

Alberta Rowing Association



Coaching Conference

The Alberta Rowing Association is pleased to announce that it will host its first annual coaching conference on February 26 & 27, 2009 in Calgary, Alberta. Like its parent (RCA) the ARA Coaches Conference will feature coaches with international rowing experience and success including RCA's own high performance director Peter Cookson. With 30 years of coaching experience here in Canada and abroad, most recently as a national team coach with South Africa rowing, Cookson is a coach that is respected the world over. Cookson will share his observations of Canada's National Rowing Program as well as lend insight as to what it takes to be a successful coach.

The Conference is open to all – athletes, coaches, officials and even parents who wish to not only gain insight into our sport but perhaps even see themselves sitting in the coach boat in the future. Coaches who are currently working towards their coaching certification (s) will not receive credit towards their professional development at this conference. However, we ensure all coaches that the material presented will be relevant so you can take new information and use it with the rowers that you are coaching.

The Conference will take the format as follows:

Friday Evening 5:00 pm-6:00pm –

Peter Cookson will address developments within Canada's National Program. Under Cookson's leadership Rowing Canada is undergoing a number of initiatives designed to streamline and improve the athlete development process here in Canada. All Athletes are invited to attend this session regardless of whether they register for the conference or not.

Friday Evening 6:30pm – 8:00pm

Peter Cookson - This session will be an opportunity for all Alberta coaches to have an informal discussion with Peter. Coaches will be asked to prepare a discussion question in advance and Peter will share his experience and expertise with the group.

Friday Evening Social –

Location and Event To be Determined

Day Two – February 27, 2009

Saturday Morning

8:00-10:00am – Tim Fleming & Chris Davidson

This session will be in the form of “practical” work. The group will split into small working groups and the coaches will address your questions regarding basic rigging measurements – span, height, pitch, inboard to maximize effectiveness and comfort to rowers.

10:30 – 12:00 noon – Moderator TBD

Material TBD -

12:00 noon – 1:00pm –

Lunch

Saturday Afternoon

1:00pm – 2:00pm – Michael Simonson

This session will cover the process of program design and individualization of training. Selection of training volume and distribution of the volume across the categories of intensity will be emphasized and the use of appropriate testing to modify and individualize training programs will be introduced.

2:30pm -4:00pm

Round Table Discussion to discuss ideas on how to grow rowing here in Alberta

Registration forms for the conference will be available at www.albertarowing.ca by Friday January 15, 2010. It is noted that hotel accommodation for out of town delegates currently coaching at an ARA accredited rowing club will be paid by the ARA.