

September 7, 2018

To Whom It May Concern:

I am writing this reference letter for Donri Helmer in support of her application to TRU for the PLAR credit.

I have known Donri for many years and have had the pleasure of working with her as head coach of the South Cariboo Rowing Club. Donri served as my assistant coach for the BC Summer Games in 2016 and was responsible for the women's crew during the competition.

The Summer Games are a multi sport event held every two years designed to provide athletes with a high-level competition experience. Coaches for the games must meet the requirements set out by the governing body for the sport, Rowing BC, and Rowing Canada. Rowing BC demands many competencies from coaches related to the sport such as rowing technique, safety for athletes on and off the water and the principles of Long Term Athlete Development. Coaches must also be able to communicate well with athletes, parents, club and race officials as well as other coaches. Coaching requires an individual to be organized for each practice and be able to communicate what is expected from athletes. Weather, equipment and athlete readiness, requires the ability to problem solve every session on and off the water. Rowing shells are sophisticated pieces of equipment. Coaches are responsible to oversee the adjustment and maintenance of the boats. A coach must understand the physics involved and have a good understanding of the mathematical aspects for the proper adjustment of equipment. A coach must also be able to track crew progress with evidence-based indicators and to make decisions with a process that includes the best ethical practices.

Donri worked with athletes leading up to the games and acted as chaperone for the women's crew during the competition. Donri is a pleasure to work with and is well liked by all the athletes. She is proficient in all the fore mentioned requirements of a coach and performed her duties with a high level of competence. Athletes reported Donri made them feel comfortable and relaxed during their stay at the games and provided excellent mentorship and guidance during competition.

Donri is in love with the sport of rowing and brings a welcome passion to her involvement in our club which we all benefit from. I believe her experiences as a coach for our club clearly demonstrate a rich depth of life skills that are profoundly

relevant to her application to the university.

I am available for any further inquiry regarding her application for PLAR at TRU, so please feel free to contact me.

Thank You,

William Van Osch

Head Coach

South Cariboo Rowing Club

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