

WOMEN'S DEVELOPMENT PROGRAMME

SOUTH WEST DATES



FUNDAMENTALS OF POWER

24/11/20	Technical Webinar 19:00
28/11/20	Fundamentals of Power Practical Day Location: Virtual on RowHow
02/12/20	Rowers Round Table 18:00
02/12/20	Coaches Round Table 19:15

STRENGTH & CONDITIONING

19/01/21	Technical Webinar 19:00
07/02/21	Strength & Conditioning Practical Day Location: Newton Abbot
10/02/21	Rowers Round Table 18:00
10/02/21	Coaches Round Table 19:15

SMALL BOAT TECHNICAL DEVELOPMENT

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

LEAD COACH CONTACT: Steve Clarke (sc.rowingcoach@gmail.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.