

2018 Youth Coaches Conference Snagov (ROU)

Draft Program

Thursday, 1st November

- 18:00 Welcome by FISA Youth Commission
18:15 Presentation: Short Rowing History in Romania
by the National Federation
19:00 Dinner and get together

Friday, 2nd November

- 08:00 Breakfast
09:00 Presentation: Hydrodynamics at rowing boats construction
by Alessandro Placido - Filippi Development Engineering
Manager
10:30 Coffee break
11:00 Presentation: Practical Strength/ Conditioning work in
combination with on-water biomechanical information
by Connie Draper - Applied Sports Biomechanist
13:30 Lunch
14:30 **Filippi Workshops I (Theory & Practice)**
 - Boat repair and maintenance (group A)
 - Painting, cleaning and shell care (group B)
 - Rigging individually for your crew (group C)16:00 Coffee break
16:15 **Filippi Workshops II (Theory & Practice)**
 - Boat-repair and maintenance (group B)
 - Painting, cleaning and shell care (group C)
 - Rigging individually for your crew (group A)17:45 Coffee break
18:00 **Filippi Workshops III (Theory & Practice)**
 - Boat-repair and maintenance (group C)
 - Painting, cleaning and shell care (group A)
 - Rigging individually for your crew (group B)19:30 Dinner

Saturday, 3rd November

- 08:00 Breakfast
- 09:00 Presentation: Coaching in Australia – personal experience
by Antonio Maurogiovanni (AUS/ITA)
- 10:00 Coffee Break
- 10:30 Presentation: Coaching in Romania / Italy – personal experience
by Antonio Calominicci (ITA/ROU)
- 11:30 Presentation: Monitoring physiological fluctuations during trainings
by Valeriu Tomescu, PhD
- 12:30 Lunch
- 14:00 Sight-seeing to Bucharest & Conference Dinner

Sunday, 4th November

- 08:00 Breakfast
- 09:00 FISA MATTERS
by J.C. Rolland, FISA President
- 10:00 Coffee Break
- 10:30 Panel of experts & General discussion with
Maurogiovanni, A. Calominicci, J.C. Rolland
- Closing Ceremony
- 12:30 Lunch
- Departures