

TOP 7 COACHING TIPS FROM DORNEY BOAT CLUB

Inspired by Hannah Vines' child-first philosophy and playful approach to rowing.



1. PRIORITISE PEOPLE, PERFORMANCE IS LAST



“I don't need great rowers; I need great people.”
Focus on holistic development, not just technical skill or results.

2. MAKE PLAY THE PRIORITY



Use games and playful challenges (like retrieving rubber ducks!) to teach core skills like balance, coordination, and teamwork in a fun, playful way.

3. LET THEM BE HEARD



Begin each session by asking, “What do we want to achieve today, champs?” This empowers children and young people to steer their own experience.

4. LAYOUT THE REAL CHOICES



Let children choose their boat, their seat, their goals - even their warm-up. Autonomy builds confidence and experience.

5. CELEBRATE THE JOURNEY!



Recognise personal milestones, not just participation. This helps every child feel seen, valued, and motivated to grow.

6. CREATE A SAFE SPACE FOR RISKS AND OPPORTUNITIES



Let them know you’ve got them. When kids feel psychologically safe, they’re more willing to take risks and try new things.

7. EMBRACE MISTAKES AS LEARNING



Hannah’s coaching is rooted in experimentation and reflection. Encourage kids to learn through doing, even if it means falling in the water!