

2018 Rowing Australia National Coaches Conference – Program

Building a Thriving Culture



Friday 19th October			
Time	Duration (mins)	SPEAKER	TITLE
From 6:30pm		WELCOME DRINKS FUNCTION	
6:30pm		Welcome by Ian Robson	
6:40pm		David Crawshay Olympic Gold Medallist	<i>Perseverance pays</i>
Saturday 20th October			
		Conference facilitator: Ray Ebert	
8:30am	60	Dr Lari Trease & Kellie Wilkie Past RA National Team Doctor and Physio	<i>Buttock pain in rowers - a pain in the butt for rowers from pathway to masters</i>
9:30am	60	KEYNOTE: Tracey Menzies	<i>How to build & sustain the athlete as well as the person</i>
10:30am	45	MORNING TEA & EXHIBITION	
11:15am	45	Anthony Klarica Director of Elite Performance	<i>Maximising the environment in rowing</i>
12:00pm	45	Tracey Menzies, Ellen Randell-Griffiths & Patrick Hill Hannah Every-Hall - facilitator Hawthorn Women's VFL	<i>Suggestions to help grow women's involvement in the sport</i>
12:45pm	60	LUNCH & EXHIBITION	
1:45pm	45	Dr Steven Rynne Senior Lecturer and Program Convenor for Sports Coaching at The University of Queensland	<i>Avoiding falling in love with your coaching</i>
2:30pm	45	Dr Brett Smith Sports Science Consultant to Rowing Australia University of Waikato	<i>Training: Theory to Practice</i>
3:15pm	45	AFTERNOON TEA & EXHIBITION	
4:00pm	45	Ian Wright Men's Head Coach - Rowing Australia	<i>Good technique and hard work - a winning combination</i>
4:45pm	45	The Great Debate Technique team – Lincoln Handley, Samara Quinlan & Rhett Ayliffe Toughness Team – David Crawshay, Adrian Cassidy & John Bowes	<i>It's not technique but toughness you need to go fast</i>
5:30pm		CLOSE OF DAY	

Sunday 21st October			
8:30am	30	Club coach session Amanda Tidswell – Torrens RC Brigette Carlile – Mercantile RC Lynne Broad – Bairnsdale RC	<i>What's working at my club</i>
9:00am	45	Lyall McCarthy Gold medal winning coach	<i>Balance</i>
9:45am	45	Nick Bernard Sykes	<i>Development and Analysis of Hulls And Riggers at Sykes Racing</i>
10:30am	45	MORNING TEA & EXHIBITION	
11:15am	60	Adrian Cassidy Owner and Co-Founder of Rowe.rs Ltd	<i>Data - A threat or a benefit to a performance culture</i>
12:15pm	45	Bronwen Lundy National Teams Dietician and Nutrition Lead – Rowing Australia	<i>How food affects you - mood, recovery and performance</i>
1:00pm	60	LUNCH & EXHIBITION	
2:00pm	45	John Keogh & Ellen Randell-Griffiths Women's Head Coach & Senior Coach - Rowing Australia	<i>The Women's NTC - what we do and why</i>
2:45pm	45	Dr Tony Rice Sports Science Lead – Rowing Australia	<i>Olympic Success - What are the roles for the Pathway Program?</i>
3:30pm		CLOSE OF CONFERENCE	