

2020 World Rowing Virtual Coaches Conference

Friday 27 November 2020	
Live Session 13:00 – 15:00 CET	
Welcome and Introduction	Rosie Mayglotling GBR Chair of the Competitive Commission
Update from World Rowing	Jean-Christophe Rolland FRA President of World Rowing Matt Smith Executive Director of World Rowing
Endurance sports now and in the future	Stephen Seiler NOR/USA Professor of Physiology
Saturday 28 November 2020	
Video Presentation	Introduction Faycal Soula
Coastal Beach Sprint and training. How to do the Beach Sprint	Guin Batten GBR Chair of the Rowing for All Commission
Lessons and comparisons with cross-country skiing. Prologue Ski with QF, SF, and Final within a short period of time. How to maintain metabolic levels.	Thomas Losnegård NOR Physiologist Norwegian Olympic Committee
Sunday 29 November 2020	
Video Presentation	Introduction Johan Flodin
Training and Racing in stressful environments	Ida – Svendsen NOR Physiologist Norwegian Olympic Committee
Usefulness of environmental stress for acclimation and performance optimisation	Franck Brocherie FRA INSEP France
Monday 30 November 20	
Video Presentation	Introduction Pascale Bouton
Physiological effects of training intensities	Laurent Schmitt FRA French Performance Sport
Training in Covid Times	Juergen Steinacker GER Professor Ulm University
Tuesday 1 December 20	
Video Presentation	Introduction Marcello Varriele
Lessons from serial winning coaches	Sergio Lara-Bercial GBR ICCE
Characteristics of serial winning coaches	Calle Hageskog SWE
Wednesday 2 December 20	
Video Presentation	Introduction Peter Cookson
Developing a coaching philosophy – learning from Coaches and Coach Mentors A celebration of the WSLA HP (Women Sport Leadership Academy – High Performance Coach) Programme	Sheila Stephens-Desbans and Guest Coaches from the WSLA HPC
Tool kit to help develop women coaches – Case Study from Irish Rowing	Claire Lambe Women in Sport Lead
Thursday 3 December 20	
Video Presentation	Introduction Axel Müller
Training Motor Skills – A Practical demonstration	Larsarne Andersen, Morten Bråten Norwegian Rowing Programme
Long Term Planning	Edmundas Daukantas, LTU
Retaining Under 19's in Rowing	Dominique Basset FRA
Friday 4 December 20	
Video Presentation	Introduction Fay Ho HKG Panel Discussion Paola Grizetti ITA
Para rowing – An update on the new materials to develop and support coaches	Simon Goodey GBR London Docks Trust
Talent development – Developing your Para Rowing programme through the perspective of a Federation or a National Paralympic Committee.	Esteban Briguglio ARG National Federation Coach Onyshchenko Oleksandr UKR National Paralympic Programme Serhii Siabro UKR Team Coach
Webinar	Chaired by Gianni Postiglione
A live session about biomechanics and race profiling	Gianni Postiglione ITA/GRE Valery Kleshnev RUS Paul Thompson AUS
Live Update 12:00-14:00 CET	Session only by invitation Aimed at Performance Directors, Team Managers and Coaches
2021 Events update	
Saturday 5 December 20	
Live Sessions Questions to the presenters 09:00-11:20 Questions to the presenters 17:00-19:00	Rosie Mayglotling Peter Cookson
Sunday 6 December 20	
Video Presentation	Introduction Nebojsa Illic and Henk-Jan Zwolle
Practical rigging boats	Faycal Soula, ibitsem Trimech, Sahbi Khardeni TUN Conny Draper GER/CAN
Step tests – A demonstration of how to use simple testing to monitor rowing programmes.	Gianni Postiglione plus WR development coaches Henk-Jan Zwolle