



## 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*  
*Valter Molea - Italian Rowing Federation Education Programme*
- 11.15 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*
- 12.30 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)*
- 13.45 hrs - **Panel for questions and final considerations**