



WOMEN'S TRAINING DAYS

Movement Patterns!

Katie Ball on behalf of British Rowing's Performance Talent Team will be holding a Women's Training Day focusing on movement patterns. Learn to move more powerfully and efficiently to perform a stronger stroke.

The Performance Talent programme 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 squads.

Coaches are encouraged to attend with their rower; however, rowers may attend individually. Head to the Performance Talent page at britishrowing.org to find out more or contacting Katie on row.indoors@gmail.com / 07956 435 489.

MINIMUM CRITERIA



Ergo: 2k of below 08:00

10:00 – 14:00

Saturday, 29th February 2020

Anglia Ruskin University

