



FIXED SEAT ROWING TECHNIQUE WORKSHOP

British Rowing, in conjunction with the CPGA and CRA, have developed a workshop outlining the key aspects of fixed seat rowing technique. The workshop covers the key concepts of effective technique, including correct posture and grip, and the correct sequence for catch, drive, finish and recovery/return.

A series dates have been organised to provide opportunities for coaches, coxes and rowers from clubs across the region to attend the workshop.

Each session will be delivered by coaches from the leading clubs within the CPGA and/or by British Rowing staff.

Further details about each workshop, including time, cost and venue details will be circulated separately prior to each date.



Workshop Dates 2010

3rd February - Mounts Bay School, Penzance
Contact: Helen Bowkett - helenbowkett@yahoo.co.uk

10th February – Newquay Treviglas School
Contact: Beverley Davis - davis_beverley@sky.com

17th February – Falmouth Water Sports Centre
Contact: Nick Maxted - nickmaxted@fsmail.net

24th February – St Austell College
Contact: Rhiannon Halliday - rhiannon.halliday@britishrowing.org

17th March – Caradon Sailing Club, Saltash
Contact: Steve Kent - stevelin18@talktalk.net

18th March – Trinity School, Teignmouth
Contact – Rachel Holgate - famholgate@blueyonder.co.uk

31st March – Westfield School, Weymouth
Contact – Tom Pattichis – tom.pattichis@britishrowing.org

For further information please contact either Tom Pattichis (tom.pattichis@britishrowing.org), or alternatively the contact listed below the workshop which you wish to enquire about.