

CASE STUDY 2

Rowing Ireland: Women in Coaching WiC Networks

Name of the programme:

Rowing Ireland: Women in Coaching WiC Networks

Briefly describe the programme:

The Women in Coaching Networks are an opportunity for female coaches from different clubs within a region to come together to make new connections and support each other in their development. Rowing Ireland established nine regional WiC Networks across Ireland.

How did you implement it?

A whatsapp group was set up for each Network and Rowing Ireland advertised through their social media and email contact lists. Women coaches of any level were invited to join. The first meeting of each group was held in-person with the Women in Sport representative from Rowing Ireland, subsequent meetings were held online. The whatsapp group is used to share information, resources and local news. It also provides an opportunity for direct communication between Rowing Ireland and the coaches.

What were your aims for the programme?

The aim of the networks is to connect female coaches of neighbouring clubs to get together and provide op-

portunities to share coaching experiences, challenges and advice. The purpose of the WiC Networks is to provide a support setup in coaching that will encourage the coaches and give them confidence to develop. The Networks also creates a link between Rowing Ireland staff and female coaches around the country.

Did you achieve them?

The groups are still active after two years. There are over 160 female coaches connected with a WiC Network.

Any other feedback from the programme:

The Networks have created a platform for coaches to voice challenges they face and provide support and advice to overcome them. There is a real openness and willingness to share information and ideas between coaches and across clubs. The benefit of the regional set up means coaches have support from those outside of their own club and feel they have stronger connections within the rowing community.

Main contact for more details:

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