



Liverpool University Boat Club: How to Build a Programme.

BR University Rowing Development Day – Sunday 18th September



- Recent history.
- The group.
- The alumni.
- Visited in May 2021.
- Similar culture to 2015-2017.
- Potential.



Where the club was.



- 0 pedigree as a coach.
- My own rowing.
- Rowing coaches I've known.
- Non-rowing coaches that have inspired me.



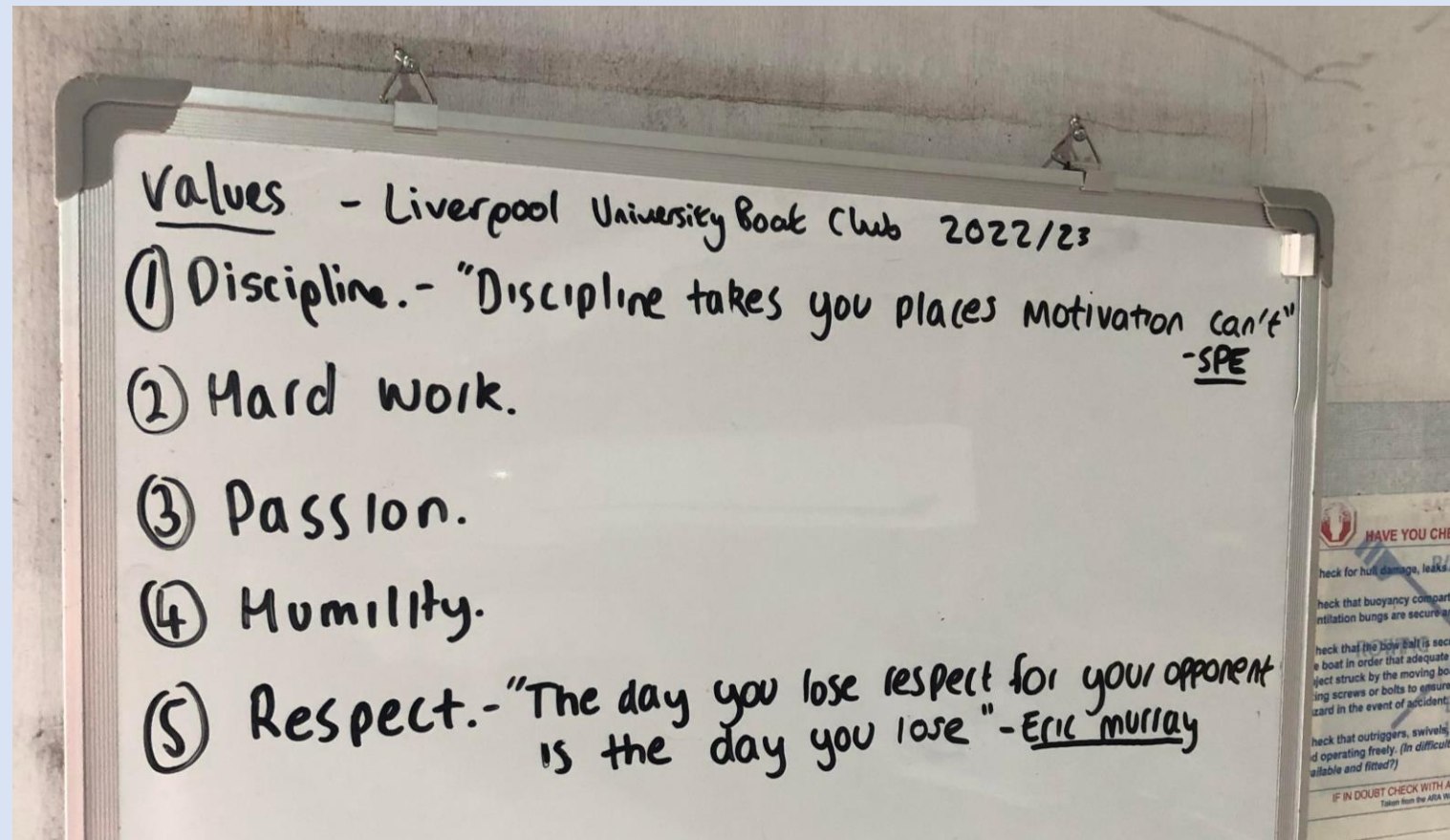
Starting out.





Step 1: Solve/mitigate the problems.





Step 2: Develop the culture.





Step 3: Utilise your strengths.





Step 4: Make the process enjoyable.





Step 5: Reap the rewards!



- What happens next? Ask me in a year!



Step 6: Review, revise, repeat.



- **Style.**
- **Technical knowledge.**
- **The programming.**
- **Beginner integration.**
- **Psychology.**



Specifics.





Any further questions?

