

2019 World Rowing Coaches Conference

Park Inn – Heathrow, London

“Managing your Environment to Maximise Performance”

Wednesday 20th November

- 11:00 - 15:00** Transformational Coaching workshop (invitees only)
- 15:30 - 18:30** Safeguarding workshop for coach educators (invitees only)
- 16:00 - 19:00** Registration for the Coaches Conference
- 18:30 - 19:00** *Welcome drinks*
- 19:00 - 20:00** *Dinner*

Thursday 21st November

- 08:30 - 08:35** Welcome – **Rosie Mayglothling, FISA Competitive Commission Chair**
- 08:35 - 09:35** Coaches in the spotlight – **Laurel Korholz, USA** and **Thomas Poulsen, DEN**
Training and technique
- 09:35 - 10:30** Connection before correction: The development of individual interest and performance in rowing– **Professor Jean Côté, Queen's University**
- 10:30 - 11:00** *Break*
- 11:00 - 12:00** Coaches in the spotlight- Selection and Racing
Question Time with the coaches on training
- 12:00 - 12:30** Safeguarding – **Sandra Kirby, Professor Emerita, University of Winnipeg**
- 12:30 - 13:45** *Lunch including Row Show*
- 13:45 - 14:30** Culture development in Elite Sport – **James Bell, Head of Culture Development, UK Sport; Head of Mental Health, English Institute of Sport**
- 14:30 - 15:15** Integrating men’s and women’s elite programmes alongside each other. A case study from England Rugby 7’s – **Simon Amor, Head coach England Rugby 7’s**

- 15:15 - 16:00** *Break*
- 16:00 - 17:00** Elite Training Environment – Coaches in the spotlight part 2:
Panel discussion including how to create an elite training environment
- 17:00 - 18:30** Beach Sprints - The event, training, rigging, racing
Overview – **Guin Batten, Chair of FISA Rowing for All Commission**
Physiology – **Mark Homer, physiologist**
Race preparation – **Tim Fenemore, coastal rowing coach**
Rower’s experience – **Robyn Hart-Winks, GB Team athlete**
- 19:00** *Dinner*

Friday 22nd November

- 08:30 - 09:45** Session 1
- Topic 1: FISA feedback and discussion. Other FISA updates – **FISA President Jean-Christophe Rolland and FISA Executive Director Matt Smith**
- Workshop 1 [for British Rowing members only]: Creating a successful Adaptive Programme in a club – **Nick Baker, GBR**
- 09:45 - 10:15** *Break*
- 10:15 - 12:00** Session 2
- 10:15 - 11:20** Topic 2A: A Physiologist’s view of altitude training
Overview – **Ida Svendsen, Rowing Physiologist**
How coaches use altitude training: **Johan Flodin, NOR; Jurgen Grobler, GBR**
- 11:20 - 11:50** Topic 2B: Update from Tokyo – **Nathalie Phillips, Tokyo 2020 Rowing Sport Manager**
- 11:50 - 12:00** Topic 2C: Update on Tokyo weather – **Henk-Jan Zwolle, FISA Competitive Commission**
- 10:15 - 12:00** Workshop 2 – Reviewing and Developing the culture in your club/national programme - **Tracy Muir, Business Psychologist and rower**
- 12:00 - 13:30** Lunch including “Rowers Against Rubbish”
- 13:30 - 15:00** Session 3
- 13:30 - 14:30** Performance in hot and humid environments - **Kay Winkert, Sport Scientist, GER and Ida Svendsen, Rowing Physiologist, NOR**
- 14:30 - 15:00** Blade Slip and boat speed video analysis - **Mike Purcer, CAN**

- 15:00 -15:30** *Break*
- 15:30 - 17:00** Quick updates Max 20 minutes. Choose 1 from each time slot
- 15:30 - 16:00** Presentation 1: Update on Tokyo weather & course – **Henk-Jan Zwolle, NED, FISA Competitive Commission**
- Presentation 2: Special Considerations for Coaching PR1 and PR2 rowers – **Nick Baker, GBR**
- Presentation 3: Blade Slip and boat speed video analysis – **Mike Purcer, CAN**
- 16:00 - 16:30** Presentation 1: WSLA for Elite Women Coaches – **Sheila Stephens, FISA Development Director**
- Presentation 2: Using FISA race data – **Adrian Cassidy, GBR**
- Presentation 3: Successfully Integrating USA students into national programmes – **Pete Sheppard, GBR**
- 16:30 - 17:00** Presentation 1: Seeding – **Pascale Bouton, FRA, FISA Competitive Commission**
- Presentation 2: Talent ID – **Axel Muller, GER**
- 19:00 - 23:00** *Awards Dinner*