

WOMEN'S DEVELOPMENT PROGRAMME

WEST MIDLANDS DATES



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 |
| 07/02/21 | Strength & Conditioning Practical Day
Location: TBC |
| 10/02/21 | Rowers Round Table 18:00 |
| 10/02/21 | 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 |
| 28/04/21 | Rowers Round Table 18:00 |
| 28/04/21 | Coaches Round Table 19:00 |

LEAD COACH CONTACT: Ben Wellburn (b.wellburn@herefordcs.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.