

## **Competitive Youth: Spring 2020 Assistant Coach Job Description**

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### Summary

The Assistant Coach is responsible for collaborating with the Head Coach to create a positive, challenging and productive environment for the competitive youth teams at CRI. The Assistant Coach reports to the team's Head Coach. The Assistant Coach strives to give every student-athlete in the program a competitive experience that is safe, challenging and fun. The Assistant Coach embodies CRI's mission by exemplifying sportsmanship and respect for all individuals, and also by fostering leadership, team spirit and a strong sense of community. CRI student-athletes gain knowledge and fitness while building the skills and awareness of competitive rowing and racing at a high performance programs.

### Goals of the Assistant Coach Position.

- To provide a safe environment for all CRI student-athletes
- To guide student-athletes to reach their full potential through a positive team experience
- To ensure student-athletes are prepared to race above their perceived potential
- To recruit student athletes to meet CRI's mission by filling programs to capacity
- To oversee and manage the skills development of the athletes assigned to them
- To communicate to student-athletes that the process of development and growth is the primary goal of this program
- To produce and ensure a positive experience for parents of athletes through effective management and appropriate engagement
- To treat athletes equally regardless of rowing skill or boating position

### Areas of Responsibility

- Coaching:

- Execute practice plans on the water or in training under the guidance and direction of the Head Coach
- Promote a team environment that is conducive to physical and mental health, short and long term goal setting with a focus on the development of each student-athlete
- Teach a wide range of athlete skills to a high level of rowing competency through a rigorous and safe training and racing schedule.
- Teach student-athletes a high level of teamwork, leadership, fitness, injury prevention, goal setting and mental preparation
- Support the development of mind-body connection in all student-athletes that will foster the long term mental and physical health of CRI student-athletes

### Equipment and Scheduling

- Assist Head Coach with equipment management, care of equipment and fine-tuning rigging for crews
- Assist Head Coach with coordination with the other coaches and the Programs Scheduler to ensure the most effective management of all CRI resources (boats, oars, ergs, weight room access, meeting spaces)

- Collaborate with all CRI staff to ensure regatta scheduling, organization, travel, trailer loading and boat and athlete transportation is organized, and well communicated.
  - Coordinate with Head Coach to ensure regatta entries and line ups submitted in a timely and complete manner for every competition
  - Support Head Coach when collaborating with parent volunteers for race logistics and food
  
- Compliance
  - Ensure compliance with USRowing and CRI rules and regulations for all athletes and staff
  - Ensure compliance with the rules of rowing on the Charles River and/or any other watersheets on which the team practices or races
  
- Additional Responsibilities
  - Perform other duties as assigned

#### Skills

- Strong leadership, interpersonal, organizational and mentoring skills  
Strong Communication skills
- Proven ability to work with others, sharing space and equipment with other CRI programs
- Understanding of the physiological and psychological needs of young/high school aged student-athletes
- Plan, organize and teach to an organized and well thought out training plan
- Teach sweep and sculling technique safely and effectively
- Ability to appropriately rig all the classes of sweep and sculling boats to this age group
- Launch handling and basic use/care
- CPR and First Aid certified