



GB ROWING



GB ROWING TECHNIQUE WORKSHOP

DATE: Sunday 4th October 2009

TIME: 1.00pm - 4.30pm

VENUE: Dart Totnes ARC

COST: £5 per person

PRESENTER:

Rosie Mayglothing (GB Rowing Technical Coordinator)

The workshop is aimed at club coaches of all levels. It includes a review of the March 09 technique seminar, followed by a continuation of coaching progressions for the drive sequence.

The workshop will include practical coaching sessions including ergometer and water work.

To book your place on the course please contact ARA Coaching and Development Team Leader - Tom Pattichis
Office: 01626333020 Mobile: 07879070873
tom.pattichis@ara-rowing.org

Application deadline: Friday 25th September 2009

