

WOMEN'S DEVELOPMENT PROGRAMME

HANTS & DORSET 2021-22 DATES



FUNDAMENTALS OF POWER

06/10/21	Technical Webinar 19:30
28/11/21	Fundamentals of Power Practical Day Location: Southampton Solent Uni
TBC	Rowers Round Table TBC
TBC	Coaches Round Table TBC

STRENGTH & CONDITIONING

05/01/22	Technical Webinar 19:30
23/01/22	Strength & Conditioning Practical Day Location: Southampton Solent Uni
TBC	Rowers Round Table TBC
TBC	Coaches Round Table TBC

SMALL BOAT TECHNICAL DEVELOPMENT

30/03/22	Technical Webinar 19:30
17/04/22	Small Boat Technical Development Practical Day Location: Coalporters ARC
TBC	Rowers Round Table TBC
TBC	Coaches Round Table TBC

REGIONAL CONTACT: Richard Poole (hants-dorset-wdp@britishrowing.org)

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