



Pocock Rowing Center
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Assistant Coach, Summer High Performance Youth Team

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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 Pocock 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 IPRC 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 community to further the IPRC Boathouse.

Specific Role: Assistant Coach PRC Summer High Performance Program

- 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 pathway of athlete development.
- Support the Head Coach's administrative tasks, such as roster management, tracking of attendance and athletic results.
- Perform other coaching duties as assigned by the Head Coach, Junior Program Coordinator or Director of Rowing Operations.

*The Pocock Rowing Center is part of the George Pocock Rowing Foundation (GPRF).
The GPRF is a 501(c)(3) nonprofit corporation.*