

# Northern Rowing Conference - 27<sup>th</sup> January 2019

DARC 10am -4:30pm

Provisional time table

Time	Session		
10am	Arrivals and Tea/Coffee		
10:15 – 10:30	Welcome and Overview		
10:30 – 11:30	<i>Graeme Foreman – Performance Mind Academy.</i>		
11:30 – 12:30	Junior Mobility  Kathryn Henderson – Fingers and Thumbs	Club Governance  Awaiting confirmation of lead for this session	Water Safety Update  <i>John Mullholland</i>
12:30 – 1:30	Developing Individuals and Clubs  James Andrews		Master Mobility  Kathryn Henderson – Fingers and Thumbs
1:30 – 2:30	LUNCH		
2:30 – 3:30	Masters Mobility handbook review	Events  <i>Colin Percy</i>	Junior Strength and conditioning  Jon Boyle
3:30 – 4:30	Advanced Rigging workshop  Ian Shore	Women in Coaching workshop  <i>Laura Richardson</i>	Masters Strength and conditioning  Jon Boyle
4:30 – 4:45	Closing Comments		

## Details of Sessions

10:30 – Main Room

### **Graeme Foreman**

Graeme's sporting background originated in tennis before supporting a number of other sports both nationally and internationally. Over the past few years he has been working in County Durham and Northumberland supporting a wide number of organisations, from Northumberland LTA to Team Durham.

Session content – Understanding Greatness.

Looking into the bigger picture with a rower analysis, identifying key characteristics and empowering them to excel.

### **11:30**

#### **Junior Mobility – Kathryn Henderson**

Based in Ryton, Kathryn brings over ten year's experience of sports massage and athlete injury prevention education. Owing both a sports massage business, Fingers and Thumbs, and a gym, Tri Fit, she has spent that time enabling athletes in her area to perform. Working across sports such as rugby, triathlon and rowing from grass root to international performance levels.

Kathryn is running a session centred around targeting injury prone areas in junior rowers with stretching and rolling exercises that can be integrated into a normal training week to reduce risk.

- If you own a roller at home, please bring it with you but it is not mandatory for the session.

*Suitable for junior athletes and their coaches.*

#### **Club Governance**

Run by a member of British Rowing, a review on effective practice in managing and running clubs.

***TBC – waiting for details of personnel and content***

#### **Water Safety Update - Water Safety Update - John Mulholland, Regional Rowing safety Adviser**

A review of safety in the last year in the region and an update on safety advice from the national level issues. Will also cover topical umpiring issues, there being a significant overlap between umpiring and safety concerns for competitions.

### **12:30**

#### **James Andrews – Developing Individuals and Clubs**

Session looking into athlete development, both as an individual and within a squad environment. Suitable for athletes, coaches and parents.

#### **Masters Mobility**

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## **2:30**

**Masters – Restricted Mobility handbook** – Review and Demonstration

Presentation and demonstration by Jeff Watling (Masters Committee Chair)

Waiting for confirmation on who will attend

**Events** – Events reviews, with emphasis on regattas - Colin Percy

A presentation followed by discussion on the way forward for summer regattas in the region. We will also look briefly at head races and at the new Competition Framework.

**Junior Strength and Conditioning Workshop** – Jon Boyle

Originally Consett based, Jon has worked with DUBC for the last decade. Writing and delivering a programme recognised not only by the athletes to come through it such as Will Fletcher and Angus Groom but the GB Rowing Team, leading to his link to the current U23 GBRT Strength and Conditioning Coaching team. Alongside this he works with individual athletes around the region to support them reach their potential.

In this session Jon will be reviewing fundamental movement patterns needed to aid performance in a boat, including hinge, squat and single leg work.

## **3:30pm – 4:30pm**

**Rigging Workshop** – Ian Shore

Running Programme's and Squads across the country, with previous experience including leading the Welsh Rowing Team, Ian will be covering set up of general boat measurements, appropriate blade lengths and individualisation for athletes. Please bring your questions with you (and your tape measure!)

**Women in Coaching Workshop** – Laura Richardson and Ellie Hizzett.

Both full time at DUBC, Laura and Ellie have been attending conferences for female performance coaches as part of a UK Coaching initiative and are keen to share their experiences and highlight areas they have found the most useful and inspiring.

This session is for female coaches in the Northern Region.

**Masters Strength and Conditioning Workshop** – Jon Boyle

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