

The Race Coach course is designed for those coaches that work with green fleet racers through to sailors competing at national level events. The course includes content to support a coach’s journey to continuously improve through both reflective practice & seeking feedback in their sailing community. This course is a fundamental steppingstone in the pathway to becoming a coach at Regatta, Performance and Olympic level. This course does **not** cover technical sailing skills – it aims to increase your knowledge around coaching and coaching related skills.

**On completion of the Yachting New Zealand Race Coach course, a coach will be able to**

* Deliver safe and professional coaching
* Improve planning and preparation skills
* Give effective feedback
* Understand what makes a good brief/debrief
* Continuously improve as a coach

**Course format and delivery**

The Race coach course totals 16 hours. There is an online component and a practical component. The online component can be done at the coach’s pace, and is done before the practical component. The practical component includes feedback from a coach developer on work from the online content alongside on water feedback while on water.

The practical component can be scheduled one of three ways.

1. The coach development manager is at a regatta as part of their calendar. They can review and provide on water feedback during the event.
2. A group of 4 coaches has completed the content and schedule a day with their local coach developer. For a list of coach developers, contact the Yachting New Zealand Coach Development Manager, Peter Soosalu at peters@yachtingnz.org.nz.
3. The coach submits a video of their briefing, a 5-minute segment of their on-water coaching, and a debriefing. The coach also includes their completed work done online, as well as notes answering the **following** about their submitted video.

**Prerequisites required**

* Completion of the online Coaching Yachting 101 module (if not already done on a Learn to Sail coach course)
* 16 years of age (inclusive)
* Racing experience above the skill level you intend to coach
* Some coaching experience (Learn to Sail Coach is good, but not required)
* Powerboat experience – either your club safety boat course as part of the MOSS exemption, or an RYA Powerboat Level 2 certificate

**Themes Covered**

Reflective practice Knowing your sailor Coaching plans

Sailor motivation Powerboat use Golden Skills

Coaching philosophy Questioning techniques

**Registration, Assessment and Fees**

To register, head to <https://www.yachtingnz.org.nz/coaches/coach-course-calendar>. After completing the online portion of the course contact the Yachting New Zealand Coach Development Manager (peters@yachtingnz.org.nz) to discuss your coaching schedule for the on-water portion.

The course cost is $175. Payment is required before the course commences.