



## CLUB COACHING PHILOSOPHY

### ***At TRC you can be as good as you want to be????***

- *At TRC we pride ourselves on the spirit of achievement by participation and retention, our club policy is an inclusive one “all those that want to row, can row” and we welcome all who wish to participate.*
- *We provide a structured, and comfortable environment for all with a wide range of athletic abilities to become highly trained, competitive and successful athletes.*
- *The core philosophy of the program is teaching the athletes how to achieve excellence through discipline, hard work, and perseverance.*
- *At TRC team members will build strength and endurance; develop time-management and self-discipline skills, and the confidence and resilience that comes with being an athlete.*
- *We follow an athlete-centric and coach driven structure, with coaching staff providing a positive environment, one where the rowers want to further develop their skills, build lifelong friendships, and have fun every day.*
- *We aspire to have a strong sense of community between our members and see the following values as fundamental for the interaction between all people associated with our club.*

#### ***Partnership***

- *We promote a team working environment where everyone is valued, treated with respect, and encouraged to contribute to our common goals.*

#### ***Respect***

- *We respect the privilege of rowing and the opportunity to compete against New Zealand’s leading rowers.*

#### ***Involvement***

- *We encourage individual commitment to the club, and the importance of fun, enjoyment, and friendship towards fellow members*

#### ***Development***

- *We support each members’ development of self-discipline, motivation and time management to compliment the desire to succeed.*

#### ***Excellence***

- *We each commit ourselves to achieving our personal best performance through a commitment to training and competition.*

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AFFILIATED SCHOOLS

Aquinas College ▪ Mount Maunganui College ▪ Otumoetai College ▪ Papamoa College ▪ Tauranga Boys College ▪ Tauranga Girls College