

Junior Coaches Conference 2019

Presentations and Workshops

Presentations			
Title of session	Delivered by	Organisation	About
Adolescent mental health in a sporting environment	Alex Feary	Changing Minds	Understanding the Adolescent Mind, the key differences in an adolescent brain and setting realistic goals and targets
Athlete Presentation	Two GB Rowers	GB Rowing Team	An account of their journey and what they took from the environments that shaped / developed them
The training environment and their effects on programmes	Mark Wilkinson and Hugo Gulliver	The Windsor Boys School and University of London Boat Club	A conversation about training programmes and how the environment effect their creation and application

Optional Workshops			
Title of session	Delivered by	Organisation	About
Tips for prevention and recovery of injury	Claire Bermingham	GB Rowing Team	Claire provides physio support to the GB Junior programme and in this workshop talks about sites of common rowing injuries and gives tips on prevention, management and recovery.
Mental Health: Managing the stress bucket	Sam Cumming	Mental Health Manager - English Institute of Sport	Managing stress is a key part of performance. Sam introduces the 'Stress Bucket' which is a really accessible analogy for resilience that has been successfully used for athletes and coaches alike.
Coaching Biases and how they affection our decision making	Mark Hoile	Ginger Talent Ltd	We all have biases both conscious and unconscious but how do they affect our coaching decisions and management of sessions. In this workshop Mark brings his experience as a coach developer and will get you thinking about your view point
Coach Development Tools	Ellie Hizzet	Dulwich School	In this workshop Ellie introduces tools and activities from the recent UK Coaching Connectivity events which will make you look at your coaching history, present and future.
A Junior in the weights room: Where to start and how to move on	Ben Sheath	S&C Coach - EIS	New into his role with rowing, Ben brings a wealth of knowledge of adolescent S&C training and gives insight into where to start with novice athletes and then when and why to progress them.
Making the Coach/ Parent / Athlete Triangle work for everyone	Eira Parry	HP Parenting	If you coach juniors then you interact with parents. Eira introduces the three way triangle and tips on making the coach/parent interactions time efficient avoiding unnecessary conflict with parents and facilitating the athlete to reach their potential.
Challenging the Status Quo	Rachel Hooper and Persephone Wynn	British Rowing	Fresh from completing their UKCC Level 4 Rachel and Perse present their academic research which aims to push the boundaries and improve current practice in rowing coaching