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## Institute for Rowing Leadership

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The Institute for Rowing Leadership (IRL) at Community Rowing Inc. offers the only sport specific graduate level coaching education program in the USA. The IRL provides an intensive yearlong Advanced Certificate in Rowing Leadership fellowship program for future leaders through a curriculum based on both academic and experiential learning methodologies. IRL fellows spend 16-20 hours a week in the classroom learning from Boston-area professors, coaches, and professionals as well as 16-20 hours a week on the water coaching and implementing the lessons learned in the classroom.

The IRL curriculum is a multi-disciplinary approach with four major learning tracks woven together throughout the program: three academic content streams and the application of these skills in a real world coaching practicum with the developmental level of athletes they identify for their future career pathway.

- **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 sports science and application of the physiological and neurological components of performance specifically focused on athletic development of rowers.
- **Rowing Administration** – A detailed off-the-water education about the 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.

Ongoing throughout the year, the integration of reflective practice into the classroom curriculum and coaching practicum knits together the learning process and builds this habit into the coaching DNA of each fellow. Further, all coaching fellows are evaluated regularly throughout the year in their coaching practicum by IRL staff to give systematic feedback on the implementation of their coaching knowledge on the water. In the observation, fellows are given a quantitative analysis of their observable coaching behaviors regarding time analysis, practice design/delivery, coaching interventions, as well as a qualitative analysis of their coaching performance.

Graduates from the IRL program have gone on to coach crews at the World Championships, direct operations for clubs across the country and the Head of the Charles Regatta, and lead crews to numerous championship medals at the collegiate and high school levels. The IRL graduates fellows annually each June. For more information on the program at our website and our current group of fellows please visit <http://www.IRLatCRI.org>.