



BRITISH ROWING

Education & Training



DON SOMNER

British Rowing Technique

A Coaching Workshop

What's in it for me?

The aim of this workshop is to explain British Rowing technique in detail, focusing on the drive sequence. It will enable coaches to observe good technique.

By the end of the workshop participants will be able to:

- Identify the elements of an effective drive and the muscle groups that are engaged
- Coach an effective drive sequence
- Recognise what quality suspension is.

It's also a great opportunity to meet other coaches, share experiences and swop tips!

Workshop Details

Venue: Bedford or Kings Schools
Ely.(TBC)

Date: Tuesday the 4th December

Time: 6.30pm – 9.30pm.

Cost: £30 Non BR member's £15 BR members.

Tutor: Peter Lee (GB Start coach)