

# TY COACH TRAINING

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## A PROGRAMME FOR TY STUDENTS TO TRAIN AS COACHES, EARN GAISCE HOURS, AND START ON A PATHWAY TO FUTURE COACHING

Get Going Get Rowing offers experienced rowers in their TY year an innovative peer-to-peer coaching training programme that runs September through June.

Our TYs are trained and then volunteer hours throughout the school year to coach indoor and on-the-water sessions at local rowing clubs with the variety of schools who take part in our programmes. TY Coaching has run very successfully the last several years in both Dublin and Limerick, and in 2023-24 we're now running it for TY rowers in Cork.

We have high expectations of our TY Coaches. They will be taking on leadership roles, have important responsibilities, and be relied upon to assist in programme delivery. They will receive continued training and mentoring from experienced coaches throughout the school year. They will have the chance to opt in to sessions as their schedules allow, show up on time, and take initiative. In return, their coaching skills will develop and strengthen, and they will see their skills making a difference in the performance of the students they coach.

The vast majority of secondary schools count work as a TY Coach toward Gaisce Award hours.





## WHO WE'RE LOOKING FOR

Every athlete deserves someone on the side lines supporting them. We're looking for young people who have an ambition to become just that.

We need experienced rowers in their TY year who are willing to step outside their comfort zone, rowers who are eager to see coaching from a different perspective. We're seeking rowers who have felt the benefits of participating in sport, and want to help their peers do the same.

You needn't be all these things now, but if you want to try to work toward this type of sporting mindset, please apply, because we'd like to help you get there.



## HOW TO APPLY

To apply, fill in the form at this webpage: <https://www.getgoinggetrowing.com/ty-coaching-programme-for-rowers/>. Leinster Coordinator Aoife Byrne or Munster Coordinator Amy Johnson will contact you. Please send any questions to Aoife or Amy at the email addresses above.

