

## **Coaching Level Descriptions**

### **Level I Coaching Education Certification**

**Cost:** \$190

**Description:** This level is designed for someone who is seriously considering coaching the sport of rowing and who has not previously been USRowing coaching certified. This is an introductory course that is excellent for college students, recent graduates, parents or those who are just starting out in coaching.

Restrictions: Class limited to first 80 registrants.

### **Level II Coaching Education Certification**

**Cost:** \$245

**Description:** This level is designed for a beginning coach who has held an USRowing Coaching Education Program Level I certificate for at least six months. This clinic is perfect for those coaches who have been coaching for at least one year. Coaches can be waived into Level II if the coach has been coaching for over one year.

Restriction: Class limited to first 150 registrants.

### **Level III Coaching Education Certification**

**Cost:** \$295

**Description:** This level is designed for an intermediate coach, who has been USRowing Level II certified for at least one year and may hold a position such as a first-time high school, club or collegiate head coach or may be an experienced assistant coach. Coaches can be waived into Level III if the coach has been coaching for over 5 years. **Please note that CPR, First Aid, and Boating Safety certifications are needed to fulfill the Level III certification process.**

Restrictions: Class limited to first 200 registrants.

### **Advanced Coaches Series**

**Cost:** \$200

**Description:** The Advanced Coaches Series is for coaches who are beyond the certification program or have completed the Level III program. This program will present speakers with expertise in their field, information that will impact your team. The format is designed for in-depth discussion of topics; speakers are able to take up to two hours to present with plenty of time for questions and answers.