



2008-2009 RCA Mentoring Projects for Coaches

Applications are now being accepted for the **2008-2009** year. Applications must be received not later than Friday June 6, 2008. Applicants will be notified about the status of their application by June 23, 2008. In order to be eligible, the applicant must be registered with Rowing Canada Aviron.

Background

Many organizations have clearly identified that working with a mentor enhances learning, motivation and results. It is used effectively in the training of doctors, nurses, and various trades and in business. Over the last eight years, this has been a very successful program for rowing coaches in Canada.

Coaches have used the program and financial support to work with expert coaches at all levels from club to provincial programs. Some coaches have worked on their Level 3 certification. Other coaches have used the support to bring mentor coaches into their community to work with them in their own club environments. An applicant has used the mentorship opportunity to improve her knowledge and skills in the area of strength training for high school rowers. Since 1999, RCA has provided financial assistance to support these types of mentoring projects, recognizing the importance of quality coaching at all levels.

This project is based on the success of the 1998 RCA Pilot Mentoring Project. It is learner driven, mentor guided, and applicable to a coach's real-life training program and the development needs of his/her athletes. The experienced mentor coach will work developing coach based on the identified learning needs.. An individualized learning plan for the applicant and his/her ongoing development is one of the outcomes of this program.

The Project

There will be up to two mentoring grants of \$1000 each allocated to the successful applicants. These funds can be used to offset travel costs for the selected applicant or honoraria for the mentor coach.

There may be other budget items that the applicant may wish to include that will assist in his/her development. It will be up to each applicant to clearly outline his/her proposed program of learning including learning goals, expected outcomes and budget.

Throughout the project, the successful applicants and their mentor coaches will be required to keep a diary/logbook outlining the interaction, learning successes and where there could be improvements. At the end of the project, RCA will expect to receive a thorough report on the mentoring experience.

For more information contact:

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