

## CASE STUDY 5

# Rowing Canada: Canada Games Apprenticeship Programme

### *Name of the programme:*

Rowing Canada: Canada Games Apprenticeship Programme

### *Briefly describe the programme:*

This programme provides the opportunity for each Canadian province to send a female rowing coach to the Canada Games in an apprenticeship role.

### *How did you implement it?*

The programme is open to women coaches who are in the early stages of the coaching pathway and have not yet gained experience coaching at the Canada Games or similar level of events. The coaches accepted on to the programme are assigned a mentor coach, who is also a member of the Games coaching staff. The coaches are also provided Professional Development sessions in the lead up to the Games which enable networking between the coaches on the programme. The coaches must fulfil the next level of their coach education within two years of the Games. It is ensured that the apprentice coaches have a specific and meaningful role within the team.

### *What were your aims for the programme?*

- Build coaching capacity for women in sport
- Provide women apprentice coaches with domestic multi-sport exposure
- Provide women apprentice coaches with enhanced professional development and learning opportunities to prepare them for higher level coaching and ensure an increase in their level of coaching certification.
- Expose women apprentice coaches to elite women coaches' experiences
- Ensure women apprentice coaches are prepared to play a meaningful role during the Canada Games experience.

### *Did you achieve them?*

This programme started in 2005. Since then, female rowing coaches have been part of teams at each of the Canada Games. Many have progressed to provincial and RCA Junior and U23 team roles following the programme. There are three rowing coaches currently on the programme for the 2023

Games.

### *What would you change if you ran the programme again?*

The programme has been continuing since 2005. Following its success, it has been recently expanded to include coaches from Aboriginal heritage.

### *Any other feedback from the programme:*

One coach who took part in the 2019 Canada Games Apprenticeship programme stated:

"Through the program I have learned so many things that I really do need to know in order to be successful. It's just taught me so much and has given me the opportunity to really get out there and experience what it is like to be a coach at Canada Games."

### *Main contact for more details:*

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Photo: RCA