

**FISA Youth Coaches Conference,
Hamburg, Germany, 25. – 27.10.2013**

**Building up the next generation –
applied aspects of coaching in young talented rowers**

Thursday, 24th October

until 18:00 h

Arrival & Check-in

about 19:00
from 19:30

Dinner
Welcome drink in the Hotel bar

Friday, 25th October

Presentations and discussions (9 UE)

from 7:00

Breakfast

09:00 – 09:30h (0,6 UE)

Opening & welcome

09:30 – 10:30h (1,3 UE)

Güllich, Arne: Considering long-term sustainability in talent promotion – implications for talent development in rowing

10:30 – 11:00h

Coffee break

11:00 – 12:00h (1,3 UE)

Lacoste et al. (1. new medical rules & 2. medical page of the FISA website)

about 12:30

Lunch

13:30 – 15:30h

Visit of the Hamburg Regatta Course

15:45 – 16:30h (1 UE)

Swienty, Mark: Olympic Training Center & Rowing Boarding School Ratzeburg: Structure & objectives

16:30 – 17:15h (1 UE)

Woldt, Mario: Actual aspects and considerations of ethics in Sport

17:15 – 17:35h

Coffee break

17:35 – 18:15h (0,9 UE)

Mattes Klaus, Schaffert Nina: Diagnostic of rowing performance and technique to optimise the technique training

18:15 – 18:55h (0,9 UE)

Mattes Klaus, Schaffert, Nina: Visual and auditory/acoustic feedback to optimise the rowing technique and boat acceleration

about 19:00
afterwards

Dinner
meet at the bar

Saturday, 26th October

	Presentations and discussions (4 UE)
from 7:30	Breakfast
09:00 – 09:45h (1 UE)	Woitok, Mathias: State and Club Development - building long term performance oriented structures using the example of Rhineland Palatine.
09:45 – 10:30h (1 UE)	Nennhaus, Bernd: How to prepare young talented rowers for international competition based on the JM8+ experience
10:30 – 11:00h	Coffee break
11:00 – 12:00h (1 UE)	Collartz, Annelen: Coach the Coach
12:00 – 12:45h (1 UE)	Jop, Markus: Instabilities of the spine - stability through performance enhancing prevention
about 13:00	Lunch
14:30 until 23:00h	Sightseeing of Hamburg City and Harbor with dinner

Change from summer to winter time in Germany, one hour “less”, will mean the night is one hour longer

Sunday, 27th October

	Presentations and discussions (4 UE)
from 7:30	Breakfast
09:00 – 09:45h (1 UE)	Hartmann, Ulrich: High intensity training vs. traditional endurance training; theoretical background and practical aspects
09:45 – 10:30h (1 UE)	Wirth, Klaus: Strength training in young athletes - basic recommendations
10:30 – 11:00h (0,6 UE)	Q & A
11:00 – 11:30h	Coffee break
11:30 – 13:00h (2 UE)	FISA Matters and information
	Closing
from 13:00 h	Lunch and departure

Total = 3,9 + 3,8 + 4 + 4,6 = 16,37 UE + visit of HH course