

West Regional Rowing Council
Events Calendar 2008-9

Dates	Course/Workshop	Venue	Further Details
October 08			
11 th /12 th	Regional Junior Camp (sliding seat)	Dart Totnes	www.ara-rowing.org/news/western-region-training-camps
18 th /19 th	Regional Junior Camp (fixed seat)	Stithians Lake, Falmouth	www.ara-rowing.org/news/western-region-training-camps
November 08			
1 st /2 nd / 15 th /16 th	Level 2 Coaching Award (Fixed Seat)	Fowey	First delivery of the new fixed seat version of the ARA's Level 2 coaching award
December 08			
3rd	Nutrition and Hydration Workshop	Exeter	
January 09			
18th	Core Stability Workshop	Fraddon, Cornwall	
31st	Club Development Conference	Tbc	Workshop aimed at club volunteers, covering updates to ARA Safety and Participant Welfare policies.
February 09			
11th	Rigging Workshop	Exeter	
March 09			
7th	Regional Junior Timetrial	Totnes	Trial to select the team to represent the region at the Junior Inter Regional Regatta at Nottingham in May

n.b. Events Calendar for April 09-March 10 is currently being put together, and will be published in the next regional mail-shot, to be circulated to clubs in January.

Level 1 Coxes Award – A coxes course has recently been developed by the ARA, and is now available for delivery. The course is designed to be delivered internally within clubs by a qualified coach. For further details on organising a course please contact Tom Pattichis.

Level 1 Coxes Award (Fixed Seat) - A coxes course for fixed seat rowing is currently in development by the ARA, in conjunction with the CPGA, CRA and River Teign RC. This will be rolled out to clubs from within those organisations over 2008-9. Dates and venues TBC at a later date.

Applying British Rowing Technique (ABRT) – The ABRT workshop provides an outline of British Rowing Technique, with some practical examples of how it can be applied. If you would like to arrange for a tutor to visit your club to deliver this 3 hour workshop to your coaches and rowers, this can be arranged at a cost of £5 per head. A fixed seat workshop, development in conjunction with the CPGA/CRA, outlining correct technique for rowing fixed seat boats is now available on request. For further details contact Tom Pattichis.

Club Safety Officer Training – The course, run by Safety UK, is designed primarily for club safety officers, but would also be beneficial for coaches, coxswains, and/or other committee members. The course content includes; Legal Responsibilities and Penalties, Club House Information, Signage and Equipment, Individual Responsibilities, Hosting Events, Attending Events, and Risk Assessment. If you are interested in organising a course, contact Mike Waters, Safety UK - 01736 762888; mike@safetyuk.co.uk

RYA Level 2 Powerboat – This course can be accessed via the South West Lakes Trust (SWLT), at the following SWLT venues – Wembleball (01398 371460), Stithians (01209 860301) and Roadford (01409 211507). A special deal has been set up with the SWLT, which enables rowing clubs in the region to access courses for a subsidised cost of £150 per person (subject to a minimum of 3 people). To arrange a course, contact the relevant SWLT venue direct.

Sports Coach UK Workshops – SCUUK courses cover generic areas of club development. A number of these courses are a requirement for clubs working towards 'Clubmark' accreditation. Courses available include; Good Practice and Child Protection; Equity in Your Coaching; A Club for All; Coaching Disabled People in Sport. Courses are organised periodically within each county. For further details of upcoming courses, or to request a course, contact your County Sports Partnership; Cornwall – www.cornwallsportpartnership.co.uk – 01872324327; Devon – www.activedevon.org – 01392382219; Somerset – www.sasp.co.uk – 01823447

For further details of any of the courses above please contact;

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