

Rowing: Coach in Australia

Duration: 10 weeks



Overview

This is a great chance to pass on your knowledge and enthusiasm to junior rowers in Australia. You'll earn cash and gain loads of experience working with a crew of mini Aussies. You'll live and work alongside other participants so look forward to making lots of new friends and influencing the next generation of Australian rowing legends.

Recommended for:

- Earning cash through paid coaching
- Developing your coaching skills
- A first hand taste of life in Oz
- Time to explore Australia

At a glance:

- Around 10 hours per week of coaching
- Fulfilling experience coaching youngsters
- 4-star city centre accommodation
- 24/7 support from your Sport Lived mentor

Sporting adventures

Our rowing coaching placements last 10 weeks during the Australian rowing season. You'll coach youngsters at a local club or school and can expect around 10 hours of paid coaching work a week. You'll share 4 star accommodation in some of Australia's most vibrant cities. Living with other Sport Lived participants gives you a whole new group of friends whilst overseas.

Prices and dates...

Location	Duration	From	To	Price
Melbourne	10 weeks	27/09/2010	05/12/2010	£ 3645

Brisbane	10 weeks	10/01/2011	20/03/2011	£ 3895
Melbourne	10 weeks	24/01/2011	03/04/2011	£ 3895

FAQs

1. What type of visa do I need and what are the restrictions?

UK citizens aged 18-30 are normally eligible for an Australian Working Holiday Visa. This Visa enables holders to live and work in Australia for up to 12 months. It costs around £150 and can take up to 4 weeks to process so we recommend getting the paperwork sorted well in advance of your departure.

For more information see the [Travel & Visa](#) section in the Need to Know area of our site.

2. What's included in the price of my programme and how much spending money will I require?

The cost of the Sport Lived experience programme includes the following:

- 4-star accommodation including most household bills (telephone and internet charges are **NOT covered**)
- organisation of your rowing coaching programme
- airport pick-up at the start of your programme
- mentor support throughout your stay
- a handbook with useful information

The programme cost does **NOT** include the following:

- flights, insurance, visas, return airport transfer, local transport or food

Your main costs whilst overseas will be transport, match/competition fees plus food and beer money. A [cost of living guide](#) for each Sport Lived destination is provided in the Need to Know section. This should help you plan and budget for your time away.

3. Do I need to be an experienced coach?

No! To guarantee your coaching placement, you should obtain relevant coaching qualifications prior to departure. This will give you the necessary skills to plan and organise coaching sessions. In addition, gaining practical coaching experience will provide excellent preparation for your programme.

4. How much will I earn from my coaching work?

Rates of pay for coaching compare very favourably to other forms of casual work in Australia. We can't guarantee your rates in advance, but you can expect to earn \$15-25 per hour. Based on around 10 hours per week this equates to a weekly wage of \$150-\$250.

5. When will I find out full details of my programme e.g. who I will be coaching and where I will live?

Once you have submitted a booking form, we'll start working behind the scenes to put everything in place for the perfect programme. 3-4 weeks later you'll receive a confirmation document outlining your programme and providing key dates.

Final payment is due 12 weeks prior to departure, and once received we can finalise your programme. We will send details of your new address and flatmates in Oz, and information on the school at which you will be coaching.

The pre-departure briefing takes place around 8 weeks prior to departure, and provides a chance for you and your parents to meet up with the Sport Lived team and fellow participants, as well as asking any remaining questions.

Upon arrival in Australia, you'll meet the Director of Sport at your school. He or she will then assign you to a junior team and let you know the days and times of your coaching work.

5. How can I find out more general information?

Hopefully, most key pieces of information are available on the website where you can download programme notes, prices and dates. Our [Need to Know](#) section also contains lots of useful information. If you have other questions or just want to have a chat, we're always available either on the phone or via email.

We know that planning a trip overseas can be scary at times and there's loads to think about. So don't hesitate to get in touch if you need to discuss anything at all.

Your pad

Accommodation is key to the Sport Lived experience. You'll live in 4-star centrally located apartments. Your hockey coaching placement will be easily accessible by public transport, and with lots of bars, clubs, restaurants and shops located close by there are plenty of places to enjoy your spare time!

At a glance:

- 4-star fully furnished apartments
- Located close to transport and nightlife
- Shared with other Sport Lived participants
- Stress free - price includes most bills

Home from home...

Apartments are shared with other Sport Lived participants and include many mod cons. Each complex has a 24 hour reception and many have an in house swimming pool and gym. Apartments are fully furnished including a TV, linen, kitchen appliances, washing machines, etc. They are also serviced weekly so you won't need to spend too much time cleaning!

NB: Illustrative accommodation pictures.

Additional work

You'll have plenty of time outside your coaching schedule should you wish to find additional work. As well as further boosting your CV and bank balance, finding another job will help you meet more people and provide more structure to your time away.

Top tips for getting work:

- Plan the type of work you'd like to obtain
- Try to gain relevant work experience
- Prepare a CV and have two references
- Be proactive & persistent in job hunting

Employment options:

- Café/bar work: sociable environment
- Office work: good rates of pay
- Officiating: umpiring/refereeing work
- Work experience: boost your CV

Working in Australia

You will be living close to lots of employment options like offices, shops, bars and restaurants. Your Sport Lived mentor, and contacts made through your coaching placement, will be able to help you find extra work.

Coaching rowing in Australia

So, you're passionate about rowing and want to share this with youngsters in an exciting overseas environment? With a Sport Lived coaching placement you can develop your own coaching skills whilst passing your knowledge and enthusiasm onto the next generation.

Overview

Our Australian rowing coaching placements last for 10 weeks. You'll be working with a local Aussie school or boat club. On average, coaches can expect around 10 hours of paid work a week and, if you like, it's often possible to supplement this with additional paid work.

Challenging

Coaches generally work with a rowing crew for an entire school term helping to develop technique, fitness and tactics. The structure of our programmes allows you to build a bond with your crew and work on their development over a sustained period which is highly rewarding. A Sport Lived coaching placement is also a great addition to your CV. You'll develop organisation, leadership and communication skills. Having taken responsibility for a crew of mini Aussies you'll feel ready for anything!

Qualifications

In order to guarantee your Sport Lived rowing coaching programme, you'll need to obtain coaching qualifications before you leave. As a minimum, you should obtain the UKCC Level 2 Certificate in Coaching Rowing. We also recommend that you get as much practical coaching experience as possible before your departure. In addition, you'll require a basic First Aid Qualification (e.g. St John's Ambulance or Red Cross). If you're unable to obtain a coaching or First Aid qualification before you join us please let us know. Some schools are happy to employ coaches who just have experience of rowing and working with youngsters. We can also help you to enrol on a coaching and First Aid course when you arrive in Australia. Further details of how and where to obtain rowing coaching qualifications can be found at the [ARA website](#).

Social life

You'll be living with other Sport Lived participants who are playing and coaching a wide variety of sports. This provides a ready made group of friends for you to get together with and explore life in your chosen Aussie city.

Your programme will begin with introductory drinks during the first week, co-ordinated by your mentor who will also organise monthly social events. These might include a day out at a seasonal sporting event, a traditional Aussie barbie, pub golf, etc.