**Session Coach vs Club Coach – Some FAQs**

**Why should I become a qualified coach?**

Completing a BR coaching qualification is a lot more than simply receiving a certificate. The courses will challenge your thinking and bring to life the challenges you find in your coaching environments to find solutions. Your course is also a great opportunity to meet like-minded coaches and build a future support network to help you to continue to develop beyond the course itself.

**I don’t know which qualification I should do. What are my options?**

BR offers two entry level courses into coaching. These are the session coach and club coach courses, these are both ‘level 2’ courses but we no longer refer to qualifications by their level. Both courses are a great introduction to the principles of coaching but they do have different content to support coaches working in different ways.

**Who delivers the courses?**

The courses are organised by your regional coaching chair (your coaching rep on the regional rowing council) and delivered by your regional coach developer workforce (tutors and assessors) They have all undertaken full training and continue to maintain their standards through regional and national standardisation events. BR coach developers are not direct BR members of staff, but committed members of the rowing community who have trained to deliver the courses. Feedback from courses on a national level often highlights how professional our coach developer workforce are and identify them as a really positive aspect of taking a coaching qualification.

**What are the key differences between the session coach and club coach courses?**

The main difference is who they are aimed at. If you are a coach who helps out with the odd session or maybe the learn to row course, the session coach is perfect to give you a professional qualification that will underpin your coaching practice. The club coach course is aimed at coaches who are more engaged with regular coaching such as putting together a programme for a club squad. The club coach course supports you to link progressive sessions. You can find full details of each qualification [here](https://www.britishrowing.org/knowledge/courses-qualifications/coaching/)

**I don’t think I’m ready to do a club coach course yet, can I top a session coach course?**

If you feel you may want to do a club coach course in the near future then it is probably best to register to do one now instead of the session coach course. You have two years to complete the qualification and we will support you to find a mentor to help you develop your skills and confidence before your final assessment.

**What’s the point of going on the more expensive club coach course?**

The club coach course is aimed at a different type of coach to a session coach course, both of whom regularly work within a rowing club coaching structure. If you want to become a coach who has the skills to progress and grow your participants over a season then the coach course may be more suitable for you.

**So does being a club coach make me better than a session coach?**

Holding a coaching qualification does not automatically make you a better coach. It is how you choose to use the knowledge you gain on a course and implement it in your own coaching environment that shows if you are a successful coach or not. Being a great coach is not simply about winning loads of races. It is about creating participants who can have a lifelong enjoyment of our sport thanks to the support they receive. For some it may mean winning medals, for others it may mean being able to simply enjoy safely being out on the river. BR coaching qualifications plant a seed whereby you go away and implement your new ideas and knowledge and continue to grow through experiential coaching practice.

**I don’t think I can afford to go on a course. Is any funding available?**

There are lots of pots of funds available for BR coaching courses. If you’re paying full price then you’re doing something wrong! Regional rowing councils offer large discounts (often 50% of the full cost). Contact your regional rowing council coaching rep for more details. Your club will often offer financial support in return for a commitment that you will deliver a certain number of sessions. Your County Sports Partnership (CSP) will also offer funding for your course. You can find your CSP [here](http://www.cspnetwork.org/your-csp)

**I’m worried about failing. What help is available?**

First of all, taking a coaching qualification is a developmental process. We recognise that some people will need a bit more time and support before they do their final assessment. You will be assigned an assessor and they will help you to ensure your portfolio is completed to the right standard and that you are full prepared for the final practical assessment. If you are not deemed competent at the point of your first assessment, the assessor will identify an action plan to continue to help you develop and re-assessment date. If you feel you have not been fairly assessed, there is a comprehensive appeal process to ensure you can voice any concerns.

**How come the courses cost what they do?**

All BR coaching qualifications are run at a professional standard to ensure they continue to meet nationally recognised qualification standards (just like GCSEs and A’levels) They are continually developed and adapted to meet the needs of the changing face of our sport. Just some of the costs embedded into the final cost to the end user include:

* Professional BR staff to develop and evolve content
* Coach educator, assessor and quality assurer training for delivery staff
* Tutor, assessor and IQA delivery fees
* Staff to continually develop and maintain the online learning platform
* Central administration staff to process courses and run the certification process
* Up to date hard copy and online resources
* Staff to maintain UKCC accreditation to ensure the delivery of qualifications are to the highest standards.

BR courses are very reasonably priced compared to a lot of other sports who deliver the same level of qualification but at a much higher price. We work hard to balance the quality of the learner experience and an affordable pricing structure.

**How come courses get cancelled?**

To ensure a positive learning experience, our courses can only run with a recommended minimum number of learners. Unfortunately if there are only two people booked onto a course then we have to cancel it.

**Can you run a course just for people at my club?**

Absolutely! If you have enough people to meet the minimum numbers, then please contact your regional coaching rep and they will help you to identify a appropriate dates to run a course. Please note that they will need a minimum of 25 working days advance notice to run a course.

**Is there any training available in the region for coaches?**

Regional training is run through your regional rowing council. This varies for each region. If you have an idea for a training or networking coaching event in your region, please contact your regional coaching rep.