



COACHING INDIVIDUAL DEVELOPMENT PLAN

This plan helps you guide your own growth and sets the foundation for your coaching path by focusing directly on what you want to achieve.

There is no right or wrong way to fill this out. This is a living document to plan, build, and track your coaching tasks on your own. Consider sharing with a Mentor who can support and challenge you in your identified areas of growth.

To get started, simply focus on creating a rough draft highlighting the exact areas where you feel you need to improve right now.

1. **Set Two Goals:** Select two major season objectives (e.g., technical, physiology, or leadership). You can target one focus area per goal or break them into multiple smaller areas.
2. **Map Execution:** Detail the daily coaching strategies, program design, technique drills, behaviours you will use to drive improvement.
3. **Identify Tools:** List the resources required, such as the Canadian Model Rowing Technique summary, shared video analysis with your program Mentor, expert access, or RCA webinars.
4. **Establish Milestones:** Define clear, measurable benchmarks to track progress for both you and your athletes.
5. **Post-Season Reflection:** Evaluate your progress at the end of the mentorship program to refine your future coaching philosophy.

Program Goal 1

Example - Improve Technical Knowledge and Coaching Delivery

Self-Assessment <i>Scale of 1-10 on level of confidence in goal</i>	
Pre Canada Coach Program	Post Canada Coach Program (March 2027)

Focus Area (Where am I focusing?)	Actionable Steps (How will I get there?)	Resources to Assist in Goal (What do I need?)	Desired Performance (What is the standard?)	Milestones or Completion (How do I know I'm done?)	Coaches Notes (Reflections and Adjustments)
		<i>Examples:</i> Canadian Rowing Model Technique Summary Canadian Rowing Model Technique			

Program Goal 2

Example- Improve Leadership and Confidence in Coaching

Self-Assessment <i>Scale of 1-10 on level of confidence on goal</i>	
Pre Canada Coach Program	Post Canada Coach Program

Focus Area (Where am I focusing?)	Actionable Steps (How will I get there?)	Resources to Assist in Goal (What do I need?)	Desired Performance (What is the standard?)	Milestones or Completion (How do I know I'm done?)	Coaches Notes (Reflections and Adjustments)