



British Rowing - Northern Region Regional Get-Together

24th January 2016

Venue: Durham Amateur Rowing Club

Programme

Time	Session	
10.30	Arrivals and Tea / Coffee	
10:50- 11:00	Welcome and Overview <i>Michael Laing – Chair NRC</i>	
11:00- 11:30	Membership Offering <i>Phil Hornsey – Director of Membership & Rowing Community (British Rowing)</i>	
11:30 – 12:30	Are you “Ready for Rio?” & Explore Rowing meeting. <i>James Andrews – Area Participation Manager; North (British Rowing)</i>	Water Safety Update <i>John Mulholland – NRC WSA</i>
12:30- 13:30		Rule of Racing & Umpiring updates <i>Peter Hoare – Chair Regional Umpires</i>
13.30- 14.30	Lunch	
14:30- 17:00	The new British Rowing Competition Format. & regional events discussion <i>Fiona Polack - Secretary National Competitions Committee & Colin Percy Regional Events Coordinator</i>	Junior Rowing Session Discussion/presentation points <ul style="list-style-type: none"> - Appropriate training - Rowing for life - GB Trials - Boys Rowing - JIRR Trials <i>Pauline Higgins (Junior Commissioner) & TBC – Junior GB Coach</i>