WOMEN’S DEVELOPMENT PROGRAMME

FUNDAMENTALS OF POWER
24/11/20  Technical Webinar 19:00
13/12/20  Fundamentals of Power Practical Day
          Location: Virtual on RowHow
16/12/20  Rowers Round Table 18:00
16/12/20  Coaches Round Table 19:00

STRENGTH & CONDITIONING
19/01/21  Technical Webinar 19:00
31/01/21  Strength & Conditioning Practical Day
          Location: Durham School
04/02/21  Rowers Round Table 18:00
04/02/21  Coaches Round Table 19:00

SMALL BOAT TECHNICAL DEVELOPMENT
06/04/21  Technical Webinar 19:00
25/04/21  Small Boat Technical Development Practical Day
          Location: TBC
29/04/21  Rowers Round Table 18:00
29/04/21  Coaches Round Table 19:00

LEAD COACH CONTACT: Eddie Bryant (e.bryant@durhamschool.co.uk)

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