

COACH PROFILE

Amanda Schweinbenz



Rowing Coach

Coaching Experience:

Sudbury

10 years athletes with a disability

25 Total

Context:

Community, Competitive and High Performance

Why did you start coaching?

Part of the responsibilities of our team. Then it was a student job.

I work with athletes with the following disability types:

An Amputation, Cerebral Palsy, Visual Impairment, Drop foot, limited range of motion in lower body.

What are the aspects of coaching athletes with disabilities do you find most enjoyable?

I love working with dedicated athletes who want to improve. There is no difference between para and non-para athletes in this aspect.

What is your best coaching moment in parasport? Why?

Winning a bronze medal at the World Rowing Championships and qualifying the boat for the 2016 Paralympics.

How do you contribute to increasing the support and awareness of adaptive sports?

I promote para sport via social media; I teach a class on sport, physical activity and recreation for para individuals; and I ensure that all coaches that I work with at my local club and university work with para athletes throughout their time with the team. Exposure is important; people are fearful of the unknown.

What advice would you give to a coach just getting started in parasport?

Coaching para athletes is the same as coaching non-para athletes. All athletes have strengths and limitations; your job as the coach is to figure these out and work with the athlete to create a plan so that they achieve the goals they aspire to.



Contact education@coachesontario.ca for contact information!

NCCP PARA-ROWING

<http://rowingcanada.org/national-team/programs/para-rowing>



NCCP ABLE BODIED

Learn to Row

For more information and how to register contact:
Andrea Miller andrea@rowontario.ca

Best suited for: Coaches interested in working with beginner rowers. Learn to Train stage. **Learn to Row Instructors – Adaptive Workshop available in this context.**

RCA Coach

For more information and how to register contact:
Andrea Miller andrea@rowontario.ca

Best suited for: Coaches interested in working with intermediate rowers interested in competition (e.g. regional and provincial competitions). Train to Train and Learn to Compete stage.

RCA Performance Coach

For more information and how to register contact:
Colleen Miller colleenmiller@rowingcanada.org

Best suited for: Coaches interested in working with rowers moving into university and national competitions and rowers preparing to enter development competitions internationally (e.g. Canada Games, National Rowing Championships, CanAmMex, etc.) Learn to Compete and Train to Compete stage.

RCA High Performance Coach

For more information and how to register contact:
Colleen Miller colleenmiller@rowingcanada.org

Best suited for: Coaches interested in working with athletes on the high performance pathway, competing on the international stage (e.g. World Cups, World Championships, Olympic and Paralympic Games). Train to Win and Train to Win 2 stage.

HIGHLY RECOMMENDED - PARA-ROWING

Classification system for Para-Rowing

<http://rowingcanada.org/national-team/programs/para-rowing>

HIGHLY RECOMMENDED - MULTISPORT

NCCP Coaching Athletes with a Disability

To Register: www.coach.ca/coaching-athletes-with-a-disability-s17345

Coaching Athletes with a Disability NCCP training provides coaches the knowledge to deliver quality, positive sport experiences for athletes, specifically with behavioural, intellectual, physical, and sensory disabilities.

USEFUL LINKS

Need more information? Email education@coachesontario.ca to help navigate the NCCP coaching qualifications, as well as find additional ways to achieve the coaching qualifications (e.g.- direct to evaluation option, etc.).

- Rowing Canada <http://rowingcanada.org/discover-rowing/types-rowing/para-rowing>
- Row Ontario <https://www.rowontario.ca/education/coach/nccp-courses/>
- Coaches Association of Ontario <https://www.coachesontario.ca/>
- Coaching Association of Canada <http://coach.ca/>
- ParaSport Ontario <http://www.parasportontario.ca/index.php/clubs/rowing>

FUNDING OPPORTUNITIES

Grants are available to pay a portion of NCCP courses through the Coach Enhancement Coach Bursary program. <https://www.coachesontario.ca/programs-resources/funding-for-coaches/> or email cep@coachesontario.ca

