

# EASTERN REGION

## Club Development Conference

### Facilities    Coaching    Rigging    Coxing



Following the success of the ARA Regional Conference in March, we are pleased to announce the first **British Rowing** Eastern Region Conference

#### Morning Workshops:

Training your coxes  
Facilities Development - Information & Considerations  
Basic Rigging

#### Afternoon Keynote address:

**Steve Gunn**

World Class Start Manager British Rowing Team  
“Developing a crew from talented individuals”

**Sunday, 6<sup>th</sup> December 2009**

Venue: King's School Ely, Junior School Barton Road, Ely Cambs. CB7 4DB

Arrival 10:00 – 16:30 Depart after AGM

The conference will close with the Regional AGM from 3.15 to 4.15 pm

**Cost for the day is £7.50, this will include Sunday Lunch**

This conference is for all club Chairmen, Captains, Treasurers, Coaches and other Club Officials who have an interest in any of the selected topics.

You will have the opportunity to meet with British Rowing staff, coaches and members of the Eastern Region Rowing Council

Numbers are limited so please apply before 29<sup>th</sup> November 2009. For further information please contact your regional team leader

[Jeff.Elms@britishrowing.org](mailto:Jeff.Elms@britishrowing.org) or [Kes.Stapleton@britishrowing.org](mailto:Kes.Stapleton@britishrowing.org)



# Eastern Region Rowing Council Conference 6<sup>th</sup> Dec 2009

## Venue: Kings School Ely, Junior School

Proposed timetable:

ARRIVALS AND COFFEE: 10:00 – 10:30

WELCOME: 10:30 – 10:40

WORKSHOPS: (Split into chosen groups) 10:45 – 12:00

You will be able to attend one morning workshop, please choose

1: Facilities Development – Introduction and Considerations. **Alan Meegan.**

2: Beginner to intermediate level coxing. **Chris Gill**

3: Basic Rigging **Kes Stapleton & Jeff Elms**

Regional Award Presentations: 12:05 – 12:20  
Presentations by **Steve Gunn**

LUNCH 12:30 – 13:20

Coaching Seminar by **Steve Gunn** 13:30 – 15:00  
*How to Develop Talented Individuals into a fast Crew*

Thanks and tea for those attending AGM 15:00 – 15:10

Eastern Region AGM 15:15 – 16:15

Depart and close 16:30

Thank you for coming and have a safe journey home