senior coach must hold a current AUSDBF coaching qualification.

The coaches are responsible for the development of paddlers, sweeps, drummers and trainee coaches.

The boat captains are responsible for overseeing competition teams and associated activities.

Applications for positions on the coaching group should be submitted to the SADA Committee in writing before 30 June for their consideration and approval. Selection is based on the Personal Skill Profile. Appointments are for one year to align with the paddling season.

#### **COACHING GROUP**

The Coaching Group is collectively responsible for the development of new and existing members, including stroke education, promoting boat etiquette and positive communication, performance development and other support as required for individuals and the club. Key components of the role are:

##### **Development**

- Mentor and develop trainee coaches
- Coordinate training and development of sweeps who undertake DBSA's sweep course and members who sweep during practice sessions
- Appoint a sweep coordinator who is responsible for rosters and training and may be part of the coaching group.

##### **Training**

- Design and set training programs and on-water drills
- Identify and direct others to assist with training as required
- Oversee and develop competition crews set by the boat captains
- Work with the boat captains to coordinate off-water fitness training
- Allocate buddies for new paddlers in consultation with the boat captains for the first 6 weeks of training
- Running Come and Try days.

##### **Relationship with DBSA**

- The senior coach is the first point of contact with DBSA for on-water issues
- The coaching group appoints the delegate for the DBSA Race Committee. The senior coach may attend the race committee meetings if required.

### **Relationship with the SADA Committee**

- Provide information and/ or reports for the committee's monthly meetings and an AGM report in consultation with boat captains
- Develop and maintain clear communication channels with the committee, boat captains, trainee coaches, sweeps, drummers and other members
- In consultation with boat captains, and the President and/ or committee members if required, participate in discussion and/ or mediation to resolve conflicts
- Contribute to the development of new paddlers' procedures
- Ensure the Membership Liaison member provides new members with appropriate information that includes paddling technique, safety policies and procedures and relevant club information.

### **BOAT CAPTAINS**

- The boat captains are responsible for selecting teams, contributing to the development of race crews in consultation with the Coaching Group, developing race plans and discussions with sweeps and drummers. Key components of the role are:

#### **Training**

- Set crews and balance boats to maximize training effort and reduce injury risks
- Work with the coaching group to identify and allocate buddies for new paddlers for the first 6 weeks of training
- Work in consultation with the coaching group to coordinate off-water fitness training
- Contribute to Come and Try days.

#### **Race days**

- Select crews in consultation with the Coaching Group, in line with the Crew Selection Policy
- Balance boats to ensure safe and effective paddling
- Manage crew entries on RevSport
- Prepare and print race day sheets
- Coordinate SADA volunteers, identify team support people and enter DBSA nominees on RevSport
- Liaise with other clubs regarding race day concerns and report to race officials if necessary.

#### **Relationship with DBSA**

- Identify and communicate issues for discussion at Race Committee meetings
- The Boat captains may attend Race Committee meetings as SADA delegate if required.

#### **Relationship with SADA Committee**

- Provide information and/ or reports for the monthly committee meetings and an AGM report in consultation with the Coaching Group
- Develop and maintain clear communication channels with the committee, Coaching Group, trainee sweeps, drummers and members
- In consultation with boat captains, and the President and/ or committee members if required, participate in discussion and/ or mediation to resolve conflicts.
- **PERSONAL SKILL PROFILE**
- **Communication**
- Able to communicate effectively, listen carefully and clarify content, respect others viewpoints and maintain confidentiality.
- **Teamwork and team building**
- Able to work flexibly and collaboratively with others to achieve team goals, share information and expertise and promote harmony and team spirit.
- **Technical expertise**
- Demonstrate knowledge and relevant experience for the role and maintain appropriate qualifications.
- **Negotiation and conflict resolution**
- Able to secure agreement to achieve shared goals and retain goodwill.
- **Planning**
- Able to establish a course of action to achieve specific goals and use relevant systems and resources.

<b>Endorsed by SADA Committee</b>	<b>15/6/2023</b>
<b>Date these procedures apply from:</b>	<b>1/7/2023</b>
<b>Review date:</b>	<b>1/7/2025</b>