

		2015 RA Coaches Conference	<b>The Art &amp; Science of Rowing</b>	
<b>Friday 16th October 2015</b>				
14:00	60		Jacco Verhaeren	<i>The Art of Coaching</i>
15:00	45		Dr Larissa Trease	<i>Rowing first aid for coaches - the heart, body &amp; mind</i>
15:45	20	MORNING TEA & EXHIBITION		
16:05	45		Kellie Wilkie	<i>Injury prevention in the developing rower</i>
16:50	70		The Great Rowing Debate - Art v Science	<i>The Art v Science debate (3 a side)</i>
18:00		CLOSE OF DAY		
<b>Saturday 17th October 2015</b>				
8:30	60		Andrew O'Brien, Peter Hicks & Christine MacLaren	<i>A variety of development opportunities</i>
9:30	45		Damian Farrow	<i>Not all skill practice is the same</i>
10:15	30	MORNING TEA & EXHIBITION		
10:45	90	KEYNOTE	Ric Charlesworth	<i>Building Outstanding Teams</i>
12:15	45		Bronwen Lundy	<i>The top 5 nutritional mistakes and how to learn from them</i>
13:00	60	LUNCH & EXHIBITION		
14:00	45		Barnaby Eaton & John Bowes	<i>The Australian Development Pathway</i>
14:45	45		Tim McLaren	<i>Becoming a Better Coach - from Presence to Practice</i>
15:30	45	AFTERNOON TEA & EXHIBITION		
16:15	45		Chris O'Brien	<i>Skills for Success - The National Technical Model</i>
17:00	75		Six successful school Coaches / Director of Rowing	<i>School session 6 x 5 mins - Snapshot of what works in our school program</i>
18:15		CLOSE OF DAY		
<b>Sunday – 18th October 2015</b>				
8:00	30		Ken Davey	<i>Coach education - The Tasmanian experience</i>
8:30	45		Bo Hanson	<i>When Talent is Not Enough</i>
9:15	45		Simon Cox	<i>Rowing success with limited resources - the Swiss experience</i>
10:00	30	MORNING TEA & EXHIBITION		
10:30	45		David Barracosa	<i>A rowing coach's guide to improving Mental Toughness</i>
11:15	30		Gordon Marcks	<i>Lessons able bodied can learn from ParaRowing</i>
11:45	30		Bob Crudington	<i>The coach as a learner</i>
12:15	45		Rhett Ayliffe	<i>Building a successful programme</i>
13:00		CLOSE OF CONFERENCE		
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