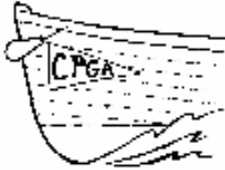


WRRC
WEST REGIONAL ROWING COUNCIL



Nutrition and Hydration Workshop

Wed 3rd December 2008

Venue: Exeter RC
Time: 6:30 - 9.00 p.m.
Cost: £5 per person



The Amateur Rowing Association, in conjunction with the West Regional Rowing Council, are running a workshop covering the key aspects of hydrating and fuelling for effective performance in rowing.

The workshop is open to all ARA affiliated clubs in the West Region, and those belonging to partner organisations, the CPGA, CRA and UKSRL.

To book your place on the course please contact ARA Coaching and Development Officer Tom Pattichis
Office: 01626333020 Mobile: 07879070873
tom.pattichis@ara-rowing.org

Application deadline: Friday 21st November 2008