

SCOTTISH AMATEUR ROWING ASSOCIATION

COACHING CONFERENCE

DECEMBER 2nd/3rd 2006

Saturday 2nd December

Time	Title	Presenter
09.30-09.50	Arrivals	All
09.50-10.00	Introduction	Iain Somerside (Director NRA)
10.00-11.00	The GB talent ID programme how it works and where it is at	Peter Shakespeare Manager Talent ID BIRO
11.00-11.30	Coffee break	
11.30-12.30	Testing for Talent ID	Peter Shakespeare Manager Talent ID BIRO
12.30-13.30	Lunch (included)	
13.30-14.30	Strength and conditioning Power clean and snatch practical	Kevin Watson (Sports Science Consultant)
14.30-15.00	Tea Break	
15.00-15.45	Theory of writing and designing rowing training programmes	Kevin Watson (Sports Science Consultant)
15.45 – 16.30	WADA – the drugs list	Graeme Cunningham

Sunday 3rd December

Time	Title	Speaker
10.00-11.30	Technique and the GB system	Peter Sheppard Chief Coach GB \junior/u23's
11.30-12.00	Coffee Break	
12.00-12.30	Scottish performance pathways	Iain Somerside Director NRA
12.30-13.30	Lunch Break	
13.30-14.30	Training programmes and volumes	Peter Sheppard Chief Coach GB \junior/u23's
14.30-15.00	Tea Break	
15.00-15.45	Designing and writing training programmes practical	Kevin Watson (Sports Science Consultant)
15.45-16.00	Wrap up	All