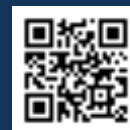


# WOMEN'S DEVELOPMENT PROGRAMME

## SOUTH EAST 2021-22 DATES



### FUNDAMENTALS OF POWER

06/10/21	Technical Webinar <b>19:30</b>
21/11/21	<b>Fundamentals of Power Practical Day</b> <b>Location: University of Brighton</b>
TBC	Rowers Round Table <b>TBC</b>
TBC	Coaches Round Table <b>TBC</b>

### STRENGTH & CONDITIONING

05/01/22	Technical Webinar <b>19:30</b>
16/01/22	<b>Strength &amp; Conditioning Practical Day</b> <b>Location: University of Brighton</b>
TBC	Rowers Round Table <b>TBC</b>
TBC	Coaches Round Table <b>TBC</b>

### SMALL BOAT TECHNICAL DEVELOPMENT

30/03/22	Technical Webinar <b>19:30</b>
10/04/22	<b>Small Boat Technical Development Practical Day</b> <b>Location: Bewl Bridge Rowing Club</b>
TBC	Rowers Round Table <b>TBC</b>
TBC	Coaches Round Table <b>TBC</b>

**REGIONAL CONTACT:** Richard Poole ([south-east-wdp@britishrowing.org](mailto:south-east-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.