

# Champion of the Thames RC – Coaching Workshops

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## Workshop No. 2 Race Strategies & Tactics

Time: Monday 4<sup>th</sup> July 2011, 20:15-21:45

Venue: Parkside School, Parkside Cambridge CB1 1EH; Room 16 (upstairs)

### Content

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

- Final pre-race training
- Race preparation – before and on the day
- Bumps tactics, including starts, coxing, and the bumps push
- Regatta tactics including stakeboats
- Coxing to win races
- Mental training for races; visualisation & managing nerves
- Practical tips for race days (preparation, nutrition, hydration etc)

### 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.

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