



BRITISH ROWING

Junior Coaches Conference

Sunday 20th October 2019 at University of Bedfordshire, Luton Campus

Presentations

Adolescent mental health in a sporting environment— Changing Minds

GB Rowing Athlete's account of the environments that shaped them

Training Program Conversation with Mark Wilkinson and Hugo Gulliver

Tips for prevention and recovery of injury—Claire Bermingham

Mental Health: Managing the stress bucket—Sam Cumming

Coaching Biases—Mark Hoile

Coach Development Tools—Ellie Hizzett

S&C: where to start and how to move on—Ben Sheath

Making the Coach / Parent / Athlete Triangle Work for Everyone—Eira Parry

Challenging the Status Quo - Rachel Hooper and Persephone Wynn

£55pp British Rowing Member

£75pp Non British Rowing Membership

Lunch and refreshments included

Schools/Clubs with more than one delegate attending will receive a discount of £10 per delegate.

Made possible by sponsorship from The Scullery

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