

# WOMEN'S DEVELOPMENT PROGRAMME

## Lower Thames 2021-22 DATES



### FUNDAMENTALS OF POWER

06/10/21	Technical Webinar <b>19:30</b>
16/10/21	<b>Fundamentals of Power Practical Day</b> <b>Location: Queens Gate School</b>
20/10/21	Rowers Round Table
TBC	Coaches Round Table <b>TBC</b>

### STRENGTH & CONDITIONING

05/01/22	Technical Webinar <b>19:30</b>
13/02/22	<b>Strength &amp; Conditioning Practical Day</b> <b>Location: St Benedict's School</b>
16/02/22	Rowers Round Table
TBC	Coaches Round Table <b>TBC</b>

### SMALL BOAT TECHNICAL DEVELOPMENT

30/03/22	Technical Webinar <b>19:30</b>
03/04/22	<b>Small Boat Technical Development Practical Day</b> <b>Location: Lea RC</b>
06/04/22	Rowers Round Table
TBC	Coaches Round Table <b>TBC</b>

**REGIONAL CONTACT:** Gabor Marton ([lower-thames-wdp@britishrowing.org](mailto:lower-thames-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.