

# WOMEN'S DEVELOPMENT PROGRAMME

## YORKSHIRE DATES



### FUNDAMENTALS OF POWER

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| 24/11/20 | Technical Webinar <b>19:00</b>   |
| 29/11/20 | <b>Fundamentals of Power Practical Day</b><br><b>Location:</b> Virtual on RowHow |
| 01/12/20 | Rowers Round Table <b>18:00</b>  |
| 01/12/20 | Coaches Round Table <b>19:00</b>   |

### STRENGTH & CONDITIONING

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| 19/01/21 | Technical Webinar <b>19:00</b>   |
| 31/01/21 | <b>Strength &amp; Conditioning Practical Day</b><br><b>Location:</b> TBC |
| 02/02/21 | Rowers Round Table <b>18:00</b>  |
| 02/02/21 | Coaches Round Table <b>19:00</b>   |

### SMALL BOAT TECHNICAL DEVELOPMENT

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| 06/04/21 | Technical Webinar <b>19:00</b>  |
| 17/04/21 | <b>Small Boat Technical Development Practical Day</b><br><b>Location:</b> Leeds, Roundhay |
| 20/04/21 | Rowers Round Table <b>18:00</b>   |
| 20/04/21 | Coaches Round Table <b>19:00</b>  |

**LEAD COACH CONTACT:** Liz Harries ([liz.harries@outlook.com](mailto:liz.harries@outlook.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.