

**FISA Youth Coaches Conference,
Hamburg, Germany, 25. – 27.10.2013**

**Building up the next generation –
applied aspects of coaching in young talented rowers**

Program:

Thursday, 24th October until 18:00 h

Arrival & Check-in

Friday, 25th October

Presentations and discussions (9 UE)

09:00 – 09:30h (0,6 UE)

Opening & welcome

09:30 – 10:30h (1,3 UE)

Güllich, Arne: Considering long-term sustainability in talent promotion – implications for talent development in rowing

10:30 – 11:00h

Coffee break

11:00 – 12:00h (1,3 UE)

Collartz, Annelen: Coach the Coach

12:00 – 12:30h (0,6 UE)

Q & A

Lunch

13:30 – 15:30h

Visit of the Hamburg Regatta Course

15:45 – 16:30h (1 UE)

Swienty, Mark: Olympic Training Center & Rowing Boarding School Ratzeburg: Structure & objectives

16:30 – 17:15h (1 UE)

Lacoste et al. (1. new medical rules & 2. medical page of the FISA website)

17:15 – 17:35h

Coffee break

17:35 – 18:15h (0,9 UE)

Mattes Klaus, Schaffrath Nina: Diagnostic of rowing performance and technique to optimise the technique training

18:15 – 18:55h (0,9 UE)

Mattes Klaus, Schaffrath, Nina: Visual and auditory/acoustic feedback to optimise the rowing technique and boat acceleration

Dinner

Saturday, 26th October

Presentations and discussions (4 UE)

09:00 – 09:45h (1 UE)

Woitok, Mathias: State and Club Development - building long term performance oriented structures using the example of Rhineland Palatine.

09:45 – 10:30h (1 UE)

Nennhaus, Bernd: How to prepare young talented rowers for international competition based on the JM8+ experience

10:30 – 11:00h

Coffee break

11:00 – 11:45h (1 UE)

Jop, Markus: Instabilities of the spine - stability through performance enhancing prevention

11:45 – 12:30h (1 UE)

Woldt, Mario: Actual aspects and considerations of ethics in Sport

Lunch

14:30 until 23:30h

Sightseeing of Hamburg City and Harbor with dinner

Change from summer to winter time in Germany, one hour “less”

Sunday, 27th October

Presentations and discussions (4 UE)

09:00 – 09:45h (1 UE)

Hartmann, Ulrich: High intensity training vs. traditional endurance training; theoretical background and practical aspects

09:45 – 10:30h (1 UE)

Wirth, Klaus: Strength training in young athletes - basic recommendations

10:30 – 11:00h (0,6 UE)

Q & A

11:00 – 11:30h

Coffee break

11:30 – 13:00h (2 UE)

FISA Matters and information

Closing

from 13:00 h

Lunch and departure

Total = 3,9 + 3,8 + 4 + 4,6 = 16,37 UE + visit of HH course