



Coaching Conference 2006

2nd /3rd December 2006

National Rowing Academy, Strathclyde Park

This year's speakers include:

Peter Sheppard	GB technique /Training programme and volumes
Peter Shakespeare	Talent ID programmes – method and outcomes
Kevin Watson	Kevin will be talking about and leading practical sessions on writing training programmes and weight training
Iain Somerside	Iain will outline the existing and proposed performance pathways for Scottish rowing and outline the new eight year performance plan
Graeme Cunningham	Drug testing protocol and list

The costs for the conference are:

£50 per person for both days – includes lunch and sculling technique DVD

£35 per person for a single day – includes lunch and sculling technique DVD

NB: Members of the Elite Coach Education Programme are not charged for the conference.

This year, we are also able to offer an accommodation package at the Express by Holiday Inn in Strathclyde Park. The hotel will only provide the buffet dinner package for a minimum of 15 people.

£55 - Buffet dinner, bed & continental breakfast (minimum of 15)

£45 – Bed & continental breakfast

Closing date for applications is **17th November**.

Please send application forms & payment to Jo Ramsay at the National Rowing Academy, 366 Hamilton Road, Motherwell ML1 3ED