

2018 Youth Coaches Conference Snagov (ROU)

PROGRAM

Thursday, 1st November

18:00 Welcome by FISA Youth Commission and Introductions

18:15 *First Presentation*

Short Rowing History in Romania by Federation

19:00 Dinner and coming together

Friday, 2nd November

08:00 Breakfast

09:00 Second Presentation

Hydrodynamics at rowing boats construction

by Alessandro Placido, Filippi Development Engineering Manager

10:30 Coffee break

11:00 Third Presentation

How to combine on-water biomechanical information with strength & conditioning training

By Conny Draper PhD- Applied Sports Biomechanist

13:00 Lunch

14:30 Fourth presentation

Italy/Romania run of an athlete from first training to the Olympic Games

by Antonio Colamonici (ITA/ROU)

15:30 Coffee break

16:00 FILIPPI Workshops I (Theory & Practice)

1. *Boat-repair and maintenance (group B)*
2. *Painting, cleaning and shell care (group C)*
3. *Rigging individually for your crew (group A)*

17:30 Coffee break

18:00 FILIPPI Workshops II (Theory & Practice)

1. *Boat-repair and maintenance (group C)*
2. *Painting, cleaning and shell care (group A)*
3. *Rigging individually for your crew (group B)*

19:30 Dinner

Saturday, 3rd November

07:30 Breakfast

08:30 Fifth Presentation

*Australia -Under age school rowing pathway
by Antonio Maurogiovanni (ITA/AUS/IRL)*

09:45 Sixth Presentation

*Does 'Ergo-power' always equal a faster boat
By Conny Draper PhD- Applied Sports Biomechanist*

11:00 Coffee Break

11:30 Seventh Presentation

*Monitoring physiological fluctuations during trainings
by Valeriu Tomescu, PhD*

12:30 Lunch

13:00 Sight-seeing to Bucharest (Parliament Palace)

19:00 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

A.Maurogiovanni, A. Colamonici, J.C. Rolland, _____

Closing Ceremony

12:30 Lunch

Departures