

# WOMEN'S DEVELOPMENT PROGRAMME

## UPPER THAMES DATES



### FUNDAMENTALS OF POWER

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

### STRENGTH & CONDITIONING

19/01/21	Technical Webinar <b>19:00</b>
TBC	<b>Strength &amp; Conditioning Practical Day</b> <b>Location:</b> TBC
02/02/21	Rowers Round Table <b>TBC</b>
02/02/21	Coaches Round Table <b>TBC</b>

### SMALL BOAT TECHNICAL DEVELOPMENT

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

**LEAD COACH CONTACT:** Jonathan Cheesman ([jonocheesman@me.com](mailto:jonocheesman@me.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.