

# WRRC

WEST REGIONAL ROWING COUNCIL



# GB Rowing Technique Seminar

Sunday 8<sup>th</sup> March 2009

**Venue: Dart Totnes ARC (provisional, tbc)**  
**Time: 1pm-4.30pm**

The Amateur Rowing Association are running a series of seminars across the country, designed to educate coaches on the key aspects of the recently updated British Rowing Technique model. The West Region's seminar will take place on the afternoon of Sunday 8<sup>th</sup> March, provisionally at Dart Totnes ARC (venue tbc shortly).

The seminar, which will include practical sessions for coaches on land and on the water, will be run by ARA Talent Development Coach Paul Stannard, who is based at the ARA's World Class Start Centre at Bath University.

The seminar is open to all ARA affiliated clubs in the West Region, and is limited to 30 places. In the event of over subscription priority will be given to qualified and active coaches working within clubs.

To book your place on the course please contact ARA Coaching and Development Officer Tom Pattichis

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**Application deadline: Saturday 28<sup>th</sup> February 2009**