

Junior Coaches Conference 2019

Presentations and Workshops

| Presentations | | | |
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| Title of session | Delivered by | Organisation | About |
| Adolescent mental health in a sporting environment | Alex Feary | Changing Minds | Understanding the Adolescent Mind, the key differences in an adolescent brain and setting realistic goals and targets |
| Athlete Presentation | Two GB Rowers | GB Rowing Team | An account of their journey and what they took from the environments that shaped / developed them |
| The training environment and their effects on programmes | Mark Wilkinson and Hugo Gulliver | The Windsor Boys School and University of London Boat Club | A conversation about training programmes and how the environment effect their creation and application |

| Optional Workshops | | | |
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| Tips for prevention and recovery of injury | Claire Bermingham | GB Rowing Team | Claire provides physio support to the GB Junior programme and in this workshop talks about sites of common rowing injuries and gives tips on prevention, management and recovery. |
| Mental Health: Managing the stress bucket | Sam Cumming | Mental Health Manager - English Institute of Sport | Managing stress is a key part of performance. Sam introduces the 'Stress Bucket' which is a really accessible analogy for resilience that has been successfully used for athletes and coaches alike. |
| Coaching Biases and how they affection our decision making | Mark Hoile | Ginger Talent Ltd | We all have biases both conscious and unconscious but how do they affect our coaching decisions and management of sessions. In this workshop Mark brings his experience as a coach developer and will get you thinking about your view point |
| Coach Development Tools | Ellie Hizzet | Dulwich School | In this workshop Ellie introduces tools and activities from the recent UK Coaching Connectivity events which will make you look at your coaching history, present and future. |
| A Junior in the weights room: Where to start and how to move on | Ben Sheath | S&C Coach - EIS | New into his role with rowing, Ben brings a wealth of knowledge of adolescent S&C training and gives insight into where to start with novice athletes and then when and why to progress them. |
| Making the Coach/ Parent / Athlete Triangle work for everyone | Eira Parry | HP Parenting | If you coach juniors then you interact with parents. Eira introduces the three way triangle and tips on making the coach/parent interactions time efficient avoiding unnecessary conflict with parents and facilitating the athlete to reach their potential. |
| Challenging the Status Quo | Rachel Hooper and Persephone Wynn | British Rowing | Fresh from completing their UKCC Level 4 Rachel and Perse present their academic research which aims to push the boundaries and improve current practice in rowing coaching |