



Rowing *British* *Columbia*

Mentoring Expectations

Working with Assistants and Associates

General principles

- ❖ Be positive, friendly and upbeat when dealing with Assistants and Associates.
- ❖ Think of them as your retirement package!
- ❖ Establish their knowledge/experience level up front. There will be a difference between an individual that has rowed for years and a parent for whom this is their first 'outing'.
- ❖ If you get a question that you aren't sure how to answer, direct the Assistant or Associate to the CU or a Clinician. Don't wing it!



General procedures

- ❖ Be prepared to explain what the position entails
- ❖ Start by doing the work yourself, with the Assistant or Associate observing
- ❖ When the Assistant or Associate feels ready, allow them to do the work while you observe closely
- ❖ Go easy on the garlic the night before – when I talk about “over the shoulder”, I mean close enough to whisper prompts and/or corrections in their ear!



Assistants

- ❖ Have been through the Level 1 Clinic or the new online module.
- ❖ Are required to work a minimum of 1 shift as support to the Jury at each of the following positions:
 - Control at the dock
 - Control at the weigh-in
 - Finish
 - Start
 - An observation with a Race Umpire
- ❖ Assistants are not be expected to be decision-makers
- ❖ Only the Assistant decides when they are ready for the Level 2 clinic



Associates

- ❖ Have been through the Level 2 Clinic
- ❖ Are required to work a minimum of 2 shifts at each of the following positions:
 - Control
 - Finish
 - Race Umpire
 - Start
 - Judge at the Start
- ❖ Decisions made by an Associate to be confirmed by the mentor
- ❖ Minimum 4 regattas, more than one venue, 3 sprint and 1 head race
- ❖ Only the Associate decides when they are ready for the exam

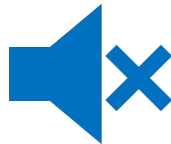


Station Overview

Control at weigh-in



Weigh-in
Order



Quiet Zone



Dead weight



Recording

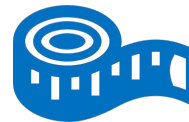
Control at the dock



Bow ball



Single hand
release

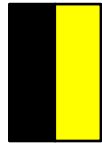


Heel ties



Station Overview

Judge at the Start



Start line



verbiage



radio



flags

Starter



Radio



Start script



Flag



Station Overview

Race Umpire

- ❖ Assistants only observe!
 - ❑ It would be great to have an Assistant as the boat driver
- ❖ Associates can hold the flags
 - ❑ They must have a mentor in the boat with them



Boat position



talk



flags



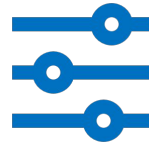
time

Station Overview

Judge at the Finish



Spotter



Finish Order



Time



Flags