Agenda

2009 Deep Cove Rowing Club Coaches Clinic

Parkgate Rec Centre – Multi Purpose Room

January 10, 2009

- **8:30 – 9:00** **Register**

- **9:00-10:00** **Program Curriculums –** standardizing program offerings based on specific program needs

- **10:00-10:15** **Coffee Break**

- **10:15- 11:15** **Rowing Physiology and Nutrition -** Understanding the keys to optimal athlete performance **Jim Gardiner**

- **11:15-12:15** **Video Analysis -**How to Effectively use Video to improve crew technique/performance - **Jill Wurflinger**

- **12:15-1:15** **Lunch**

- **1:15-2:15** **Rowing technique –** consistency in style and terminology, drills - open discussion lead by **Jill Wurflinger**

- **2:15-3:00** **Rowing Safety -** Basic first aid around the boathouse and coach boat awareness **Colin Gray** **Kelsey McDaniel**

- **3:00** **Adjourn**