

Champion of the Thames RC – Coaching Workshops

Workshop No. 5 Rowing/Sculling Technique & Technical Drills

Time: Monday 20th February 2012, 20:15-21:45

Venue: St. Andrews Hall, St Andrew's Road, Chesterton, Cambridge CB4 1DH

Content

This workshop will explore the British Rowing technical models for sculling and sweep rowing, and how technical drills can help to develop correct technique. Content will include

- Review of components of the technical models
- DVDs of technique and drills
- Open forum discussion of a range of different drills

Who is the workshop for?

This workshop is aimed at coaches, bank parties, coxes and boat organisers, to help them create outing plans that address specific technical points. It will also be of interest to scullers/rowers to help them understand the purpose of the drills they are performing.

Is there a cost?

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

How do I get involved?

Please sign up using the google docs form below, so I have an idea of numbers:

<https://docs.google.com/spreadsheet/viewform?formkey=dFRoRUV6NExUanFnM2pZUWpsbFRYbXc6MQ>

or you can email me to confirm attendance, but you are welcome to turn up on the day without pre-booking.

Brian Corbett

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Champion of the Thames RC

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