

WOMEN'S DEVELOPMENT PROGRAMME

YORKSHIRE 2021-22 DATES



FUNDAMENTALS OF POWER

06/10/21	Technical Webinar 19:30
23/10/21	Fundamentals of Power Practical Day Location: St Peter's School, York
TBC	Rowers Round Table TBC
TBC	Coaches Round Table TBC

STRENGTH & CONDITIONING

05/01/22	Technical Webinar 19:30
08/01/22	Strength & Conditioning Practical Day Location: St Peter's School, York
TBC	Rowers Round Table TBC
TBC	Coaches Round Table TBC

SMALL BOAT TECHNICAL DEVELOPMENT

30/03/22	Technical Webinar 19:30
02/04/22	Small Boat Technical Development Practical Day Location: St Peter's School, York
TBC	Rowers Round Table TBC
TBC	Coaches Round Table TBC

REGIONAL CONTACT: Jess Harris (yorkshire-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.