Thames Region Coach Education Team

**Coaching Seminar**

Hampton School (TW12 3HD)

Sunday 22nd March 2020

9:00 – 17:00

Cost £40

Includes refreshments and lunch

Early-bird discount - £35 if you book before 24th February

Open to all coaches, qualified or unqualified, new or experienced,

Sliding or fixed seat, you do not have to be a British Rowing member

Come and meet other coaches and learn new skills. The day will be split into 4 time slots and you can select the 4 topics you would like to attend. Each topic will be run more than once in a day so that group sizes can be kept small enough to encourage discussion and participation. Topics offered are (please see below for more information about the contents):

**Building the Foundations (Developing new rowers)**

**Developing Skills After Learn to Row**

**Exploring ways of safely generating more power in the rowing stroke**

**Indoor Rowing for Fun**

**Integrating new rowers into your club**

**Learning the stroke**

**Safety Leadership Skills**

**Safety Management**

**Training for Masters**

To book your place please:

pay

WERCEF

Account Name: WERCEF

Sort Code: 77-29-18

Bank Account Number: 40558260

and email Andrea Worley at s.a.worley@btinternet.com with the 4 topics you would like to attend. There may be limited space for some of the topics, so please send your booking as soon as you can.

If possible, please pay by internet banking. If you need to pay by cheque, please email Andrea for a postal address.

**More about the topics**

All topics will provide opportunities to share ideas and discuss challenges with fellow coaches. If there are any specific items you would like to cover, within the topics described, then please send these to us well before to the event. Each topic will be run more than once during the day so that group sizes are small enough to encourage discussion and participation.

**Building the Foundations (Developing new rowers)**

How do you develop good rowing habits and behaviours, on and off the water, that will help new rowers get the most out of the sport? Practical advice to ensure a rower has the time to develop skills and knowledge for a rower pathway, linked to training levels dependent on factors including age, fitness, athleticism, coordination and knowledge. It provides guidance on suitable exercise routines that can be used. These principles are applicable to all rowers whatever their age!

**Developing Skills After Learn to Row**

A Learn to Row course gives rowers the skills to get afloat safely and basic rowing technique. Some rowers want to develop their skills but your club may not be able to provide coaching for every outing. Some rowers want to develop but may not want regular coaching. This session will explore ways of helping new rowers to be independent and build their technique and understanding to move along the development path.

**Exploring ways of safely generating more power in the rowing stroke**

This topic explores how our sitting position in a fixed or sliding seat boat affects the power produced in the rowing stroke and our susceptibility to lower back injuries. It demonstrates how the angle of the hips in the sitting position affects the way the back and ‘glute’ muscles are used in the stroke. By assessing flexibility and core stability, it identifies why achieving and maintaining the desired hip position and back movement can be difficult. It introduces drills to improve flexibility, core stability and ‘glute’ engagement. This is a practical topic, which you can ‘lift and drop’ into your programmes at your club. Please wear suitable clothing and (if you have one) bring a phone with videoing capability.

**Indoor Rowing for Fun**

A practical session demonstrating how to get or keep fit and have fun at the same time. The session will be led by Clare Holman, a Go Row Indoor Instructor and member of British Rowing’s Indoor Rowing team. You can see some of her videos at <https://www.britishrowing.org/indoor-rowing/go-row-indoor/how-to-indoor-row/>. This is an active session so please wear appropriate clothing.

**Integrating new rowers into your club**

Successfully integrating new members into your club, retaining them as members and keeping your existing members happy can be difficult. Whether your new members are complete novices, have completed a Learn to Row course or are experienced rowers from another club, this session will examine the factors to be considered. You will have the opportunity to work with other coaches to develop ideas that you can use in your club.

**Learning the stroke**

For complete novices, starting to row can be difficult and frustrating. It is like trying to drive a car, you have to do lots of things at once and be aware of what is going on around you. This session shows how to break the stroke down so that new rowers can assimilate the technique one step at a time. These “steps” will be presented in the form of visual objectives that will be freely available in a digital format.

**Safety Leadership Skills**

Safety is just one of those aspects of life at a club that depend on the behaviour. This session will help you to improve safety at your club by improving your leadership skills. You will then be able to take the lead and encourage those behaviours that you want and discourage those that you do not want. The principles covered apply to all aspects of club life not just safety.

**Safety Management**

Every club has incidents, and some have the potential to be serious. What does go wrong and what is the cause of most incidents? What are the major concerns for your club? How can coaches improve safety by encouraging rowers to behave safely?

This topic covers how to decide whether it is safe to proceed with an event or activity or whether additional measures are required or whether it should be replaced with an alternative activity. It provides a framework to ensure that the relevant factors are considered and the correct decisions are made.

**Training for Masters Rowers**

Masters’ rowing is very popular in our region in both sliding seat fine boat and fixed seat rowing. This session led by John Gill Director of Coaching Scottish Rowing, addresses the physiological changes that occur with ageing and how we can best tailor rowers’ training programmes to optimise their performance. The result of his research proposes a radical approach to the content of masters training programmes, at times flying in the face of historical concepts of methods of training. He will also discuss the importance of athleticism and its impact on the safety and effectiveness of the stroke. John has implemented his research into the training programmes of a number of his crews historically producing significant results.

The topics will be presented by British Rowing Coach Educators. They are:

Ray Bedder

Jim Flood

John Gill

Clare Holman

Vicky Parry

Andrea Worley

Stephen Worley