

**COACHING CONFERENCE TIMETABLE  
DECEMBER 2004**

**Saturday 4<sup>th</sup> December**

<b>Time</b>	<b>Title</b>	<b>Content</b>	<b>Tutor</b>
09.45-10.00	Arrivals	Admin/Greet	All
10.00-10.15	Introduction & Programme	Content for day Safety	Iain Somerside (Director NRA)
10.15-11.45	Training for Maximum Performance	Prioritising rowing training	Marty Aitken (Performance Director SIS)
11.45-12.30	How sport science can improve performance	Field tests for rowing	Kevin Watson (Sports Science Consultant)
12.30-13.30	Lunch (included).		
13.30-15.00	Race Strategy	Race Strategies from the top rowing nations	Marty Aitken (Performance Director SIS)
15.00-15.30	Tea Break		
15.30-16.30	Effective Coaching	What do the most successful coaches do differently?	John McArthur (National Coach)

**Sunday 5<sup>th</sup> December**

<b>Time</b>	<b>Title</b>	<b>Content</b>	<b>Tutor</b>
09.15-9.30	Introduction	Programme introduction	Iain Somerside (Director NRA)
09.30-11.00	What does it take to achieve Olympic success?	GB Women's squad in Athens	Paul Thompson High Performance Coach (BIRO)
11.00-11.30	Coffee Break		
11.30-12.30	Using the lessons learned in Athens at club level	Translating the GB programme into practical advice at club level	John McArthur (National Coach)
12.30-13.30	Lunch (included)		
13.30-15.00	Weight training v Endurance training	Balancing water work with weight training	Kevin Watson (Sports Science Consultant)
15.00-15.30	Open Forum and wrap up	Question and answer session	All

