




TIME	Rowing Canada Aviron National Conference Stream	TIME	RCA Performance Coach Stream
7:30am - 6:00pm	Arrivals and Registration - <i>Harbourfront Ballroom Foyer</i>	8:30 - 8:45am	RCA Performance Coach Welcome Performance Coach Pathway - Colleen Miller <i>Harbourfront Ballroom 3</i>
8:00 - 11:00am	Boat Repair and Maintenance Workshop - Hudson Boatworks <i>Cordova Ballroom</i> 	8:45 - 10:15am	RCA Technique - Biomechanics and Technique - Karol Saue <i>Harbourfront Ballroom 3</i>
11:00am - 12:30pm	Oar Repair and Maintenance Workshop - Concept 2 <i>Cordova Ballroom</i> 	10:15 - 10:45am	Break
		10:45am - 12:15pm	Identify and Correct Faults - Michelle Darvill <i>Harbourfront Ballroom 3</i>
12:30 - 1:15pm	Lunch - <i>Cordova Ballroom</i>	12:15 - 12:45pm	Lunch - <i>Cordova Ballroom</i>
1:15 - 2:45pm	Rigging Workshop Basic - Al Morrow, Mike Purcer & Martin George <i>Cordova Ballroom</i>	12:45 - 2:00pm	Design a Sport Program; Creating your YTP/Using Technology to Make Interventions in Practice - Aalbert Van Schothorst & Barney Williams <i>Harbourfront Ballroom 3</i>
		2:00 - 2:15pm	Break
3:00 - 5:00pm	Rigging Workshop Advanced - Michelle Darvill, Terry Paul & John Wetzstein <i>Cordova Ballroom</i>	2:15 - 3:45pm	The Science and Practice of Managing Rowing Training using Categories of Intensity - Volker Nolte <i>Harbourfront Ballroom 3</i>
		3:45 - 4:30pm	Manage a Sport Program - Chuck McDiarmid <i>Harbourfront Ballroom 3</i>
7:00 - 9:00pm	Welcome Reception Wine and Cheese - <i>Vistas 360</i> <i>Sponsored by Regatta Central</i>		 <a href="http://www.regattacentral.com">www.regattacentral.com</a>

TIME	World Rowing Coaches Conference and Rowing Canada Aviron National Conference Stream	RCA Performance Coach Stream
7:00 - 8:00am	<i>Breakfast Buffet - Harbourfront Ballroom Foyer</i>	
8:00 - 9:15am	 <b>Keynote Speaker - Ben Sporer - From Basic Monitoring to Marginal Gains: Lessons Learned</b> Sponsored by Canadian Sport Institute Pacific <i>Harbourfront Ballroom 1 &amp; 2</i>	
9:15 - 9:45am	<i>Break</i>	
9:45am - 12:15pm	<b>Coaches in the Spotlight: Jurgen Grobler - GBR; Jutta Lau - CHN; Nikola Bralic - CRO</b> Moderator - Rosie Mayglotling <i>Harbourfront Ballroom 1 &amp; 2</i>	
12:15 - 1:15pm	<i>Lunch - Canadian Coaching Awards - Harbourfront Ballroom Foyer</i>	
1:15 - 2:30pm	<b>Keynote Speaker - Terry Small - Your Brain at Work; Making the Science of Cognitive Fitness Work for You</b> <i>Harbourfront Ballroom 1 &amp; 2</i>	<b>Biomechanics and Rigging - Volker Nolte &amp; John Wetzstein</b> <i>Harbourfront Ballroom 3</i>
2:30 - 3:00pm	<i>Break</i>	
3:00 - 4:30pm	<b>Talent Identification and Development Throughout the Athlete Development Pathway - Joe Baker, James Brotherhood &amp; Peter Shakespear</b> <i>Harbourfront Ballroom 1 &amp; 2</i>	<b>Rigging Practical - Volker Nolte &amp; John Wetzstein</b> <i>Harbourfront Ballroom 3</i>
5:00 - 6:00pm	<i>Fitness Break</i>	
7:00 - 9:00pm	 <b>Vancouver Rowing Club Reception &amp; Canadian Rowing Hall of Fame Awards</b> <i>Vancouver Rowing Club - 450 Stanley Park Dr</i> 	

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7:30 - 8:30am	<i>Breakfast Buffet - Harbourfront Ballroom Foyer</i>			
8:30 - 9:45am	Preventing and Returning from Injury - Dr. Mike Wilkinson and Steve Di Ciacca <i>Harbourfront Ballroom 1 &amp; 2</i>			
9:45 - 10:15am	<i>Break</i>			
10:15am - 12:00pm	Providing a Strong Technical Rowing Base - Moderator: Gianni Postiglione Speakers: Jurgen Grobler, Jutta Lau, Nikola Bralic and Terry Paul <i>Harbourfront Ballroom 1 &amp; 2</i>	10:15 - 11:45am	Creating Training Protocols and Methods to Develop and Maintain Strength, Endurance and Power - Jordan Clarke & Nick Clarke <i>Harbourfront Ballroom 3</i>	
		11:45am - 12:30pm	Review Safety - Jill Wurflinger <i>Harbourfront Ballroom 3</i>	
12:00 - 1:30pm	<i>Lunch - Interview with Rio Medalists - Harbourfront Ballroom Foyer</i>			
1:30 - 3:00pm	Keynote Speaker - John Herdman - How to Deal With Adversity in Sport <i>Harbourfront Ballroom 1 &amp; 2</i>	1:30 - 3:00pm	Support the Competitive Experience - Assessing Competitive Readiness - Patrick Cody <i>Port of Singapore</i>	
3:00 - 3:30pm	<i>Break</i>			
3:30 - 4:30pm	FISA Matters - FISA Competitive Commission <i>Harbourfront Ballroom 1 &amp; 2</i>	RCA Pre-Voting Semi-Annual Meeting - Membership Review <i>Harbourfront Ballroom 3</i>	3:15 - 4:30pm	Support the Competitive Experience - Selection - Al Morrow <i>Port of Singapore</i>
5:00 - 6:00pm	<i>Fitness Break</i>			
6:00 - 6:30pm	<i>Cocktail Reception - Harbourfront Ballroom Foyer</i>			
6:30 - 10:00pm	World Rowing Gala Dinner and RCA Awards Banquet - <i>Harbourfront Ballroom 1 &amp; 2</i>			



**2017 World Rowing Coaches Conference and Rowing Canada Aviron National Conference**  
**Sunday January 29, 2017**



<b>TIME</b>	
<b>8:00 - 9:00am</b>	<i>Continental Breakfast - Harbourfront Ballroom Foyer</i>
<b>9:00am - 12:00pm</b>	<b>RCA Semi - Annual Meeting</b> <i>Harbourfront Ballroom 1 &amp; 2</i>
<b>12:00pm - Onwards</b>	<b>Departures</b>