



Victoria City Rowing Club

5100 Patricia Bay Highway

Victoria, BC, V8Y 2T6

Phone: 250-658-5331

Fax: 250-658-5361

E-mail: clubadmin@vcrc.bc.ca

Website: www.vcrc.bc.ca

Volunteer & Shadow Coach Opportunity Posting VCRC Summer Programs 2019.

Become a coach at VCRC! VCRC offers shadow coach opportunities during the summer programs. VCRC is providing Introduction and Recreational programs for youth and adults, as well as full-day youth rowing camps. The focus of the summer programs is to introduce participants to rowing in a safe and fun environment, to help them master basic rowing and boat handling skills and to develop fitness.

We are looking for the next generation of coaches, and if you would like to get some experience and learn from experienced VCRC summer program coaches, start your own coach development today. We have several opportunities for you to volunteer and shadow our coaching staff!

Program Opportunities:

All youth programs run weekly from July 1st – August 30th, 2019.

Youth Summer Camps – Monday to Friday 9:00am-3:00pm

Youth Introduction to Rowing Beginner – Monday to Friday 10:00am-12:00pm

Youth Introduction to Rowing Intermediate – Monday to Friday 1:00pm-3:00pm

Youth Experienced Single and Sweep camps – Monday to Friday 1:00am-3:00pm

Youth Reboot Camp – Monday to Friday 4:00am-6:00pm

Adult Introduction to Rowing – Monday/Wednesday or Tuesday/Thursday 6:30pm-8:30pm

Depending on your skill level and what you are hoping to get out of the shadow coaches we offer different opportunities

Participation from the shadow coach:

- Shadow the coach
- Help participants to get boats in and out of the boathouse and on and off the dock
- Operate the coach boat while the coach is coaching
- Start coaching while the programs coach is operating the coach boat
- Operate the coach boat and coach at the same time
- Practice a water rescue and help a participant to climb back into their boat

Qualifications:

- Criminal record Check Provided
- Completed RCA Rowing Essentials
- Boat pro an asset but not required
- Learn to Row instructor's course an asset but not required

To apply, please submit a resume and letter *by June 1st* to:

VCRC Programs Coordinator, Katie Bahain-Steenman

Email: VCRCPrograms@gmail.com