



Seminar for coaches of Development Countries

Thursday 11 April 2019

Italian Rowing National Olympic Preparation Center

11.00 hrs – Introduction

Giovanni Postiglione - Fisa Development Coaching Director

XXX hrs - **“The coordinated movement of the lumbo–pelvic–hip complex during rowing. How to prevent injury and improve the rowing technique”**

Carolina Martinelli - Italian Rowing Federation Coordinator of Osteopaths and Physiotherapists

XXX hrs - **“Monitoring training adaptation in elite endurance rowers and tapering to the main competition: opening the door to effective monitoring”**

Dario Cerasola - Italian Rowing Federation Coach; biomechanical, performance and functional evaluation of the Olympic Team