

WOMEN'S DEVELOPMENT PROGRAMME

EAST MIDLANDS DATES



FUNDAMENTALS OF POWER

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| 24/11/20 | Technical Webinar 19:00 |
| 29/11/20 | Fundamentals of Power Practical Day
Location: Virtual on RowHow |
| 01/12/20 | Rowers Round Table 18:00 |
| 01/12/20 | Coaches Round Table 19:00 |

STRENGTH & CONDITIONING

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| 19/01/21 | Technical Webinar 19:00 |
| 31/01/21 | Strength & Conditioning Practical Day
Location: Nottingham RC |
| 02/02/21 | Rowers Round Table 18:00 |
| 02/02/21 | Coaches Round Table 19:00 |

SMALL BOAT TECHNICAL DEVELOPMENT

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| 06/04/21 | Technical Webinar 19:00 |
| 25/04/21 | Small Boat Technical Development Practical Day
Location: Nottingham RC |
| 27/04/21 | Rowers Round Table 18:00 |
| 27/04/21 | Coaches Round Table 19:00 |

LEAD COACH CONTACT: Nikki Hardy (nicola.c.hardy@hotmail.com)

The link to virtual sessions will be sent out nearer to the date.
Please ensure you have video and audio use on your computer.