

Conference Programme

2011
**world
rowing** 
Varese, Italy **coaches
conference**

10-13 November 2011



Thursday, 10 November 2011

"Promoting Women in Coaching and Leadership"

13:00 - 14:00	Lunch for the "Promoting Women in Coaching and Leadership" Seminar
14:00 - 15:00	Introduction and Welcome: Tricia Smith; Chair, FISA Women's Rowing Commission
14:15 - 15:15	What does Gender have to do with Leadership Marika Fenley, Leadership Development University of Lausanne
<i>15:15 - 15:45</i>	<i>Break</i>
15:45 - 16:30	How to develop a Successful Olympic Coach/Athlete Anne Grethe Jeppesen, Olympiatoppen, Norway
16:30 - 17:30	Panel Discussion: Prominent Women Coaches Conference
19.00 - 21.00	Welcome Reception, Dinner and Welcome Speeches



Friday, 11 November 2011

"Methodology for High Performance Training"

08.30 - 08.45	Introduction: John Boulton; Chair, FISA Competitive Rowing Commission
09:00 - 10.30	Coach in the Spotlight: Gianni Postiglione, Greek Rowing Federation
10:30 - 11:00	<i>Break</i>
11:00 - 11:45	Using Rowing Physiology - the Italian Experience: Dr. Clara Mauri, Physiologist Italian Rowing Federation
11:45 - 12:30	" The sprint of sprint Kayaking" - lessons from another sport Dr Ken Van Someren. Director of Sport Science the English Institute of Sport
12:30 - 12:45	A History of Italian Rowing in 15 minutes - Gabriella Bascelli
12:45 - 13:45	Lunch at Hotel
13:45 - 14:15	FISA Information and Consultation Session 1; Denis Oswald, FISA President & Matt Smith, Executive Director
14:15 - 15:00	Functional and Postural Assessment and Prescribed Exercises for Rowers: Dr Carlo Varalda
15:00 - 15:30	<i>Break</i>
15:30 - 17:00	Workshop groups - Preparation of Questions for the Coach in the Spotlight and other Day 1 Speakers. Feedback on FISA Topics.
17:00 - 18:00	The Coaches Panel Interview and Questions from Working Groups Questions & Discussion
18:45	Departure from ATAHOTEL to Gala Dinner
19:00	<i>Gala Dinner - "2011 World Rowing Awards" Ceremony</i>



Saturday, 12 November 2011

"Biomechanics an Aid to Performance"

09:00 - 10:00	How to interpret and Use Boat Biomechanics: Prof Dr Klaus Mattes, University of Hamburg
10:00 - 10:45	Biomechanics for Effective Rowing Technique Dr. Valery Kleshnev, Biorow Ltd.
11:00 - 11:45	"Online Skill Equipment" Use of high speed camera and practical software to analyse your rowers. John Walker, Los Angeles, USA
12:00 - 12:45	WEBA biomechanical system, an update! Director Milan Bacanovic, WEBA Sport, Austria
13:00 - 14:00	<i>Lunch at Hotel</i>
14:00 - 14:30	The German System: Prof Dr Klaus Mattes, University of Hamburg
14:30 - 15:00	The Instrumented Croker Oar: Darren Croker, Croker Oars Ltd, Australia
15:00 - 15:30	Using Sonics to Improve Rowing Performance: Nina Schaffert, University of Hamburg
15:30 - 16:00	<i>Break</i>
16:00 - 17:00	Ferrari: Dr Ferdinando Cannizzo the Vehicle Innovation Manager
17:00 - 18:30	"FISA Information and Discussion"; Denis Oswald, FISA President & Matt Smith, Executive Director
20.00	<i>Dinner at the Hotel</i>

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Sunday, 13 November 2011

08:00	Departure from ATAHOTEL
08:30 - 12:00	Sight Seeing Tour:
08:30 - 09:45	Australian "European" Training Centre
09:45 - 10:30	Canottieri Gavirate
10:30 - 11:45	2012 European Rowing Championships Regatta Venue (Canottieri Varese)
12:00	<i>Departures</i>



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