



**Park Inn – Heathrow, London**

Wednesday 6<sup>th</sup> December

16:00-18:00 Arrival and Registration

19:00 Welcome and Drinks

Thursday 7<sup>th</sup> December

08:30-08:40 Welcome Rosie Mayglothing FISA Competitive Commission

08:40-09:40 Coach in the Spotlight- Roger Barrow Coach to the RSA Rowing Team

09:40-10:40 Creating a performance environment – Tom Dyson Lead Coach for the GBR Para Rowing Team

10:40-11:10 Break

11:10- 12:40 Coaches using technology to make the boat go faster.

Conny Draper and Peach including GPS data

Neilsen Kellerman.

Valery Kleshnev- Biorow

12:40-13:45 Lunch including Row Show

13:45-15:15 Using Technology to make the boat go faster.

Henk-Jan Zwolle- capturing and analysing data

Adrian Cassidy- Rowe.rs your perfect training partner

Roberto Nahon- Brazillian Sports Technology

15:15-15:45 Break

15:45-17:00 Physiologist/Psychology

19:00 Dinner



Friday 8<sup>th</sup> December

07:00	Breakfast
08:30-09:45	Encouraging more women into coaching- Alison Maitland and Fionnula Barnes possibly- Lane 4 Management Consultants
09:45-10:15	Break
10:15-12:00	Coaches in the spotlight part 2: Panel Discussion practical use of technology to measure training performance
12:00-13:30	Lunch including Row Show
13:30-15:00	Chelsea Warr. Performance Director UK Sport
15:00-15:30	Break
15:30-17:00	FISA feedback and discussion. Other FISA updates.
19:00	World Rowing Awards Dinner