



**COACH NAME**

Fiona Marley Paterson

**TYPE OF ACTIVITY**

Rowing

**LOCATION**

Windermere

**COACHING DETAILS**

Development Coach, Windermere Rowing Club

*"Be fun and enthusiastic. Often you will be the only experience your learner has had of your sport and when they come to you they also want to make friends and meet people"*

# #PassOnYourPassion

**How long have you been coaching?**

quote I have been teaching for three years, I teach anyone from 18 upwards to row on Windermere. I mainly run Learn to Row courses but as our club has grown I've also become one of our main development coaches, taking people to the next step.



Coaching PC Laura Proctor

*Be part of it!*

## How did you get into coaching?



Coaching Tim Farron, MP

I started coaching because I was setting up Windermere Rowing Club and I realised that to start a club I'd need to teach people, so I got into coaching more out of necessity than passion but of course it was my passion for the sport of rowing that fuelled it in the first place. I spent my savings on a Level 2 Coaching Course and devised a Learn to Row course. In the beginning I was very ambitious: I ran back to back courses to get through the overwhelming waiting list. Buoyed by how popular the club had been I didn't want to disappoint so I spent hours bouncing

from one class to the next and found I really loved meeting people and seeing them have those lightbulb moments. When they all came together for a fabulous final race session and a barbecue I knew I was hooked: it was such an incredible achievement for the club, the learners and I found to my surprise for me too. Coaching was more rewarding than I ever thought it would be and I'd come home buzzing.

## What do you enjoy most about coaching?

The little moments that make you smile: when the penny drops and your learner has that lightbulb moment; when they're anxiously trying to get it right and you crack a joke and the whole boat just relaxes and laughs and remembers they're there to have fun; and when they're sat in the boat at the jetty gushing about how much they're enjoying rowing. Those are the moments and experiences that you as a coach were able to give someone and they're worth more than gold (which is fortunate because you're never be paid for club coaching!).



Giving an award

## Why are you passionate about Coaching?

Because sometimes you have to give something back and it's in those moments that you find more joy in your sport than you ever thought possible. And it's quite simple, without coaches not only would people not learn, they also wouldn't be cajoled into getting out there and giving it a go or developing enthusiasm about it. In our sport, you need more than just

*Be part of it!*

some rowers and some boats to make a club: you need an atmosphere, and coaches bring that energy...they make the club.

### Do you have any tips that would help the next generation of female coaches?



Coaching on the water

Be fun and enthusiastic. Often you will be the only experience your learner has had of your sport and when they come to you they don't just want to learn a new skill, they also want to make friends and meet people, so leave all the baggage at home and come to your sessions ready to have fun - that way they'll keep coming back and your session will feel more rewarding for you and your learners at the end. But the biggest

tip is make time for yourself. It can be incredibly draining if coaching becomes the thing that stops you

doing the sport you love. Make sure there's someone coaching you, both as an athlete and as a coach, because you need to keep learning to take your students to the next level and good coaches love their sport, so keep doing it!

*Be part of it!*