

2007 Bi-annual NSWIS Rowing Coaches Conference 4th November, 2007

The focus of the 2007 conference will be to investigate several successful international rowing systems and determine their relevance to rowing within NSW.

Participants will be addressed by two noted coaches currently working within the Australian rowing system, but with experience in coaching within various rowing systems in Europe.

In addition, the conference will include sessions covering technology in rowing, strength training and the introduction of Rowing Australia's National Elite Development Program.

All sessions will aim to broaden the knowledge base of NSW Coaches and generate healthy discussion so that the future direction of rowing in NSW may be considered.

Participants

All members of the Rowing community are welcome.

Speakers

Antonio Maurogiovanni	Head Coach WAIS	(Italian system)
Marty Atkins	VIS	(UK & Swiss systems)
Noel Donaldson	RA / AIS	(Implementation of NEDP)
Margy Galloway	AIS	(Technology in Rowing)
Lyll McCarthy	AIS	(Matching Technique to Crew Strength)
Michael Hetherington	NSWIS	(Strength Requirements for Rowing)
Chris O'Brien	Head Coach VIS	(The impact of environmental factors on motivation and ultimate athletic performance)

Registration Fee

\$80 per person (includes morning & afternoon tea, lunch).

To register, please complete the registration form attached and return to:

Kate Perrin
PO Box 476
Sydney Markets NSW 2129
Email: kate.perrin@nswis.com.au
Fax: (02) 9763 4541

**Sunday, 4th November, 2007
Ian Thorpe Theatre - NSWIS**

Conference Schedule

8:30 am to 8:50 am	Registration & Coffee
8:50 am to 9:00 am	Welcome and outline of sessions – Andrew Randell
9:00 am to 9:45 am	Keynote Addresses: “Italian Rowing” – Antonio Maurogiovanni, WAIS
9:45 am to 10:30 am	Keynote Addresses: “UK & Swiss Rowing” – Marty Atkins, VIS
10:30 am to 10:45 am	Break
10:45 am to 11:00 pm	Presentation: “Implementation of the National Elite Development Program (NEDP)” - Noel Donaldson, RA
11:00 am to 12:00 pm	Group discussion: 5 groups of 10 delegates – with presentations 11:45-12:00pm (Question: <i>What are the implications of the discussed rowing models in regards to the recent NEDP Review, current RA training methodologies and the National Technical Model? Immediate and long term</i>) Group leaders: Randell A., Stani S., Garratt N., Bourguignon P., Randell E.
12:00 pm to 12:55 pm	Lunch
12:55 pm to 1:40 pm	Presentation: “Technology in Rowing—WEBER system” - Margy Galloway
1:40 pm to 2:25pm	Presentation: “Strength Requirements in Rowing” – Michael Hetherington, NSWIS
2:25 pm to 2:45 pm	Break
2:45 pm to 3:30 pm	Presentation: “Matching Technique to the “Strengths” of your Crew” - Lyall McCarthy, AIS
3:45 pm to 4:30pm	Presentation: “The impact of environmental factors on motivation and ultimate athletic performance” - Chris O’Brien, VIS
4:30pm to 5:00pm	Group discussion: Q and A forum <i>re conference issues</i> . Panel: Donaldson N., McCarthy L., Richardson B., David A., Maurogiovanni A., Randell A.
5:00pm	Conference Concludes

LOCATION

The conference will be held at the NSW Institute of Sport:

Building B
6 Figtree Drive
Sydney Olympic Park

All sessions will take place in the Ian Thorpe Theatre on the Ground Floor of Building B.

PARKING

Participants will be required to take a ticket at the entrance of the NSWIS car park to access parking. This ticket can be validated by NSWIS staff prior to exiting the building.

DINNER

A group booking has been made on Sunday, 4th November at Waterview Dooleys at Silverwater. This dinner will be very casual and will offer participants the opportunity to continue discussions and relax.

DOOLEYS SILVERWATER
Cnr Clyde Street and Silverwater Road
Silverwater NSW 2128
Phone: 02 9748 0427

Please note: the cost of your meal is not included in the conference registration fee. Participants will be responsible for purchasing their own dinner and drinks. Please see attached the bistro menu for Dooleys.

ACCOMMODATION

Special NSWIS rates can be obtained by booking Accommodation for the Ibis Hotel, Sydney Olympic Park through Moves Travel. Contact Moves Travel on 9763 0339 for further information.



REGISTRATION FORM

Please complete and return this form along with payment to:

Kate Perrin
NSWIS
PO Box 476
Sydney Markets NSW 2127 Australia
Tel: +61 2 9763 0241
Fax: +61 2 9763 4541
Email: kate.perrin@nswis.com.au

Contact details

Title: (for example, Prof/Dr/Mr/Mrs/Ms).....

Family name:.....

Given names:.....

Club:.....

Position:.....

Rowing Accreditation Level:.....

Postal address:.....

Suburb/city:..... State:.....

Country:..... Postcode:.....

Tel: ().....

Fax: ().....

Email:.....

Do you plan on attending Dooley's Waterfront on Sunday evening? Yes No

Would you like us to send an invoice direct to your Club/School? Yes No

Payment

\$80.00 per person (Includes: all sessions, lunch, morning and afternoon tea)

- Individual delegates—Payment must accompany your registration form.
- Rowing Club delegates and School Coaches/Representatives—an invoice can be sent directly to your organisation.
- Cheques should be made out to NSW Institute of Sport. Please write "Rowing Conference" on the back of the cheque.
- Registrations must be received by **Friday 26th October, 2007**