

# ROWING NEW ZEALAND COACHES CONFERENCE 2017

## SQUARING UP TO YOUTH COACHING

SIR DON ROWLANDS CENTRE | LAKE KARAPIRO | CAMBRIDGE

FRIDAY 26 MAY	
12pm - 2:30pm	Registration Open Don Rowlands Foyer
2:30pm - 3pm	Welcome and opening
3pm - 3:50pm	<b>KEY NOTE SPEAKER</b> Wayne Goldsmith Athlete Engagement
4pm - 4:50pm	<b>BREAKOUT #1</b> <b>HIGH PERFORMANCE SPORT:</b> Strength & Conditioning Physiotherapy Athlete life Managing a traveling team
4pm - 6pm	<b>SMALL GROUP CHATS</b> with Elite Coaches
5pm - 6pm	Drinks and canapes
6pm	Dinner U23 Coaching Panel

SATURDAY 27 MAY	
8am - 8:15am	Welcome
8:15am - 9:15am	<b>KEY NOTE SPEAKER</b> Christel Dunshea-Mooij Nutritional needs for adolescent rowers
9:15am - 10:15am	Morning tea + Winter Series Racing
10:30am - 11:20am	<b>BREAKOUT #2</b> <b>HIGH PERFORMANCE SPORT:</b> Strength & Conditioning Physiotherapy Athlete life
11:30am - 12:15pm	<b>KEY NOTE SPEAKER</b> Gillian Simpson Working with the current generation of athletes
12:15pm - 1pm	Lunch
1:05pm - 1:50pm	<b>BREAKOUT #3</b> <b>ELITE COACHING TEAM:</b> Noel Donaldson Gary Hay Mike Rodger Calvin Fergusson
2pm - 2:50pm	<b>BREAKOUT #5</b> <b>HIGH PERFORMANCE SPORT:</b> Physiology Skill Acquisition Psychology
2:50pm - 3:15pm	Afternoon tea
3:20pm - 4:15pm	<b>KEY NOTE SPEAKER</b> Craig Harrison Long term athlete development
4:15pm - 5pm	<b>BREAKOUT #6</b> <b>HIGH PERFORMANCE SPORT:</b> Physiology Skill Acquisition Psychology
5pm - 5:15pm	Closing
6:30pm - 9pm	Dinner Olympic silver medal winning W2- Gen Behrent and Rebecca Scown

SUNDAY 28 MAY	
8pm - 8:15am	Welcome
8:15am - 9:15am	<b>KEY NOTE SPEAKER</b> Wayne Goldsmith Athlete, Coach, Parent partnership
9:15am - 10:15am	Morning tea + Winter Series racing
10:15am - 11:15am	<b>KEY NOTE SPEAKER</b> Graham Henry Learnings through education and coaching
11:20am - 11:50am	<b>KEY NOTE SPEAKER</b> Athlete Panel Experiences of rowing in NZ
11:50am - 12:30pm	Lunch
12:30pm - 1:15pm	<b>BREAKOUT #3</b> <b>ELITE COACHING TEAM:</b> James Coote Dan Kelly Mike Rodger Calvin Fergusson
1:15pm - 1:45pm	Coach Development Update
1:45pm - 2:00pm	Closing
2:00pm	All coaches depart

For further information please go to the Rowing New Zealand website or Rowing NZ App.

[WWW.ROWINGNZ.KIWI](http://WWW.ROWINGNZ.KIWI)

**ROWING**   
NEW ZEALAND