



Photo credit: Drew Smith

WOMEN'S TRAINING DAYS

Skill Development!

Gabor Marton on behalf of British Rowing's Performance Talent Team will be holding a Women's Training Day focusing on Skill Development. Work on body awareness, boat control and confidence to improve boat speed.

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 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 Performance Talent page at britishrowing.org to find out more or contacting Gabor at gabormartonrowing@gmail.com or 07542 236 908.

MINIMUM CRITERIA



Ergo: 2k of below 08:00

09:00 – 15:00

Sunday, 19 April 2020

Lea RC

**If attending in a single you must meet the minimum criteria. 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.

