

Champion of the Thames RC – Coaching Workshops

Champs will be offering a series of workshops over the next year and beyond, with the aim of developing the knowledge and experience of the club's coaches, coxes and rowers, and thereby providing a better and more enjoyable rowing experience for all.

Who are they for?

The workshops will be designed for all coaches and coxes whether they are experienced, novice or just thinking about getting involved.

Boat organisers, rowers and parents are also welcome if they are interested in learning more about rowing & coaching. Topics will include :

- How to coach – coaching methods and techniques
- What to coach – rowing technique, drills etc.
- Training programmes – how they work and what they cover
- Strength & conditioning and cross training
- Nutrition and lifestyle (diet, hydration, sleep)
- Racing strategy & tactics

What's the format?

- Workshops will be held throughout the year, approximately every quarter (more often if requested)
- They will last about an hour to an hour and a quarter and typically start at 8:30 pm to allow for evening outings and training commitments
- The venue will normally be (but please check the workshop flyer for details) :
 - St. Andrews Hall, St Andrew's Road, Chesterton, Cambridge CB4 1DH
- They will be as interactive as possible – sharing of best practice encouraged

Is there a cost?

- The workshops will be free – Champs will cover the cost of the room hire
- There may be an occasional charge if a guest speaker is invited, but this will be notified in advance

How do I get involved?

The workshops will be publicised by club wide email, and directly to coaches, coxes and boat organisers.

Please email in advance to confirm attendance so we have an idea of numbers.

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