

Champion of the Thames RC – Coaching Workshops

Workshop No. 1 – The Coaching Process

Time: Monday 6th June 2011, 20:30-21:45

Venue: St. Andrews Hall (Room 2)

Content

This will be an overview session to set the context for future workshops and will be a quick sprint through the following topics:

- Coaching best practice – how best to support crews and coxes
- Planning sessions
 - Warm up; technical work and drills; work pieces; cool down
- Observation & feedback; Video analysis
- The post outing review

Who is the workshop for?

This workshop is 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.

Is there a cost?

The workshops are free – Champs will cover the cost of the room hire.

How do I get involved?

Please email in advance to confirm attendance so we have an idea of numbers, but you are welcome to turn up on the day without pre-booking.

Brian Corbett

Coaching Development Officer

Champion of the Thames RC

07769 651216

brian@corbett.org.uk