

**2010 RCA Coaches Conference Schedule**  
**Thursday January 28, 2010**

<i>Time</i>	<i>If you are coaching..... Training to Train and early stage Learn to Compete athletes</i>	<i>If you are coaching.... Late stage Learn to Compete and Train to Compete athletes and need your Level 3</i>	<i>If you are coaching.... Late stage Learn to Compete and Train to Compete athletes, have your Level 3</i>	
<b>08:00 – 8:30</b>	Registration			
<b>8:30– 9:00</b>	Welcome and Introductions			
<b>9:00 – 10:15</b>	<b>TP-1</b> What makes a Coach Great: Experiences from a High Performance Swimmer and Administrator Alex Baumann			
<b>10:15 – 10:45</b>	Break			
<b>10:45 – 12:15</b>	<b>TA-2</b> The Science and Strategy of the Racing Start Volker Nolte	FS #1 Al Morrow	<b>TB-2</b> Intro to Level 3 & RCA Performance Coach & Training Program & Design Ed McNeely	<b>NEW</b> <b>TC-2</b> Physiological Assessment & Monitoring of Rowers – A Perspective from Great Britain  Troy Taylor
<b>12:15– 1:30</b>	Lunch			
<b>1:30– 2:45</b>	<b>TA-3</b> Selecting Oars for Your Crew Christine Wilson	<b>TB-3</b> Strength Training for Rowing Ed McNeely	<b>TC-3</b> Use of Technology at the Victoria High Performance Centre Terry Paul	FS #2 Mike Spracklen
<b>2:45 – 3:15</b>	Break			
<b>3:15 – 4:30</b>	<b>TP-4</b> The Future of High Performance Sport and High Performance Rowing in Canada Alex Baumann and Peter Cookson			

**RCA Information Sessions**

<b>4:45 – 5:15</b>	Senior A National Team Plans and Programs	NCCP - LTR Instructor and RCA Coach (Old Level 1 and 2)	Rules of Racing Review Progression Systems	<b>New</b> RCA Domestic Initiatives and Grants
<b>5:15 – 5:45</b>	NCCP – RCA Performance Coach and RCA HP Coach (Old Level 3 and Level 4/5)	Junior National Team and Under 23 Plans and Programs	Rules of Racing Review Weigh ins – new rules proposal	Domestic session cont'd Colleen Miller/Martin George
<b>6:00 – 8:00</b>	Dinner /Social Activity at Palasad – <b>Oxford and Adelaide</b>			

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<b>08:30 – 10:00</b>	FA-1 General Rigging - Christine Wilson & Michele Fisher	FS#3 Mike Spracklen	FBC- 1 Training Category Periodization Michelle Darvill and Saro Farra		
<b>10:00 – 10:30</b>	<b>Break</b>				
<b>10:30 – 12:00</b>	FA1-2 Effective Strategies in High School Rowing Gavin McKay & John Ruscitti	FA2-1 Selection of a Regatta – Michelle Darvill & Volker Nolte	FB- 2 Principles of Technique, Video Analysis and Effective Coaching Using Drills - Mike Thompson & Allison Dobb	FC-2 Lightweight Rowing – Energy Neutral Ed McNeely	FS #4 Peter Cookson
<b>12:00 – 1:30</b>	<b>LUNCH</b>				
<b>1:30 – 3:00</b>	FA1 -3 Losing Weight, Making Weight and Rowing Fast Dr. Lemon	FA2-3 Movement Screen Chuck McDiarmid & John Wetzstein	FB-3 Principles of Technique , Video Analysis and Effective Coaching Using Drills Mike Thompson & Allison Dobb	FC-3 The Ceiling Effect – Practical Application Ed McNeely	
<b>3:00 – 3:20</b>	Break				
<b>3:20 – 4:45</b>	<b>FP- 4 - Rowing and Racing in Difficult Conditions Al Morrow</b>				
<b>6:30 – 10:00</b>	<b>RCA Coaches Recognition Banquet – <span style="color: red;">West Haven Golf and Country Club</span></b>				

**Saturday, January 30, 2009**

Time	<i>If you are coaching..... Training to Train and early stage Learn to Compete athletes</i>		<i>If you are coaching.... Late stage Learn to Compete and Train to Compete athletes and need your Level 3</i>	<i>If you are coaching.... Late stage Learn to Compete and Train to Compete athletes, have your Level 3</i>	
<b>8:30 – 9:30</b>	SA1- 1 Coaching the Coxswain Lesley Thompson- Willie	SA2-1 DIY Boat Repair By Hudson Boatworks	SB-1 Rigging Effectively for Individuals Siobhan McLaughlin & Volker Nolte	SC- 1 RADAR Chuck McDiarmid & Phil Marshall	FS #5 – Al Morrow
<b>9:30 – 10:30</b>				SC-1 Percentage Calculation Ming-Chang Tsai	
<b>10:30 – 11:00</b>	Break				
<b>11:00- 12:30</b>	SA1- 2 Building a Team of Coaches John Armitage, Carol Love, Volker Nolte	SA2-2 DIY Boat Repair continued)	SB-2 Selection (Part 1) Al Morrow	SC-2 Building a Team of Coaches John Armitage, Carol Love, Volker Nolte	
<b>12:30 – 1:30</b>	Lunch				
<b>1:30 – 2:45</b>	SA-3 Masters- Old Bones Training Volker Nolte	FS #6 – Terry Paul	SB-3 Selection (Part 2) Al Morrow	SC-3 Critical Success Factors for Healthy Club, School and University Rowing Programs Jim Dover, Bernhard Stromporowski, Siobhan McLaughlin Panel and Round Table	
<b>2:45 – 3:15</b>	Break				
<b>3:15 – 4:30</b>	SP – 4 Final Preparation for the Race – Mike Spracklen				
<b>4:30 – 4:45</b>	Wrap-Up				