

IOCA (UK) SOUTH HEAD COACH ROLE



Summary

IOCA South runs one of the largest junior winter coaching programs in the UK. We plan to expand our current training to 2 locations in 2017/18, providing training for 70-80 optimist sailors over 6 days between October and March.

We are looking for an experienced Head Coach, to design and lead a programme, which provides good quality coaching for the sailors, as well as a structured training programme for the coaches.

Role Description

Sailing Programme

The sailors are all of pre-zone level. At the top end the sailors will be looking to move to Main Fleet the following Summer and apply for Zone Squad the following winter. At the lower end, they can sail a triangular course.

At Spinnaker, the winter training has traditionally always been oversubscribed, but is capped at 50 sailors. The programme runs on a Saturday once a month. Sailors are expected to be rigged and ready for 9.30am. Due to the layout of the venue, coming ashore/re-launching is very easy, with sailors leaving their boats tied on to the pontoons. Debrief at the end of the day is usually around 4pm.

At Bosham there are likely to be up to 24 sailors in the first year. Time on the water will be one long session, due to tidal constraints.

We are looking for the Head Coach to work with the IOCA South Rep and Optimist National Coach to design a training programme for the sailors, that ensures a good quality training programme for all levels. This needs to be flexible, to accommodate the differing wind conditions and venues, and will include alternative on-shore activities. The Head Coach will attend all of the sessions at Spinnaker, and a one or two of the Bosham sessions, to oversee the delivery of the programme.

Coaching Programme

The IOCA South winter training provides an opportunity to train up the Zone Squad coaches of the future. Currently there is no formal training programme for optimist coaches, coaching at this level. We are looking for the Head Coach, to design and deliver a programme for the coaches, including:

- providing instructions to the coaches before each session with examples of exercises, videos, and other training materials for the sailor training session that is planned (plus an alternative plan if the weather forecast suggests that might be necessary). It is intended that the session plans will be in a format that can be circulated and used by other IOCA regions.

- training on how to structure a session appropriate for the age/skill level of the sailors, for example how long to spend on an exercise/on the water, how to run a briefing session
- training on how to manage sailors/parents

The Coaches will have a half hour session with the Head Coach before the session starts, and a half hour session at the end of the day, dedicated to Coaching Development.

At Spinnaker, there will be 7 coaches, to allow for a coaching ratio of between 6 and 8. As Head Coach, you will not be assigned a group, to enable you to spend time with each of the coaches/groups, overseeing the delivery of the programme. At Bosham, there will be a Lead Coach, plus further coaches, to provide a coaching ratio of 1:6, with the Lead Coach taking a group.

The plan is to have a mix of coaches with different levels of experience, with around half the coaches having passed their DI or Race Coach Level 2 within the past year, the remainder will be more experienced. At Bosham, there will be a more experienced Lead Coach to run the sessions, and deliver the programme that you have provided them. It will be expected that you will spend one session at Bosham at the beginning of winter, and a second at the end, to ensure that the programme is running smoothly and with the same level of quality as at Spinnaker.

Bosham

Bosham has some challenging tidal conditions. Both you and the Lead Coach at Bosham will need to be experienced tidal coaches, preferably with some experience of sailing in Chichester Harbour.

Parent Management

For many sailors and parents, the IOCA South winter training is their first experience of sailing outside of their club. During the first session, you will do a talk to the parents once the sailors are on the water, explaining how they can support their sailors, and what is expected during the training sessions. All communication between parents and coaches must be through you, and no feedback should be given directly to coaches. During the following sessions, you will need to manage the feedback process, should it be required.

Experience

The ideal candidate will have:

- Experience as a Head Coach, leading a large coaching group.
- Experience, and potentially a qualification such as Coach/Assessor, in training coaches
- Optimist specific coaching and/or sailing experience.
- Experience in handling parent/sailor management issues.

Coaching Days

The role will include:

- 2 paid days to design the sailing and coaching programmes. It is expected that this will be delivered in a format that can be re-used in subsequent years. This will also include

reviewing applications for the Lead Coach role at Bosham and approving a candidate for the role.

- A total of 1 paid day to prepare for each of the individual sessions, provide instructions to the coaches, and communicate with parents before and after each session.
- 6 Saturdays of coaching at Spinnaker. Note: the exact days for the winter training are usually agreed in June/July each year. The Head Coach is expected to attend all of the coaching sessions at Spinnaker.
- 2 days of coaching at Bosham. These may be on Saturdays or Sundays, and may not be full days.

Pay

The daily rate paid for the role will depend on experience. Mileage is also paid at £0.20 per mile.

IOCA South

The IOCA South Rep (or a nominated volunteer) will be responsible for :

- hiring the coaches, checking paperwork, putting contracts in place, and paying the coaches
- dealing with the venue, arranging RIBs, catering etc
- managing sailor bookings, producing a register
- allocating sailors into initial groups, based on age/experience.
- Putting on some parent sessions, with information on squads, the traveller series, national events etc.
- Arranging volunteers (Note: on water parental volunteers are not needed at Spinnaker).

Expressions of Interest

Expressions of interest should be sent to the IOCA South Area Rep:

Gillian Schonrock

gillian@schonrocks.com