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## Up 2 Us Coach Across America Job Description

April, 2019

Connecting athletes with excellence in the sport of rowing, the Pocock Legacy and stewarding the culture and people of the Pocock Rowing Center are the basis of what we do.

### Professional

- Ensure the safety and security of participants and guests at the Renton Rowing Center.
- Abide by policies laid out in the PRC Safety Manual, Coaching Manual, Employee Guide and Member Handbook.
- Attend team practices and regattas as specified in Appendix A.
- Attend mandatory scheduled staff meetings.
- Support and promote all PRC/GPRF policies, procedures and activities.
- Communicate with your team, fellow staff and supervisor on a regular basis about items relating to safety, athlete development, facility and equipment use and other pertinent topics.
- Support activities, events and initiatives of the Pocock Rowing Center, including Pocock Day, the 1PRC Auction and team-specific PRC-sponsored events.

### Instructional

- Provide high quality teaching in the technical, physiological, and mental aspects of athletic performance in the sport of rowing.
- Provide constructive feedback to rowers during practice.
- Motivate rowers in a positive environment.
- Maintain discipline with regard to PRC policies as well as team-centric standards.

### Environmental

- Create a positive learning experience and environment for rowers and coxswains.
- Cultivate and contribute to a positive, welcoming boathouse culture and community.
- Promote teamwork.
- Build trust with athletes in order to further their development in the sport.
- Advance program growth and ensure athlete retention.
- Build effective relationships within the PRC to further the aims of the 1PRC culture.

## Up2Us / Coach Across America Candidate Responsibilities

### Assistant Rowing Coach

- Develop athletes and coach crews at the direction of the Head Coach.
- Function as a resource for the athletes, complementary to the Head Coach.
- Execute practice plans as decided upon by the Head Coach.
- Support the Head Coach's initiatives, creation of team culture and performance.
- Support the Head Coach's administrative tasks, such as roster management, tracking of attendance and athletic results.
- Take responsibility for selecting and preparing assigned boats for competition at the direction of the Head Coach.

### Other Duties as assigned that could include:



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- Conduct outreach efforts in the community to raise awareness and inspire participation for youth and adults.
  - Support Erg Ed instructional efforts in the classroom.
  - Support Erg Ed logistics and equipment maintenance.
  - Support student athletes and families in the Row to the Future program.
  - Manage social media platforms.
  - Assist with administrative tasks including registration, data entry, waiver management and communications.
  - Orient new members to club facility, waterway, policy, and safety procedures.

**Coach Across America** is an intense experience and Coaches are asked to go above and beyond every day of their service term. Being a part of Coach Across America connects our Coaches both with their local communities and a larger national movement of people dedicated to serving youth through sports. In addition to site-specific duties, Coach Across America Coaches are also responsible for the following CAA program elements:

- Completing timesheets
- Creating program rosters and attendance trackers
- Administering evaluations to program participants
- Attending orientations and trainings
- Reflecting on their service in guided reflection logs; and
- Participating in a National Day of Service

**About Up2Us Coach Across America** - Coach Across America (CAA) is the first nationwide program to inspire young adults to commit to a year of service as Coach Mentors in underserved communities. CAA Coaches receive extensive training through Up2Us' Center for Sports-Based Youth Development. More than 500 Coaches have provided opportunities for 75,000 youth to be active, learn skills, and stay out of trouble through sports. Learn more at [www.up2us.org](http://www.up2us.org)