



Rowing Canada Aviron Workshop Descriptions

Thursday, January 26, 2012

8:45 am – 9: 15 am

A1 - Partnership in the Excellence Pathway (Peter Cookson)

Open to All

This session will focus on the interrelationships between our various partners that can lead to the improved vibrancy and health of the rowing community in Canada. Our success in the sport depends heavily on solid, productive relationships between all constituent members – clubs, universities, schools, provincial bodies and our various governmental and private partners. The key message of this session will be to identify the importance of rowing's stakeholders to Canada's success at the international level.

9:15 am – 10:15 am

A2 - How Rowers Develop (Joe Baker)

Open to All

Can we predict who will succeed in rowing? How can we maximize an athlete's development? Summarizing research conducted with elite athletes over the past 10 years, this session will explore the varying factors influencing athlete development with specific reference to maximizing athlete development in rowing.

10:30 am – 11:45 am

A3 - Sculling Technique (Al Morrow and Allison Dobb)

Stream 1, 2 or 3

The purpose of this session is to review Rowing Canada's sculling technique in the context of the Rowing technique overview presented by our High Performance Director, Peter Cookson. Discussion will centre on areas of technique that are specific to scullers such as grip and hand, arm and shoulder action throughout the whole stroke cycle. A special emphasis will be placed on methods of teaching these correct actions and drills that can be used in this process. The session will be highlighted by images of rowers that row with good hand action technique.

10:30 am - 11:45 am

A4 - Rowing Technique (Mike Spracklen)

Stream 1, 2, or 3

There are many ways to row. In this session, Mike Spracklen, coach of the 2008 Beijing Olympic Men's 8 Gold Medalists and the 2011 World Rowing Championships Bronze medalists explains the technique that he has taught the men's eight. The technique that Mike teaches to crews under his charge is explained and discussed in an open discussion format. The session will focus on sweep technique and will be of interest to all coaches from instructors (Learn to Row) to coaches working with rowers on the excellence pathway.



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10:30 am – 11: 45 am

A5 - Classification of your Adaptive Athletes - Tips for coaches and classifiers - (Rebecca Thomas & Courtney Pollock)

An informative session for adaptive coaches or coaches who will be coaching adaptive participants. No previous experience with adaptive rowers required. Rowing Canada Aviron's international classifiers, Courtney Pollock and Rebecca Thomas will guide you through a series of tests for adaptive participants to determine the best type of boat for the athlete to be in. This will also act as professional development for national classifiers as a way to maintain certification. *Sponsored by Row Ontario and the Coaches Association of Ontario*

11:45 am – 12:30 pm

A6 - Setting up Conditions for Effective Learning (Joe Baker & Melissa Hopwood)

Open to All

Based upon principles of motor learning and skill acquisition, this session will introduce a variety of coaching techniques that you can use to maximize learning and enhance performance. From designing practice activities to giving instructions and feedback, this session will provide a number of tips to help you and your athletes get the most of training. Content will be suitable for coaches of athletes at all skill levels.

1:30 pm – 2:45 pm

A7 – NDC Crew Analysis – RCA Technique/ 5 Principles (Phil Marshall & John Wetzstein)

Stream 1 or 2

Phil Marshall and John Wetzstein will analyze video of athletes from Canada's National Development Centres to illustrate RCA's Technical Principles. This workshop is an opportunity for coaches to participate in a group session that uses the principles of technique as a framework for error detection and drills to improve technique. The objective of this workshop is increase awareness of RCA's Technical Principles.

1:30 pm – 2:45 pm

A8 – NRC Crew Analysis – RCA Technique/5 Principles (John Keogh)

Stream 2 or 3

John Keogh will analyze video of National team athletes from the National Rowing Championships to illustrate RCA's technical principles. There will be a specific focus on grip, drive and recovery sequences. This analysis and group discussion will reinforce the importance of good technique in all stages of development - preparing rowers for the Train to Win stage.

1:30 pm – 2:45 pm

A9 - Best Adaptive Practices (Rebecca Thomas/Courtney Pollock/TBA)

A workshop intended to ease the fear around starting an adaptive program by discussing with other clubs with adaptive programming and our international classifiers what works! Included are the many benefits including equipment acquisition through grants that could work for all your club members.

Sponsored by Row Ontario and the Coaches Association of Ontario



Rowing Canada Aviron Workshop Descriptions

3:00 pm – 4:30 pm

A10 - Effective Drills for the Training to Train Rower (Carol Love)

Stream 1

This workshop will outline how coaches can effectively incorporate drills into the learning process for athletes in the Learning to Train and Training to Train stages of development. Using the RCA Technique Principles and getting it right the first time with correct feedback, the appropriate use of drills will help increase the athlete's awareness of their technical proficiency. Developmentally appropriate drills will be discussed including when, why and how to use them in practice and the program.

3:00 pm – 4:30 pm

A11 - NCCP - Analyze Performance – Biomechanics (Volker Nolte & Siobhan McLaughlin)

Stream 2

Rowing technique plays a significant role in the performance of a crew. The basis of rowing technique is biomechanics. The mechanical basics of rowing will be presented and the biomechanical principles guiding proper rowing technique will be developed. Based on those principles, the main practical applications are presented. This way, the coaches learn to understand the basics of rowing technique, can identify the main principles and acquire practical ideas how to apply this knowledge in their work on the water. The technical training can then be focused on the main factors that affect performance and the proper ways to teach rowing technique.

3:00 pm – 4:30 pm

A12 - The Use of Performance Technology on Performance (Terry Paul)

Stream 3

In the past three years the coaches at the Victoria Training Center have invested many hours working with technologists from Own the Podium and Canadian Sports Center Pacific piloting and experimenting with many forms of performance analysis systems. Terry will share some examples of the tools and reports generated and discuss the Technical, Tactical and Psychological outcomes that result from use of these types of detailed feedback systems. Terry will discuss his relationship with these consultants and the periodization of the different interventions into the Yearly Training Plan leading up to the 2012 Olympic Games in London.

4:30 pm – 6:30 pm

A13 - RCA Information Session

Open to All

Join us for a drink and appetizer and hear about RCA programs and plans for the upcoming year. This plenary session will have brief but informative presentations on: National Team programs, IROW, Coach Development, NCCP, RCA Talent ID, Long-term Athlete Development and Adaptive Rowing. There will be an opportunity for questions.



Rowing Canada Aviron Workshop Descriptions

Friday, January 27, 2012

8:30 am – 10:00 am

B1 - Rhythm and Run (Mike Purcer & Paul Beedling)

Stream 1

This presentation will review the concept of rhythm (ratio) within the rowing stroke. Further discussion will focus on the recovery phase of the stroke and the movements of the body. A closer look at the speed of the movements of the hands, body and slide will reveal the travel of the athlete's center of gravity. Finally, a discussion of the run of the boat, what it is and how you can achieve it will leave you with the understanding that timing, swing, and moving together in the flow of recovery is the key.

8:30 am – 10:00 am

B2 - NCCP – Rigging Practical, Performance and Technique Analysis and Rigging Adjustments (Siobhan McLaughlin)

Stream 2

Linked to the previous module on biomechanics, this RCA Performance Coach session will focus on practical application of using the referent model to make adjustments to rigging to improve boat speed. Case studies, common errors and objective data will be used to encourage coaches to be critical thinkers and problem solvers. Coaches will be required to do a practical rigging task demonstrating their ability to measure span, pitch, and height.

8:30 am – 10:00 am

B3 - Use of Electronic Equipment for Race Analysis and Tactics (Volker Nolte and Howard Campbell)

Stream 3

Howie Campbell (UVIC) and Dr. Volker Nolte (UWO) will present actual data from the 2011 CU Championships taken with iPhone and NK SpeedCoach. Easy accessible electronic equipment helps the coach to get information about race tactics of their crews that can be used for further development. Nolte and Campbell will explain the usage of easy accessible equipment and how to present the race data to the rowers. They will also present how the data was used at the CU regatta 2011 and which impact it had on racing. Which equipment is used? How is the data presented? And which experiences are made over the years?

8:30 am – 10:00 am

B4 - Web Registration for Club Administrators (Colleen Miller & Jen Parfitt)

Attention: club managers/registrars/administrators: Educate Yourself Now!

RCA's new online web based registration system will provide rowing clubs with simple tools to manage club rowing programs and all club members, volunteers, staff, coaches and more. Club administrators of this new system will have the ability to track member registration and individualize reports via excel exports, for club needs. This system will automatically link the club, province and RCA with all the data necessary to complete a member's registration. PRA staff welcome too.



Rowing Canada Aviron Workshop Descriptions

10:15 am – 11:45 am

B5 - Coaching Effective Rowing Technique on the Ergometer (Paul Hawksworth & John Weztstein)

Stream 1

In many centers rowers spend considerable time on the ergometer. This time can be used productively to train physical capacities but also to teach, correct and reinforce good rowing technique. Paul Hawksworth and John Weztstein discuss using the erg to instruct novice rowers and develop the foundation to support Rowing Canada's technical principals. This workshop presents an opportunity for coaches to hear and share experiences with erging instruction for the training to train athlete with an eye toward injury prevention and accelerated learning.

10:15 am – 11:45 am

B6 - NCCP – Analyze Performance: Effective Use of Performance Technology WHAT? WHY? HOW? (Howard Campbell)

Stream 2

The use of technology continues to be an important part of the coach's repertoire of skills needed to analyze the many components that contribute to boat speed. This area continues to advance and the performance technology options increase. The question always is what can the coach (club) afford and be most effective within the program. This workshop will have many available technologies set up and the focus will be on how to use the equipment, what it measures, cost effectiveness as well as a brief question and answer opportunity. If time allows, coaches will be given the chance to review data and/or try some of the equipment.

10:15 am – 11:45 am

B7 – How to get the most out of a Stroke? Understanding the interactions of the blade in the water – Andrew Sliastas)

Stream 3

The blade is where the rower's effort is applied to the water and translated into shell propulsion. Improving the efficiency of this physical link between effort and propulsion will allow the rower to improve their performance. By breaking down the subtle yet complex interaction of the blade in the water and understanding the flow behavior, we explore the ability of the blade to generate propulsion throughout the stroke. The implications of these findings can impact how coaches and athletes approach rowing style, rigging, and equipment selection.

10:15 am – 11:45 am

B8 - From the Classroom to the Water – Innovation in Rowing, Access and Outreach (Karla Landis & Julie McCleery)

The George Pocock Rowing Foundation's Row to the Future initiative is a multi-faceted project focused on providing youth with pathways and support for successful participation in rowing. In this session, the project's Director, Karla Landis, will describe the unique programs which include indoor rowing - as part of the Seattle Public School's physical education curriculum - as well as outdoor rowing programs for youth who face significant barriers to participation in the sport. Ms. Landis will reflect on and discuss the common pathways and barriers to rowing and the importance and value of your role, as the coach or director, in creating accessible rowing programs. You will leave this session with tools to help your boathouse improve access and increase participation through collaboration and community partnership.



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Our presenters - Karla is the Senior Program Director for the George Pocock Rowing Foundation in Seattle. She has nearly ten years of coaching and program management experience and an aptitude for community development within the sport of rowing. Most recently reflected through her work with US Rowing, Seattle Public Schools, and Seattle Parks and Recreation, Karla understands the power of rowing to serve as a means for young people to develop lifelong skills for healthy living, embrace teamwork and build new friendships, and expand academic and professional horizons. Karla continues to strengthen rowing in the Northwest by improving community awareness of rowing opportunities and creating greater access to high-quality junior programs. Karla is a former rower ('98-'02) and coach ('03-'09) from Western Washington University.

Julie has an eclectic background in rowing, education, and non-profit work. A two-time US Rowing Team member, she has been a rowing coach for 18 years and has coached all levels from juniors to elite. Her coaching philosophy centers on the importance of understanding the mind – body connection and developing sound fundamental technical and mental training practices. She served as the assistant coach and program director for the Pocock High Performance team for seven years, under Emil Kossev. During that time she coached at the 2004 World Championships and ran summer development camps which garnered 25 medals at Club and Elite Nationals between 2005 and 2008.

She is currently pursuing her PhD in Educational Leadership and Policy Studies at the University of Washington. She is also the founder and principal of McCleery Coaching and Consulting which provides strategic support and project management for non-profits and educational organizations.

1:00 pm – 1: 45 pm

B9 - Developing Mental Toughness (Kirsten Barnes)

Open to All

High Performance requires the delivery of excellent results through times of personal and professional pressure. The ability to perform is as much about a developed mental approach as it is about technical, tactical and physical capability. Mental Toughness is about maximizing your effectiveness and sustaining performance at all times. Born out of research carried out with the world's best performers from sport and business, this approach helps coaches, athletes and leaders within organizations develop Mental Toughness in themselves or create the conditions for others to demonstrate greater Mental Toughness – emphasizing the key component of Self-Belief, Motivation, Focus, Handling Pressure, Dealing with Physical and Emotional Pain and Lifestyle factors crucial to achievement and sustainability of high performance in sport.

1:45 pm – 3:15 pm

B10 - Building Mental Performance through LTAD stages (Kirsten Barnes)

Stream 1 and 3

This session will examine the way mental toughness and the associated mental skills can be developed through the LTAD stages to maximize the effectiveness of mental performance development; with the aim of educating rowers when they are younger and the to provide individualized support as they develop as athletes and become senior international rowers. Mental skill development is now highlighted in RCA's LTAD Overview document (2nd).



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1:45 pm – 3:15 pm

B11 - NCCP – Analyze Performance Finding 1.5 seconds (Dan Bechard)

Stream 2

A coach's ability to effectively analyze race performance is integral to a team's success. This workshop will discuss how the use of technology can aid in this analysis. Using real data collected from readily accessible tools, the group will view, reflect, and analyze a crew's race performance. The group will also discuss how performance analysis changes with the implementation of each piece of technology. By the end of this workshop, the coach will be able to identify differences in these tools and implement information into their race performance analysis.

1:45 pm – 3:15 pm

B12 - The Clock is Ticking – The New Not for Profit Act (Rachel Corbett, Sport Law and Strategy Group)

Rachel Corbett helps sport organizations manage change by providing consulting services in governance, dispute resolution, planning and risk management. A co-founder of the Sport Law & Strategy Group (formerly the Centre for Sport and Law), she has worked exclusively in sport for almost 20 years. As a change champion, she works with national and provincial sport bodies on strategic planning, organizational restructuring and risk management initiatives. Rachel also helps sport organizations, coaches and athletes to manage disputes, and works with sport organizations to develop clear and concise policy documents to improve governance and business practices. Rachel publishes widely and also lectures in several subjects in the sport management department at Brock University.

In this session, Rachel will provide a brief overview of the new Not-for-Profit Corporations Act and will highlight the main issues that will impact sport organizations. RCA is one of the first NSOs out of the gate and has made considerable progress in the last six months. Rachel will discuss the work done to date by RCA's Governance Review Committee and will present the various proposals and options that are being considered, and a possible timeline for making governance changes to comply with the Act. An informative display has also been prepared and will be available for viewing by delegates throughout the Conference.

1:45 pm – 3:15 pm

B13 - Getting Adaptive Rowing going in Clubs (Jeff Dunbrack)

Starting with basic knowledge on adaptive rowing, how to find and entice potential participants to row, all the way to taking advantage of some funding opportunities that are available for equipment and overall costs to run a program. This workshop is sure to help any club with adding an incredible dynamic to your overall club programs via adaptive rowing.

Sponsored by Row Ontario and Coaches Association of Ontario



Rowing Canada Aviron Workshop Descriptions

3:30 pm – 5:00 pm

B14 - Setting of the Feet in Rigging – How to set your athlete to be effective (Jeff Powell & Michelle Darvill)

Stream 1

This workshop will examine this under-appreciated component of rigging – setting the footstretcher. Attendees will learn the biomechanical justification for benchmark measurements of angle, height, splay, width, and bow/stern placement. Adaptations for individual rowers will be discussed as will problem shooting common foot stretcher issues and some ideas around the variable angle foot stretchers. The session will combine “classroom” and “hands on” work with foot stretcher and cockpit setups

3:30 pm – 5:00 pm

B15 - NCCP – Building Mental Performance, What is the coach’s role? (Kirsten Barnes)

Stream 2

This session will focus on the use of sport psychology tools and provide tools for assessing mental skills in order to help identify athlete’s strengths and weaknesses. It will also examine the development of goals to improve mental skills. Coaches will have the opportunity to discuss how to integrate the use of mental skills in the daily training environment and in competition to enhance the athlete and coach performance.

3:30 pm – 5:00 pm

B16 - RCA’s High Performance Development Program - An 18 month overview (Chuck McDiarmid & Phil Marshall)

Stream 3

During this session the presenters will review the 18-month evolution of the Canadian Talent Development program in Canada. The successes and challenges of this new strategy will be discussed. This will include discussion on Talent Identification, RADAR, and the National Development Centers.

3:30 pm – 5:00 pm

B17 - Web Registration for PRA Administrators (Jen Parfitt & Colleen Miller)

Attention PRA staff! Educate yourself on RCA’s web based registration system. Session will include creating your log in account, viewing and exporting your province’s membership data as well as tips on how to help any of your clubs/members with questions or problems.



Rowing Canada Aviron Workshop Descriptions

Saturday, January 28, 2012

8:30 am – 10:00

C1 - Making Weight – When is it advisable? When is it counterproductive? (Pete Lemon)

Stream 1

Perhaps the most asked question in rowing involves whether or not one should lose body weight and become a lightweight or gain weight and become a heavyweight. Using scientific measures of body composition the answer to this question becomes much more obvious. This talk will discuss the role body composition plays in answering this question – specifically how it is determined and how it can be used to assess which strategy is best.

8:30 am – 10:00 am

C2 – NCCP – Selection - Part 1 of 2 (Al Morrow)

Stream 2

This two-part workshop focuses on the critical elements needed to run a “good” selection. Concepts, including objective, reliable, valid and economical will be introduced as important aspects to selection. Coaches use a variety of methods to measure and rank rowers. The pros and cons will be examined. As well, case studies will be used as a way to develop the coach’s ability to assess the strength and weaknesses of a selection protocol. Coaches are required to bring a selection document that they have used in the past or one that was used at their club.

8:30 am – 10:00 am

C3 - Dynamic Warm Up (Karen Orlando & Barney Williams)

Stream 3

Learn about the physiology of the warm-up and why it is important for your rowers training session - how to maximize the effectiveness of the on-water time using a dynamic warm-up before getting on the water. “Krash” will provide this background information followed up with the importance of stretches and core exercises. Barney has been using dynamic dryland warm-up with his UVIC crew, with targeted new and existing talent in the national team training environment.

8:30 am – 10:00 am

C4 - Web Registration for Club Administrators (Colleen Miller & Jen Parfitt)

Attention: club managers/registrars/administrators: Educate Yourself Now!

RCA’s new online web based registration system will provide rowing clubs with simple tools to manage club rowing programs and all club members, volunteers, staff, coaches and more. Club administrators of this new system will have the ability to track member registration and individualize reports via excel exports, for club needs. This system will automatically link the club, province and RCA with all the data necessary to complete a member’s registration. This session is similar to Fridays but will also include some of the problems you may encounter as you switch to this new system. PRA staff welcome too.



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8:30 am – 9:15am

C5 - The Consequences of Unexpected Bad Weather (George Gage)

Leander Boat Club president George Gage presents an account of how unexpected bad weather took a toll on the club's equipment and put the club's safety code to the ultimate test. Learn what the club learned from one morning harrowing incident. A must attend for all club safety officers.

9:15 am – 10:15 am

Keeping our Sport Safe - the Leander Story & Environment Canada (Serge Besner and Tony Cham)

Learn how to use the resources of Environment Canada's Weather Office to help you have safe practices and regattas. Weather forecaster Serge Besner and the EC's Storm Prediction Centre lead Marine Meteorologist Tony Cham, will show you how to get the most relevant information from the Weather Office's Web site and other means such as weather alert radios.

10:15 am – 11:30 am

C6 - Effective Use of the RCA Categories of intensity with the T2T rower (Volker Nolte)

Stream 1

The primary objectives of this stage are to build the engine (physical and mental) while teaching and reinforcing good rowing technique. Within this stage there can be huge differences between athletes, particularly if they are still growing. Volker will discuss how to use the RCA Categories of Intensity to provide a developmentally appropriate training program given the primary objectives of this stage. This session will be helpful to coaches working with novice high school rowers or rowers who are passed puberty.

10:15 am – 11:30 am

C7 - NCCP – Selection - Part 2 of 2 (Al Morrow)

Stream 2

This two-part workshop focuses on the critical elements needed to run a “good” selection. Concepts, including objective, reliable, valid and economical will be introduced as important aspects to selection. Coaches use a variety of methods to measure and rank rowers. The pros and cons will be examined. As well, case studies will be used as a way to develop the coach’s ability to assess the strength and weaknesses of a selection protocol. Coaches are required to bring a selection document that they have used in the past or one that was used at their club.

10:15 am – 11:30 am

C8 - Optimal Recovery Techniques for Training Adaptions and Race Performance (Troy Taylor & Trent Stellingwerff)

Stream 3

We all know that recovery from a hard exercise bout is important to continued improved athlete performance but what isn’t so clear is what that recovery should look like; active cool down, cold tub, sports drink, compression garments etc... and how the use of those different recovery techniques should change in the training verses competition environment.

In the presentation Troy Taylor and Dr. Trent Stellingwerff - physiologists to the London and Victoria Training Centers - will give an overview of the latest research in the area of recovery and regeneration. Utilizing practical examples from RCA national training centers the presentation will cover optimal nutritional practices and physical recovery modalities for both training and competition environments.



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10:15 a.m. to 11:30 a.m.

C9 - Transport Canada Regulations (Dave Derry)

Get the latest information on the laws that directly affect our sport and how your club operates, be it a club with a competitive focus or primarily recreational or even a touring club. Transport Canada regulations covered will include the Small Vessel Regulations and the exceptions for rowing; the Competency of Operators of Pleasure Craft Regulations, Vessel Operation Restriction Regulations and regulations under the Navigable Waters Protection Act. Session led by Domestic Development Officer Dave Derry who is RCA's representative on Transport Canada's Canadian Marine Advisory Council.

10:15 am – 11:30 am

C10 - There's been an Accident – Now WHAT? (Pearson Dunn Insurance)

Background: Nancy Au is an avid sports enthusiast. She combines her passion for sports with her insurance and risk management background when working with Provincial and National Sport Organizations. Her focus is working with organizations in order to ensure safe sports playing environment at all levels of activity.

Participants Learning Goals: (1) understand the expectations of Rowing Canada Aviron when there is an accident (2) understand the tools available (3) understand why it is important to follow protocol & what the gathered information is used for.

11:30 am – 12:45 pm

C11 - For the Love of Rowing (Colin and Julie Angus)

Open to All

***Description:** Overcoming some truly remarkable mental and environmental challenges Julie and Colin will speak about their rowing journeys while relating to the specific challenges that we all face today in the rowing world.*

Colin Angus completed the first human-powered circumnavigation of the world when in 2006 he cycled into Vancouver after 43,000 km of travel. During the course of two years he rowed across the Pacific and Atlantic Oceans, trekked and cycled through 16 countries, endured winter in Siberia and searing heat in the tropics. Colin has made a career exploring remote parts of the world and sharing his adventures through bestselling books, films and presentations. He has navigated the Amazon and Yenisey Rivers from source to sea, sailed the South Pacific Ocean, and rowed thousands of km in waterways around the world.

Outside Magazine listed Colin as one of the top 25 “bold visionaries with world changing dreams” for his work in promoting lifestyle changes to help the environment. Colin and Julie continue their efforts in promoting zero-emissions transportation as a healthy way to maintain a healthy world.

Julie Angus is the first woman to row across the Atlantic Ocean from mainland to mainland. During the worst hurricane season in history, she spent 5 months rowing unsupported across 10,000 km of unforgiving seas. Throughout this challenge, she and her partner rowed through 4 cyclones, encountered great white sharks, and fished for survival. She has been lauded for her work on environmental awareness and has written for publications including *The Globe & Mail*, *National Post* and *enRoute*. Her photography has appeared in *Outside Magazine*, *Explore Magazine*, *Reader's Digest*, *National Geographic Adventure* and *The Guardian*, among others. Julie's book *Rowboat in a Hurricane*, which details her Atlantic row and the changing state of our oceans, is a national bestseller. Julie and Colin's most recent book, *Rowed Trip*, is co-written and cover their rowing and cycling journey from Scotland to Syria.



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1:30 pm – 3:00 pm

C12 - Back Health in Junior Rowers (Jane Thornton & Karen Orlando)

Stream 1

This session will focus generally on recovery and injury prevention in rowing, and more specifically as it pertains to the junior rower and one of the most common sites of injury found in this population. We will discuss the existing research literature and strategies to prevent injury from occurring from a coach's perspective, with an emphasis on anatomical, physiological and biomechanical principles.

1:30 pm – 3:00 pm

C13 - NCCP – RCA Performance Coach, Assignment Portfolio Preparation and Evaluation Process

(Carolyn Trono)

Stream 2

The RCA Performance Coach workshop(s) and evaluation cover the knowledge, skills and abilities that a coach should have when working with rowers in the late stage Learn to Compete & Train to Compete stage. This session will outline expectations and the administrative processes to complete assignments, create a coaching portfolio and explain how the evaluation process will work. Each coach will be assisted in creating their own plan based on learning needs, opportunities for evaluation and possibly geographical challenges.

1:30 pm – 3:00 pm

C14 - Volunteer Board and the Professional Coach (Wayne Parro, Coaches of Canada)

Stream 3

How do you get the most out of the relationship between the Board and the Coach, while considering the needs of both parties? How do you define a "professional coach"? Developing a positive work environment that meets the needs of boards and coaches begins with the recognition that sport programs are "athlete focused and coach led". Learn how to use tools such as job descriptions, review templates, contracts and other business tools. Understanding the needs and challenges on both sides is the first step toward developing a positive sport experience for all stakeholders!

1:30 pm – 3:00 pm

C15 - "Going Coastal – Row, Row, Row your boat – wherever you want!" – (Julie and Colin Angus & panel)

Description: Coastal, or open-water rowing, develops physical well-being and is exhilarating. To a true coastal rower, flat water is boring water. The stability and robustness of the boats means they can be used in a wide range of activities from a learn-to-row to riding and surfing waves. Coastal Rowing has taken off in Europe and rowers are now beginning to discover it here in Canada. With a recent order of FISA standard coastal boats from Europe, more clubs in Canada are now seeing the benefits of these amazing boats allowing rowing to happen in waters that once were un-rowable! A combination of rowers who own and row coastal boats, those that have been to the Coastal World Championships as well as Colin and Julie Angus sharing their experiences rowing in Coastal waters such as across the English Channel will be discussed as we all "go coastal".

3:15 pm – 4:30 pm

C16 – RCA Plenary Session - RCA Membership Committee Fee Report/RCA Strategic Plan Report

Open to All