



Coaching Conference 2009

24th - 25th January

Staverton Park Conference Centre, Northants

There are still places at the ARA's 2009 National Coaching Conference, but the deadline is approaching fast. In the run up to 2012 Rowing is a great sport to be involved with and this conference is a 'don't miss' opportunity for all our club coaches - from right across the rowing spectrum. It's a chance to get together to network, socialise and to share the expertise and experiences of the keynote speakers.

Among the speakers this year is **Prof Greg Whyte**, an international sportsman himself, with a career in Sports Science at the highest elite level - but he'll be known to many for coaching Little Britain star, David Walliams to his incredible swim across the English Channel in 2006 on behalf of Sport Relief. Greg's own sport was the Modern Pentathlon, representing Great Britain at the Olympiads of 1992 in Barcelona, Spain and 1996 in Atlanta, USA.

Other experts in their field are **Wendy Martinson**, nutritionist and regular contributor to Rowing & Regatta, **Steve Trapmore**, Olympic Gold medallist and Head Coach at Imperial College, **Mark Earnshaw**, Performance Development Coach for the World Class Start programme.

There's a full programme of demonstrations and workshops on Saturday and Sunday and all levels of coaching and participation will be catered for.

If you'd like to find out more call Brian Smyth or Sarah Hope at the ARA on 020 8237 6700 or email brian.smyth@ara-rowing.org or sarah.hope@ara-rowing.org

www.ara-rowing.org

Amateur Rowing Association

