WOMEN’S DEVELOPMENT PROGRAMME

FUNDAMENTALS OF POWER

24/11/20  Technical Webinar 19:00
29/11/20  Fundamentals of Power Practical Day
          Location: Virtual on RowHow
09/12/20  Rowers Round Table 18:00
09/12/20  Coaches Round Table 19:00

STRENGTH & CONDITIONING

19/01/21  Technical Webinar 19:00
07/02/21  Strength & Conditioning Practical Day
          Location: TBC
17/02/21  Rowers Round Table 18:00
17/02/21  Coaches Round Table 19:00

SMALL BOAT TECHNICAL DEVELOPMENT

06/04/21  Technical Webinar 19:00
11/04/21  Small Boat Technical Development Practical Day
          Location: TBC
21/04/21  Rowers Round Table 18:00
21/04/21  Coaches Round Table 19:00

LEAD COACH CONTACT: Richard Poole (richard.poole@britishrowing.org)

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