

'TECHNICAL EXCELLENCE' WORKSHOPS, 2018

with ROBIN WILLIAMS, MBE

Designed as one-day, stand-alone courses these workshops are to run on a regional basis to maximise convenience, minimise travel, and achieve best impact for coaches. By keeping numbers low (approx. 8 persons) it is possible to deliver quality presentations coupled with stimulating and personalised discussion sessions. Excellent for coaches' personal professional development.

Typical Format: 9am to 4pm

- **Welcome** and introductions.
- **'The Coach'** -characteristics of great coaches, successful systems & programmes.
- **'Technique Part 1'** –communication, teaching/learning, mind-set, environment including athlete case histories & interviews
- **'Technique Part 2'** –The What & How of good technique. Detailed analysis, examples and solutions.

Each of the above sections includes time for open group discussion and trouble-shooting making it an interactive day with strong and practical take away ideas.

Robin Williams has grown up with rowing as a competitor and coach. He has several decades of experience at all levels from club to Olympic and with men, women, lightweights, heavyweights, under 23's, and juniors.

Most notably he had success during 10 years with Cambridge University winning 7 University Boat Races and 12 years with GB Rowing during which time he coached the gold medal LM4- in 2007 and the W2- of Glover/Stanning from 2010 to 2016 who won 2 Olympic gold medals as well as several European and World titles.

Robin has written about Technique for Rowing & Regatta Magazine and 'Advanced Rowing' and has spoken at several Coaching conferences including World Class Coaching Conference, FISA conference, GB, Canada, and Spain national conferences.

DATES: (venues TBC)

Sunday January 14th

Sunday February 11th

Sunday March 4th

Workshop cost £100 per person
(includes refreshments & materials)



**To book a place please email:
'williamsr.coaching@gmail.com**