



ARA West Region Events Calendar - Autumn/Winter 2009-10

Events highlighted in yellow are aimed at member clubs of the CPGA and CRA

Events highlighted in green are aimed at member clubs of WEARA

Events not highlighted are open to member clubs of any association

Level 2 Coaching Courses

Course	Venue	Course Dates	Assessment Dates	Course Contact Details
Level 2 (Fixed Seat)	Stithians Lake, Falmouth	Sat 31 st October 09 Sat 7 th November 09 Wed 4 th November 09 Wed 11 th November 09 Sat 14 th November 09 Sun 15 th November 09	Assessments will take place between 6 th - 21 st Feb 2010. Each candidate will be assigned with a date on application for the course	Tom Pattichis tom.pattichis@ara-rowing.org
Level 2 (Fixed Seat)	Teignmouth	Sat 31 st October 09 Sun 1 st November 09 Wed 4 th November 09 Wed 11 th November 09 Sat 14 th November 09 Sun 15 th November 09	Assessments will take place between 27 th Feb and 14 th March 2010. Each candidate will be assigned with a date on application for the course	Tom Pattichis tom.pattichis@ara-rowing.org

n.b. a Level 2 coaching course for WEARA clubs will take place in April/May 2010. Further details to follow in the autumn

Workshops/Conferences

Workshop	Venue	Dates	Details	Contact Details
Junior Coaches Conference	Nottingham	September 19 th /20 th 2009	www.ara-rowing.org/news/junior-coaching-conference	richard.boulton@gbrowling.org.uk
GB Rowing Technique Workshop	Dart Totnes	Sunday 4 th October 2009 1.15-4.30pm	Workshop for coaches, delivered by GB Rowing Technical Coordinator, Rosie Mayglothling, covering key aspects of British Rowing Technique	tom.pattichis@ara-rowing.org
Fixed Seat Rowing Technique Workshop	Victoria Inn, Roche	Tuesday 6 th October 2009 6.30-9pm	First delivery of the new fixed seat rowing technique module, designed by the ARA in conjunction with the CPGA and CRA. Dates of further workshops in each CPGA area will be confirmed in the autumn	tom.pattichis@ara-rowing.org
Safeguarding and Protecting Children	Teignmouth	Wednesday 4 th November 2009 6.30-9.30pm	ARA Child Protection workshop. Suitable for Club Welfare Officers and Junior Coaches/Volunteers	tom.pattichis@ara-rowing.org
Safeguarding and Protecting Children	Falmouth	Wednesday 11 th November 2009 6.30-9.30pm	ARA Child Protection workshop. Suitable for Club Welfare Officers and Junior Coaches/Volunteers	tom.pattichis@ara-rowing.org
Club Development Workshop	Kingsley Village, Fraddon	Sunday 17 th January 2010 10am-1pm	Workshop session, prior to CPGA AGM, aimed at club volunteers, covering aspects of club development, e.g. funding, development plans, etc	tom.pattichis@ara-rowing.org
Club Development Workshop	Dart Totnes	February 2010	Workshop session, prior to WEARA AGM, aimed at club volunteers, covering aspects of club development, e.g. funding, development plans, etc	tom.pattichis@ara-rowing.org
Coaches Workshops	n.b. in addition to the above, Regional C&C Coach Sallie Malt will be available to run workshops for coaches at individual WEARA clubs. Workshops available include Technique, Rigging, Writing Training Programmes and Coach Mentoring. If you would like to organise a workshop at your club please contact Sallie Malt for further details.			sallie.malt@ara-rowing.org

Coxes Courses

Course	Venue	Dates	Details	Contact Details
Level 1 Coxes Course (Fixed Seat)	Victoria Inn, Roche	September 2009 (date tbc)	First delivery of the new fixed seat Level 1 coxes course, designed by the ARA in conjunction with the CPGA and CRA. Dates of further courses in each CPGA area will be confirmed in the autumn	tom.pat.tichis@ara-rowing.org
Level 1 Coxes Course (Sliding Seat)	Exeter Rowing Club	Sunday 7 th March 2010 10am-4pm	Course aimed at beginner/intermediate club coxes, to help develop skills and experience	tom.pat.tichis@ara-rowing.org

Training Camps

Course	Venue	Dates	Details	Contact Details
Regional Training Camp	Bideford	Saturday 26 th September 2009	Adult Training Camp for club crews to develop skill and technique	sallie.malt@ara-rowing.org
Junior Training Camp (Fixed Seat)	Stithians Lake	10 th /11 th October 2009	Skills based camp for juniors aged 14-16	rhiannon.halliday@ara-rowing.org
Junior Sculling Camp (Sliding Seat)	Wimbleball Lake	17 th /18 th October 2009	Skills based camp for juniors aged 14-16	tom.pat.tichis@ara-rowing.org
Regional Training Camp	Totnes	Saturday 31 st October 2009	Adult Training Camp for club crews to develop skill and technique	sallie.malt@ara-rowing.org
Regional Training Camp	Stithians Lake	Saturday 28 th November 2009	Adult Training Camp for club crews to develop skill and technique	sallie.malt@ara-rowing.org
JIRR Team Timetrial	Dart Totnes	Saturday 6 th March 2010	Time trial to select the West Region junior team to compete at the Junior Inter Regional Regatta in Nottingham in April 2010	tom.pat.tichis@ara-rowing.org
Regional Training Camp	Exeter	April 2010	Adult Training Camp for club crews to develop skill and technique	sallie.malt@ara-rowing.org