

2011 WORLD ROWING COACHES CONFERENCE

10-13 November 2011 (at 10.10.11)

Conference Programme

Thursday, 10 November 2011 *"Promoting Women in Coaching and Leadership"*

- 13:00 - 14:00 Lunch for the "Promoting Women in Coaching and Leadership" Seminar
- 14:00 - 15:00 **Introduction and Welcome:**
Tricia Smith; Chair, FISA Women's Rowing Commission
- 14:15-15:15 **What does Gender have to do with Leadership**
Marika Fenley, Leadership Development University of Lausanne
- 15:15 - 15:45 Break
- 15:45 - 16:30 **How to develop a Successful Olympic Coach/Athlete**
Anne Grethe Jeppesen, Olympiatoppen, Norway
- 16:30 - 17:30 Panel Discussion: **Prominent Women Coaches Conference**
- 19.00 - 21.00 Welcome Reception, Dinner and Welcome Speeches

Friday, 11 November 2011 *"Methodology for High Performance Training"*

- 08.30 – 08.45 **Introduction:**
John Boulton; Chair, FISA Competitive Rowing Commission
- 08:00 – 10.30 **Coach in the Spotlight:**
Gianni Postiglione, Greek Rowing Federation
- 10:30 – 11:00 Break
- 11:00 - 11:45 **Using Rowing Physiology - the Italian Experience:**
Dr. Clara Mauri, Physiologist Italian Rowing Federation
- 11:45 - 12:30 **Can we learn from other sport.** Cross-country skiing, kayak and canoeing and speed skating are among sport that has changed distances and format of their competitions. Has it changed the type of athletes and training methodology?
Speaker TBA
- 12:30 – 12:45 **A History of Italian Rowing in 15 minutes**
12. 45 – 13.45 Lunch at Hotel
- 13:45 - 14:15 **FISA Information and Consultation Session 1;**
Denis Oswald, FISA President & Matt Smith, Executive Director
- 14.15 – 15.00 **Functional and Postural Assessment and Prescribed Exercises for Rowers:**
Dr Carlo Varalda
- 15:00 – 15:30 Break
- 15.30 – 17.00 **Workshop groups** - Preparation of Questions for the Coach in the Spotlight and other Day 1 Speakers. Feedback on FISA Topics.
- 17.00 - 18.00 **The Coaches Panel Interview and Questions from Working Groups**
Questions & Discussion

19:00 Gala Dinner – “2011 World Rowing Awards” Ceremony

Saturday, 12 November 2011 “Biomechanics an Aid to Performance”

- 09:00 – 10:00 **How to interpret and Use Boat Biomechanics:**
Prof Dr Klaus Mattes, University of Hamburg
- 10.00 – 10:45 **Biomechanics for Effective Rowing Technique**
Dr. Valery Kleshnev, Biorow Ltd.
- 11.00 – 11:45 **“Online Skill Equipment”** Use of high speed camera and practical software to analyse your rowers.
John Walker, Los Angeles, USA
- 12:00 - 12:45 **WEBA biomechanical system, an update!**
Director Milan Bacanovic, WEBA Sport, Austria
- 13: 00 – 14:00 Lunch at Hotel
- 14:00 – 14:30 **The German System:**
Prof Dr Klaus Mattes, University of Hamburg
- 14:30 – 15:00 **The Instrumented Croker Oar:**
Darren Croker, Croker Oars Ltd, Australia
- 15:00 - 15:30 **Using Sonics to Improve Rowing Performance:**
Nina Schaffert, University of Hamburg
- 15:30 – 16:00 Break
- 16:00 – 17:00 **Ferrari:** Dr Ferdinando Cannizzo the Vehicle Innovation Manager
- 17:00 – 18:30 **“FISA Information and Discussion”;**
Denis Oswald, FISA President & Matt Smith, Executive Director
- 20.00 Dinner at the Hotel

Sunday, 13 November 2011

- 8.30 - 12:00 Sight Seeing Tour:
Australian “European” Training Centre
Canottieri Gavirate
2012 European Rowing Championships Regatta Venue (Canottieri Varese)
- 12.00 Departures