

2020 World Rowing Virtual Coaches Conference

Friday 27 November 2020	
Live Session 13:00 – 15:00 CET	
Welcome and Introduction	Rosie Mayglothling GBR Chair of the Competitive Commission
Update from World Rowing	Jean-Christophe Rolland President of World Rowing Matt Smith Executive Director of World Rowing
Endurance sports now and in the future	Stephen Seiler NOR/USA Professor of Physiology
Saturday 28 November 2020	
Video Presentation	Introduction Fayçal Soula TUN
Coastal Beach Sprint and training. How to do the Beach Sprint	Guin Batten GBR Chair of the Rowing for All Commission
Lessons and comparisons with cross-country skiing. Prologue Ski with QF, SF, and Final within a short period of time. How to maintain metabolic levels.	Thomas Losnegård NOR Physiologist Norwegian Olympic Committee
Sunday 29 November 2020	
Video Presentation	Introduction Johan Flodin SWE/NOR
Training and Racing in stressful environments	Ida Svendsen NOR Physiologist Norwegian Olympic Committee
Usefulness of environmental stress for acclimation and performance optimisation	Franck Brocherie FRA INSEP France
Monday 30 November 20	
Video Presentation	Introduction Pascale Bouton FRA
Physiological effects of training intensities	Laurent Schmitt FRA French Performance Sport
Training in Covid times	Juergen Steinacker GER Professor, Ulm University
Tuesday 1 December 20	
Video Presentation	Introduction Marcello Varriale BRA
Lessons from serial winning coaches	Sergio Lara-Bercial GBR ICCE
Characteristics of serial winning coaches	Calle Hageskog SWE Professor, Växjö University
Wednesday 2 December 20	
Video Presentation	Introduction Peter Cookson CAN
Developing a coaching philosophy – learning from Coaches and Coach Mentors A celebration of the WSLA HP (Women Sport Leadership Academy – High Performance Coach) Programme	Sheila Stephens-Desbans a World Rowing Development Director Guest Coaches from the WSLA HPC
Tool kit to help develop women coaches – Case Study from Irish Rowing	Claire Lambe IRL Women in Sport Lead
Thursday 3 December 20	
Video Presentation	Introduction Axel Müller GER
Training Motor Skills – A Practical demonstration	Larsarne Andersen, Morten Bråten Norwegian Rowing Programme
Long Term Planning	Edmundas Daukantas LTU Coach
Retaining Under 19's in Rowing	Dominique Basset FRA Coach
Friday 4 December 20	
Video Presentation	Introduction Fay Ho HKG Panel Discussion Paola Grizzetti ITA
Para rowing – An update on the new materials to develop and support coaches	Simon Goodey GBR London Docks Trust
Talent development – Developing your Para Rowing programme through the perspective of a Federation or a National Paralympic Committee.	Esteban Briguglio ARG National Federation Coach Oleksandr Onyshchenko UKR National Paralympic Programme Sergey Syabro UKR Team Coach
Live Update 12:00-13:30 CET	Session by invitation only Aimed at National Federations
2021 Events update	
Live Session 14:00-15:30 CET	Chaired by Gianni Postiglione
A live session about biomechanics and race profiling	Gianni Postiglione ITA/GRE World Rowing Coaching Director Valery Kleshnev RUS Paul Thompson AUS
Saturday 5 December 20	
Live Sessions Questions to the presenters 09:00-11:45 CET Questions to the presenters 17:00-19:00 CET	Rosie Mayglothling Peter Cookson
Sunday 6 December 20	
Video Presentation	Introduction Henk-Jan Zwolle NED
Practical boat rigging	Gianni Postiglione ITA/GRE Conny Draper GER/CAN
Step tests – A demonstration of how to use simple testing to monitor rowing programmes.	Gianni Postiglione with Fayçal Soula, Ibtissem Trimech, Sabhi Khardeni, TUN