



BRITISH ROWING

# Education & Training



SIMON WAY

## Basic Rigging

### A Coaching Workshop

#### What's in it for me?

The basic rigging workshop is for anyone who has successfully completed a UKCC L2 Coaching award or equivalent, or has some experience of rigging and is able to name the parts of the boat.

By the end of the workshop participants will be able to understand, perform and explain the effect of the following boat adjustments:

- Set the foot stretcher – height, angle and placement
- Set the span/spread
- Set the stern pin pitch = 0, total stern pin pitch
- Set the height of the swivel to suit the rower(s)
- Use and adjust wedges.

#### Workshop Details

Wednesday the 27<sup>th</sup> of February 2013  
18:00 – 21:00

Venue: Durham Amateur Rowing Club

Tutor: James Andrews  
Northern PDTL

£15 for British Rowing Members  
£30 for non- British Rowing members  
(Payable to Northern Rowing Council)

Closing Date for applications:  
Wednesday 23rd January 2013

Minimum of 10 attendees are required for a workshop to run.