



Photo credit: Drew Smith

## TAKE YOUR ROWING FURTHER!

### WOMEN'S TRAINING DAYS!

British Rowing's Performance Talent Team will be holding a Women's Training workshop this May. Focusing on using skill development to work on body awareness, boat control and confidence to improve boat speed and help women rise up the rowing pathway.

The Performance Talent Team works with coaches and rowers to help them develop. At the workshop, you'll work with experienced coaches from across England to learn how rowers can reach their full potential whilst coaches can learn techniques to take back to their squad.

Coaches are encouraged to attend with their rower, however rowers may attend individually. Rowers may attend in either a single or a pair\*. Head to the England Talent Pathway page at [britishrowing.org](http://britishrowing.org) to find out more.

#### MINIMUM CRITERIA



Ergo: 2k of below 8:00 or  
1k Rate 24 of below 3:55

10am - 4pm

Sunday, 19 May 2019

Bewl Bridge Rowing Club

\*If attending in a single you must meet the criteria below. If attending in a pair a female pairs partner who does not meet the criteria may attend with a named rower who does meet the criteria. Rowers must provide their own single/pair and blades.