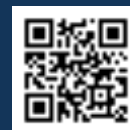


# WOMEN'S DEVELOPMENT PROGRAMME

## WEST MIDLANDS 2021-22 DATES



### FUNDAMENTALS OF POWER

06/10/21	Technical Webinar <b>19:30</b>
13/10/21	<b>Fundamentals of Power Practical Day</b> <b>Location:</b> Hereford Rowing Club
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:</b> Hereford Rowing Club
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>
24/04/22	<b>Small Boat Technical Development Practical Day</b> <b>Location:</b> Hereford Rowing Club
TBC	Rowers Round Table <b>TBC</b>
TBC	Coaches Round Table <b>TBC</b>

**REGIONAL CONTACT:** Ben Wellburn ([west-midlands-wdp@britishrowing.org](mailto:west-midlands-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.