

Time				
9:30 – 9:50	Arrival			
9:50 - 10am	Introduction			
10am - 11am	Graeme Foreman – Performance Mind Academy			
11am - 12	Rob Dauncey – <i>High Performance Coach.</i> Building Club Program's	Dan Cooper – GB Rowing. Junior Athlete session	Jon Boyle – DUBC S&C Master's S&C	
12 – 1pm	Lunch			
1pm – 2pm	Programming and Coaching Panel - Rob Dauncey, Dan Cooper – <i>alongside Northern High Performance Coaches.</i>	Jon Boyle Junior S&C – Fundamental Movement	Paul Lorenzarto – Club Hub	
2pm – 3pm	Jon Boyle Seniors S&C	Basic Rigging	Colin Percy – Events update	
3pm – 4pm	Safety Update	Advanced Rigging	Parents discussion group – Dan Cooper	