

St Leonard's School Boat Club
Volunteer coaches wanted

To support the increasing popularity of the school boat club, we are looking for volunteers to join our coaching team. We feel that this would be an ideal opportunity for a student rower completing a PGCE looking for additional experience working with young people or for anyone looking to get into coaching or teaching after their undergraduate studies.

Dependent on experience and preference, there would be opportunities to coach complete beginners (J12-14) or to coach more experienced rowers and crews that are starting to focus more on performance (J15-18). From September to October, our river sessions are on Tuesdays and Fridays from 4:00pm until 6:00pm and on Saturdays from 8:00am until 11:00am. From November until February, we typically only train on Saturday mornings, returning to Tue/Fri/Sat once the clocks have changed. Ideally, any candidate(s) could commit to one water session per week.

Due to the busy nature of the Wear, river outings are the sessions where we are currently looking for more support. However, assistance at indoor training sessions in school would also be helpful.

There would also be scope for the candidate(s) to acquire use of the school's ergo room for their squad / college club at times more flexible than those previously offered. Our ergo room consists of 10 ergos, 8 exercise bikes, gym mats, kettlebells, wall weights and free weights.

Any appointment will be subject to a D.B.S. check.

Please send an email to admin@st-leonards.durham.sch.uk if you would like to apply or require further information. Ideally candidates will be able to begin coaching from September.

Mr D Smith
Teacher i/c Rowing
St Leonard's School