Eastern Region Dragon Boat Association

www.erdba.net

Project Proposal / Request Form

PROPOSAL FOR YEAR(s):	2025
PROJECT PROPOSAL TITLE:	2 coaching workshops
SUBMITTER NAME:	Ellen Law
SUBMITTER CLUB:	ERDBA Officers

About this project

ACTION – (The HOW) describe how to get this done:

- 2 club team members submit a request via ERDBA.net contact page to host a coaching seminar. Minimum of 8 attendees.

DESCRIPTION - (The WHAT) describe the project and scope

- Clinician (s) facilitated discussions, while introducing tools to help individuals improve their coaching skills. Discussions will include Safesport, Positive coaching alliance approach, safe training and how to work towards maintaining healthy paddling techniques.
- Include pre-seminar assignments for discussion during the classroom session

BENEFIT TO ERDBA - (The WHY) list benefit(s) to ERDBA and/or Members:

- Provide training opportunities for members. Build the sport by making a positive experience for racers with trained coaches and hopefully greater retention.

REQUIREMENTS – (The NEED) list support needed to initiate and complete project:

- Classroom or meeting room to house 10-20 attendees.

Operational Budget

REVENUE - estimated number of attendees, fee to charge and gross revenue to host and/or ERDBA:

- Free to members of ERDBA clubs, $75 fee to those who aren't.

EXPENSES - estimated expenses, costs:

- Provide clinician travel, meals and housing (if needed) for a TEAM USA coach to conduct a seminar up to 6 hours. Light breakfast, lunch refreshments for attendees.

NET ANNUAL BUDGET IMPACT TO ERDBA - estimated: - $2,000

Project Details / Logistics

SITE - Project Location: ERDBA team location

EQUIPMENT REQUIRED: Room for seating from 10-20 with a bare wall or a screen for video review, access to electricity

DATE(s) (please try not to conflict with area member events): TBD by host club and availability of clinicians

Other Comments: Program did not run in 2023. Will work to build resources to ensure members will receive this benefit for the 2025 season

Director name/date:				***Confirmed by Exec Officer:***	
Circle Vote:	Yes	No	Abstain	***Reason for "No" vote:***	Ver 10.23.18

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