

**WRRC**

WEST REGIONAL ROWING COUNCIL



# Rigging Workshop

Wed 11<sup>th</sup> February 2009



Venue: Exeter Rowing Club

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 an equipment and rigging workshop for rowers and coaches.

The workshop is aimed at those who already have some basic rigging experience and wish to develop this further to understand more advanced rigging principles. Topics to be covered include; Key Rigging Principles, Setting Up Crew Boats, Measuring Catch/Finish Angles, Observing the Effects of Rigging on Rowers.

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

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[tom.pattichis@ara-rowing.org](mailto:tom.pattichis@ara-rowing.org)

**Application deadline: Friday 30<sup>th</sup> January 2009**